

October 2012

The London College
UCK



THE GATE

Student Magazine

Notting Hill Carnival
Through Arshiyā's eyes

Meet the Mayor

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A Brief History of Notting Hill
10,000 BC - 13th Century

Student Union at UCK

10 Rillington Place
Murder in Notting Hill



Comment

The Gate Editorial by Principal Mark Mabey

This is a time of Homecoming for many students and a time to put out the 'Welcome Mat' for many of the new faces who will cross our threshold. So I would like to take the opportunity to extend a warm welcome on behalf of the College to all new students and staff as well as the familiar faces of those returning.

It is an exciting time as we enter the new academic session. The summer seemed to just pass so quickly this year following a fabulous graduation on 7th July at Imperial College.

This year sees us with some 1600 students studying at the College on 19 Higher National Certificate/Diploma programmes and 12 postgraduate programmes.

There are a number of structural changes within the College; for example a suite of new high specification computers are in the graphics laboratory in the basement, the fitness area has been extended and lap-tops are now available to students to loan out for use in the College which is now WIFI throughout.

Newly-published Destinations of Leavers of Higher Education (DLHE) data shows that 71% of 2010/11 leavers of higher education were in employment at around six months. A further 16% were in further study, with 9% assumed to be unemployed. These figures are almost unchanged from last year.

The mean salary, however, has risen from c£19,000 to c£20,000. All of our graduates from last year either progressed to a top-up degree or into employment. It is hoped that later this year we will be offering top-up opportunities at UCK for all our HND provision.

We are establishing a Students' Association at the College and encourage you to get involved and make suggestions regarding societies and clubs that we can start this academic session.

I have a blog on the website 'Asktheprincipal' so please contact me via this or call in to see me in my office which is room G3



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Letters

Letters to the Editor



Dear Editor,

I would like to take advantage of your pages to express my appreciation to my teachers at LCUCK for preparing me for the 'horrors' of life after college.

My days at The London College were happy and fruitful. But as a student I was cocooned from the realities of 'life on the street'. Working is fun. But I turned up fifteen minutes late one morning at my new workplace, blissfully unaware that I was about to get the roasting of my life.

As a student, many times I was late to classes and many times I was taken to task by my tutor. After all, he wasn't going to fire me; in fact he was often understanding of the problems that kept me back. But he did warn me that my boss after graduation would care less about my difficulties; he was only interested that I was there to start my job on time.

So thank you Faculty and staff at LCUCK for at least trying to warn me of how the outside world can treat a new graduate.

Now I know they were words of true wisdom; so new students heed this advice.

Become good at time keeping so you don't suffer the fate that I did in my first job

Yours sincerely
Tina Tamrakar



Dear Editor,

I just wanted to thank everyone for making my time at UCK so enjoyable. The teachers are fantastic and it was nice to mix with students from so many different cultures and backgrounds. It was a shame that I couldn't be a part of the graduation ceremony itself but I just couldn't afford it. Personally I think £200 is a bit steep seeing as the University of York charge £60 and Kent University charge £45. On this note however, my special thanks goes out to Arshiya Dey for allowing me to prance around in her gown and be as much a part of the day as possible.

Also a big Thank You to Kirsty Allison and Keith Hayes for all their help through my studies, especially to Keith for pushing me to be the best and not resting until I become a full time successful journalist. I promise I will do my best Keith.

A massive thank you as well, to all my friends who are continuing their studies at UCK, I wish you luck and thank you for everything. Stay in touch.

To Principle Mark Maybe, the college has made a lot of improvements since I first started and may this continue. Well done and good luck.

To everyone else I wish you well with your studies and your futures and thank you to the rest of the staff for all your help. Last of all THANK YOU FOR MY DISTINCTION!!! I will miss you all.

Roberta Louise Maunton



Student Union

Students Peek over the Parapet

Most people looking at student life from the outside see a carefree existence of parties, carousing and generally having a very good time. No student body of course would be complete without being able to socialise with friends and fellow students, relax at a disco or debate at a pub.

In many large universities, socialising takes place at a premises run by a Students Union, which invariably has a bar. The London College isn't big and it isn't about to get a bar. But it is, for the first time preparing to launch a Students Union. So if it's not running a bar, what will the Students Union do?

The role of a Students Union is much misunderstood, perhaps because of the partying that takes place in the big educational establishments up and down the country. But in fact, an SU has a variety of serious purposes.

First of all, students through a Union consider and make contributions to the quality of their education, whether on Campus or in the wider world. SUs also investigate the job market so that students are right up to date with what their prospects are.

Naturally, the question is asked 'Shouldn't the College be doing that?' The answer is 'Of course.' Indeed the College pays great attention to helping students get work experience, post-college jobs and even employment while a student is studying.

One of the great strengths of The London College is that most of its staff has wide experience in the outside world, having worked in their professions for many years before sharing their practical knowledge with their pupils.

However, students can also be keenly aware of what is happening in the market place and working with Faculty and through the Students Union, they can share their knowledge and experience to support graduates in their quest for work.

That's not to say that partying isn't part of the SU's activities. The social life of the students is a key plank in the SUs objectives.

Because the Notting Hill premises are small, partying in the College is difficult, but the Union will organise get-togethers and other activities in local clubs, pubs and discos so that a vibrant social calendar throbs throughout campus life.

This year will see the advent of various social clubs from photography to sports under the guidance of the new Students Union.

The Union isn't dictatorial. It tries to reflect the demands, needs, desires and requirements of its members and its members are the students attending college. A Students Union strives to provide for its members the chance to draw the greatest possible benefit from their time as students.



The SU safeguards students' interests through a College Council, on which both students and faculty representatives sit and students views are passed on to all of the University's governing bodies with the objective of maintaining the highest possible educational standards. No Students Union can properly work on behalf of its members without student support.

Principal Mark Mabey has high hopes for the new SU at The London College and urges students to put their names forward to sit on committees, but also to simply vote for their representatives and become involved in campus events. "We are really pleased at the establishment of the Students Union at the College. A number of clubs and societies will broaden and strength student experience and opportunities."

The Students Union is there if pupils need help or advice regarding disciplinary matters, health concerns or just a need to know where to turn for different things that crop up in a student's College life.

As the Union gets stronger, it is hoped that it can organise special corporate events and career fairs to give students an opportunity to meet with potential employers and obtain contacts within the business world; to meet with politicians, take part in debates and appear in the media in order to influence decisions which relate to students.

This is the first year the College has had a Students Union. But the Union can be a powerful force for good on campus and it is in the interest of everyone to support it.



College News

Changes To Our Library

Over the summer vacation we have been working hard to upgrade our library services for the new semester and you will see some changes when in this new college year starts which we hope will make your life as students and teachers easier.

We have made changes to the arrangement of the books, the signs on the shelves and some big behind the scenes changes which will also affect the way you can use the library.

The first thing you will see is that books are now arranged according to the Dewey Decimal Classification. As its name suggests each book is given a numerical code, three numbers and then a decimal point. These codes are assigned according to the subject of the book although the idea is that similar subjects are placed together on the shelves.

Our new library guide will give more information on how to find books and library staff will also be pleased to help you. To give you an idea there are ten main classes:

- 000 Computer science, information & general works
- 100 Philosophy & psychology
- 200 Religion
- 300 Social sciences
- 400 Language
- 500 Science
- 600 Technology
- 700 Arts & recreation
- 800 Literature
- 900 History & geography

There is then more scope for detail. For example with - in 600 Technology, 690 covers construction and the Building Construction Handbook would be found at 690.22

Each of these classes divides into more detail.

You will also be able to check in our catalogue to see the correct number for each book so you could look up building construction handbook and see all its details, the number you can find it at, if all the copies are on loan or if any are available.



You can always ask a librarian but if you wish you can check yourself using the Internet.

You will also be able to see how many books you have on loan and when they are due back.

We have also added many new electronic resources through a service called EBSCO which many universities use.

We have the Academic Search Elite and Business Source Elite services. The majority of these collections are e-journals but there is also a large amount of company information and some e-books. You can search by subject or for a particular item and see the full text of those that interest you in most cases. You will find these resources particularly useful when you are undertaking project research.

You will also be able to access training material on how to use these resources through Moodle.

We would also ask you to help us by returning your books on time or renewing them and keeping noise to a minimum.

We hope you enjoy using our new library. If you have any questions or require any help using the resources please do not hesitate to ask.



Then And Now

Pay Attention, Please!

Are you sometimes sitting in class thinking, 'could this get any worse?' You're bored, tired and hungry and every time you look up you catch your lecturer's eyes and you get trapped in to answering a question you barely heard.

Actually, I'll have you know, it really isn't as bad as it sometimes seems.



You see, once upon a time a lecturer would simply read from a book... that's all, reading. It was then up to the students to take notes of what was being read - if they hadn't fallen asleep, that is.



And how about this for a lecture - Rembrandt's famous painting; The Anatomy Lecture of Dr. Nicolaes Tulp. In this class they would cut open a dead man to learn about the human anatomy - whilst wearing your most proper and highly inappropriate attire, in this case; hat and big collar.



If you ever think that you're cramped for space, just look at the picture above and think again.

Next time you feel as though the walls are caving in or you're too bored to bother here are some tips for you to stay awake and concentrate during lectures.

The first thing to remember, especially for the morning classes, is simple but important; eat a solid a breakfast!

This will give you energy and make it easier for you to stay awake through the drone of the teacher.

Another thing you might want to try is to bring in a healthy snack like an apple - not for the teacher though! It's for you for whenever you feel like your energy is being sapped.

If you feel like the hours are passing to slowly how about you partake in the class, like starting a discussion or asking relevant questions. This may sound like something only an achiever would want to do but it really does make the time fly by.

If the students in these pictures could live through a lecture without Iphones, computers and elaborate teaching methods, then I'm damn sure you can too!

10 Rillington Place

Murder in Notting Hill

The darker side of the gate

Notting Hill gate in a different time was a vastly different place. Going back sixty years to the late 1940's Notting Hill Gate like the rest of London was still recovering from the Blitz of the Second World War. The area was not as appealing as it is now and was very down at heel. Indeed one may have had reservation and concern about living here as it was a borderline slum.

A terrible series of crimes took place in the area during the late 40's and early 1950's that was to shock the world. These crimes would have impact on British Legal History contributing to the abolition of the death penalty. Notting Hill Gate was the background to a series diabolical events. The film "10 Rillington Place", a thriller was made in 1971 about these macabre crimes. A Very different story to the recent romantic film "Notting Hill".

In the 1971 film Richard Attenbrough played the part of Reginald Christie the main protagonist. John Reginald Haliday Christie was sentenced to death for the murder of his wife but not before dispatching the lives of 8 women, raping after he strangled them. He also strangled a baby and caused the hanging of an innocent man through his purgery of false witness account in a court of law for a crime he himself committed. Christie disposed of his victims in various areas of the house and garden. Christie was hanged by the neck until dead by the famous hangman Pierpont at Wandsworth prison in 1953.

The protagonist, Reginald Haliday Christie was born in Halifax Yorkshire in 1889. There is some evidence of a difficult childhood. He was a British soldier in the First World War where he was wounded and overcome with Mustard gas. Some events in his child hood and injury during the war may have had some causal effect in the crimes he later committed. Christie worked in a variety of occupations after the first war and eventually slipped in petty theft and minor crime for which he was subsequently sent to prison on several occasions. During the Second World War he was a special constable policeman. He acquired this position through not disclosing his criminal past and the Police had not checked their records either.

During the second war Christie used his status as a War Special Constable Policeman to intimidate, manipulate and impress people especially young women. He also misrepresented himself by claiming he had extensive medical knowledge gained during the first war. He made out he knew how to give abortions, a form of murder which were illegal to perform in Britain in those times. Christie frequented prostitutes for pleasure and it was here he came upon his first two victims. These two young working girls. Both women supplementing their regular income by casual prostitution.

One of the woman developed a relationship with Christie while his wife was away with relatives.

On discovering his wife's return that day from her holiday with her brother Christie decided to kill the young woman by strangulation then hid her body in the house.

These two murders happened just at the end of the war. Both bodies ended being buried in the back garden

On other separate occasions Christie offered to help pregnant prostitutes acting as someone who could abort an unwanted pregnancy or buying their services. Christie rigged up a pickle jar loaded with Friars Balsam to camouflage the gas smell. With the small jar he rigged it to the gas mains. The woman would breathe in the vapours with a towel over her head to concentrate the fumes. He tricked them to believing they were getting a special medical treatment when in fact he was poisoning them. To finish them off he strangled them with a nylon stocking, rope, or a length of thin hose. He would then rape them as their lives expired and the body still warm. Later he would gloat over his kill.

There is a sad second chapter to this story. Timothy and Beryl Evans came to Rillington Place in 1948. They moved into the top story of the flat next door. They were newly married and expecting their first child. Evans was eventually accused of two of the murders later attributed to Christie. But it was too late for Evans who was condemned to death and went to the gallows for crimes which many believe he didn't commit.

In fact Evans later received a pardon for the crimes.

As sad affair that happened just down the road from the college.

If you would like to read more, you can purchase the following books;

John Eddowes, The Two Killers of Rillington Place

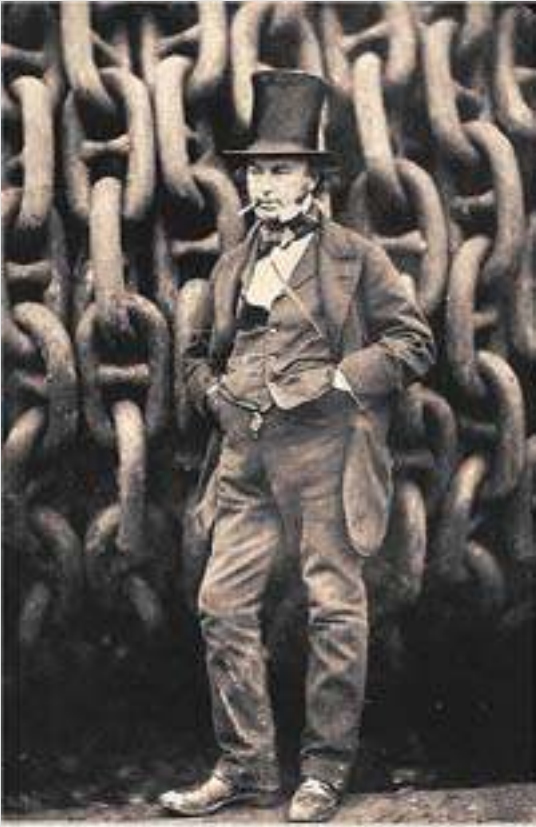
Ludovic Kennedy, Ten Rillington Place



College Courses

The Lost Bridge of Isambard's Kingdom By Tom Franks

Just up the road from this college is one of London's oldest and most famous railway terminals, Paddington Station. The station is the site of one of the more remarkable engineering finds of the new decade as workers discovered that one of the finest works of Britain's most notable engineer had been covered up and almost lost to posterity.



The engineering feat in question is an iron railway bridge built in the 19th century by Isambard Kingdom Brunell. Brunell is probably one of the most celebrated engineers of all time. He strode across England changing so much of our landscape with his railways and bridges and with his large iron ships. Every aspect of his work is well documented and most of it quite famous, or so it was thought. But his very first iron bridge somehow got lost.

How can you "lose" a bridge? Surely they are very large and built almost certainly in plain sight. Even stranger, this particular bridge was found in the centre of London near Paddington Station still serving the function of a bridge but being used as a crossing over the Grand Junction canal. It was hiding in plain sight (the most effective way, it is said of hiding anything) on nearby Bishops Bridge Road.

It seems that when rebuilding work had taken place in 1906 the original structure built in 1838 had become obscured and people had forgotten about it, until a man called Steven Brindle, who is Inspector of Ancient Monuments for English Heritage, was researching the Brunel Archive.

Brindle was gathering information as part the background of a new 'History of Paddington Station' when he stumbled on several volumes of catalogued notes containing among other things notes on the design and testing of materials for the bridge. When he approached Westminster Council he discovered that they were just about to demolish the old Bishops Bridge because it was unable to support the weight of modern traffic.

Indeed, the bridge has now been demolished but happily is to be rebuilt to cross the canal some 200 yards away from where it had been lost as soon as funds have been secured for the project.

Here is part of an article about the discovery of the bridge written by Steven Brindle for Paddington Waterways and Maida Vale Society, which should be of great interest to all engineering students and all those interested in railways, the famous engineer who built it and those who simply find the history of London fascinating.

The article reads:

"When the GWR (Great Western Railway) obtained an Act of Parliament for their extension to Paddington in July 1837; one of the conditions attached to it required them to build a number of bridges. The easternmost of these, the one actually at Paddington, was to carry a new road over the broad cutting in which the new station was located. Brunel spanned the train-tracks with a straightforward brick viaduct, which became known as the Bishops Road Bridge. However, the bridge also had to cross the Paddington branch of the Grand Junction Canal. The canal was at a higher level than the railway, and this gave him a problem. His bridge would have to span the canal and towpath, about 60 feet wide, leaving a clearance of at least 12 feet over the water; but it would then have to drop down to the Harrow Road. To keep the road at a safe gradient, Brunel had to keep the canal bridge as shallow (in terms of its structural depth between the top of the arch and the roadway) as possible. A brick arch wide enough to span the canal would be far too deep. So he was pushed towards using a cast-iron beam, as the only way of achieving the necessary shallowness of structure."

The bridge, a masterpiece of engineering has been saved but more than that, for engineering students is a remarkable example of a structure built to a specific purpose.

From this you can see how the engineer justified the name which is a corruption of "ingenious". This was a typical engineers approach to a problem. Brunell looked at the problem and came up with a creative and unusual solution.

Why is engineering not considered to be one of the "creative" subjects?

This is the sort of problem solving engineering technique that is taught at this college and is a fine example, which I will be talking to my students about, of engineering of almost two hundred years ago when many of the structures built then are still functioning today.

Old Gate

From Piggery to People

Step outside the doors of The London College UCK into the streets of Notting Hill and you are surrounded by a region rich in British History.

Where the college now stands was once a dense forest which was a feeding ground for herds of pigs. Porkers were plentiful; people a scarce commodity. But people did live there and flint axes have been found which were used by humans as far back as 10000 BC. Evidence was also found of paths cut through the forest in that era.

How Notting Hill got its name is open to some debate. Some historians claim it arose because the lush forests which grew in the area produced loads of nuts. That was why pigs were left to roam by local farmers (or rather the vassals of the local Lord of the Manor), because they didn't need feeding or even much looking after. So local folklore has it that Notting Hill was actually Nutting Hill or in old English Knottynghull. Others say that the area was so peaceful and quiet; (Nightingales sang there) it was called Nothing Ill, which became corrupted to Notting Hill.

Whatever the truth, there is some historical evidence to suggest the pigs outnumbered people there prior to the Norman invasion of the 11th century AD. Even as late as the early 19th century a local author referred to the district as having more pigs than people.

But back to the distant past Notting Hill was nothing more than a forest, albeit a big forest in pre Saxon times. People were scarce, having arrived in Britain 25000 years before but then forced to migrate to Southern Europe because of the unliveable freezing conditions of the ice age which ended around 9500BC. As the earth warmed tides began rising and the land bridge between Europe and Britain was flooded, leaving an island in its wake. Early Greek explorers navigated around the British coast and early Brits traded tin with their continental cousins. But it was left to the Romans to begin a properly documented history of Britain and it was Roman Britain that first imposed itself on Notting Hill.

The Roman incursion of Britain by Julius Caesar took place in 54 BC and Rome controlled the country from the first full invasion of 43 AD until 400 AD. London or Londinium was built from 50 AD onwards and in the 3rd century dirt piles found locally suggest farmers began cutting fields in the forest at Notting Hill, expanding them as Saxon rule took over from 500 AD.

But Notting Hill was a tranquil sea in an explosive London. Danes sacked and burned London in 842 and again in 851. The Saxon King Alfred the Great took it back then had to defend it when the Danes unsuccessfully laid siege to it. The reign of the Saxons came to an end with the Norman Conquest of 1066, but not before they started on some major building works just down the road from Notting Hill, building manors, farms and the mighty cathedral of St Paul's in 1042.

Just down the road is an apt phrase because Notting Hill High Street has been part of a main road since Roman times.

A road known as the Celtic West Track Way existed prior to the Romans, but they improved it as the Via Trinobantia, heading west towards Reading along the modern day Oxford Street, Bayswater Road, Notting Hill and Holland Park.

The road attracted settlers to it and archaeologists have found the remains in Notting Hill, of a Roman farm, burial ground and a villa. The area had two small rivers running through it. They are still here today but now run underground and one of them flows into the Serpentine Lake in Hyde Park, before its final destination as a tributary of the River Thames.

The Normans became prolific builders in the 11th and 12th centuries, erecting many edifices which can be seen today. Westminster Abbey was started in 1042, the Palace of Westminster (next to Big Ben) in 1066, the Tower of London in 1097 and London Bridge in 1176 King William the First set about finding out what he had won from his conquest of the English and had an exhaustive catalogue made in 1086 of every town, village and hamlet in Britain. The catalogue was called the Domesday book and in it, Notting Hill was recorded as having woods, pigs and 200 people.

The Norman conquerors gave lands and estates to those who supported them and a shadowy family called Vere, later de Vere built a manor in Kensington/ Notting Hill. The Vere's later provided a Lord Chamberlain of England but also gave rise to myths and rumours that they were Elf Kings, and are said to have been the models for characters in Shakespeare's *Midsummer Night's Dream* and *Lord of the Rings* as well as one of their number becoming the famous outlaw Robin Hood.

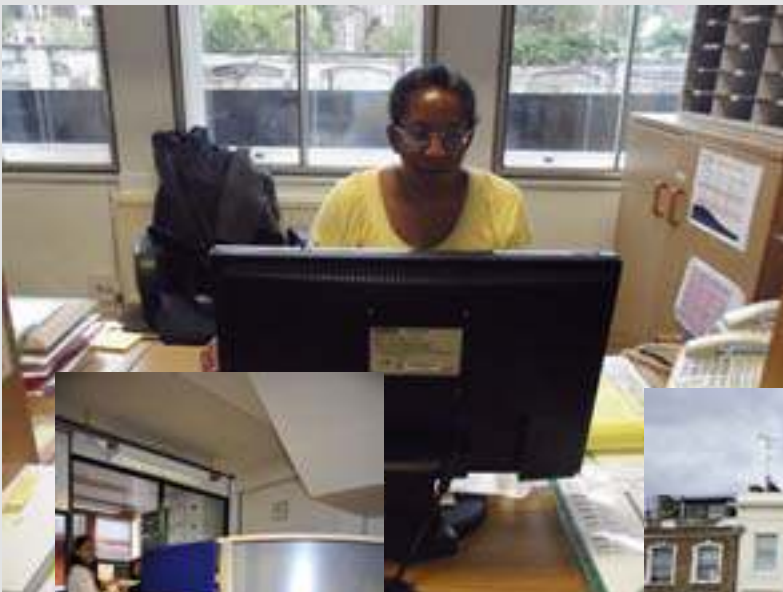
As Notting Hill slowly began to be inhabited by humans, the pigs gave way to deer, boars and even wild bulls. Monasteries and churches began to proliferate outside London, while the Norman overlords began fighting among themselves in the first of England's civil wars in 1153. Out of that carnage rose King Richard the Lionheart, a statue of whom can be seen in the grounds of the Houses of Parliament.

Known as the absentee King, he spent most of his time out of England fighting the Saracens in the Middle East, on the Holy Roman Empire's Crusades, taking with him knights from the Vere family. The Crusades began in 1095, but the third crusade which King Richard joined began for him in 1194 and spilled over into the 13th century.

Notting Hill in the 13th century is where we will take up the region's story in the next edition of *The Gate*.



Photo



Photo



Politics

Meet the Mayor



The Mayor, Councillor Christopher Buckmaster



Councillor, Sir Merrick Cockell

The London College stands in an area rich in history and tradition.

It has been governed variously by Lords of the Manor, Kings, Knights and other dignitaries over the years until in 1964 it came under the responsibility of the Royal Borough of Kensington and Chelsea.

The Mayor, Council and Alderman of the 'Royal Borough' make up the governing body which has had political control of the area since its formation in 1964, when the boroughs of Kensington and Chelsea merged, themselves formed in 1900.

The 'Royal' Title was granted to Kensington council in 1901 by Queen Victoria, who wanted the place of her birth to be distinctive. When the two boroughs merged, the title came with Kensington.

The name is appropriate because it is a borough that has frequent visits by royalty and celebrities because of its central London location.

The figurehead is the Mayor, a ceremonial position, but an important one as he acts as the meeter and greeter every time someone of national importance puts foot on borough soil. He chairs council meetings, which take place seven times a year and are open to the public but he plays no other political role in the affairs of the borough, instead being the high profile figurehead.

This year, long standing Councillor Christopher Buckmaster is 'Worshipful Mayor of the Royal Borough'.

The Mayor heads a council of 54 elected councillors, who are political representatives, headed by a Council Leader.

The day to day running of the council is undertaken by a paid chief executive, who is responsible for an overall budget of £570 million.

The Borough is broken down into 18 'Wards' or administrative areas each looked after by three councillors.

Notting Hill is in a Ward called Pembridge Ward and is represented by three councillors, Barbara Campbell, Doreen Weatherhead and David Campion.

There is also a councillor with borough wide responsibility for Education and Libraries.

The Council says that it has a dedicated education team that meet the areas needs in education from the day a child starts school, through continuing education, or a return to training.

To achieve this, they believe in working with parents, teachers and pupils to ensure emphasis is placed on planning, reporting and assessing in all our schools.

We look for teachers who will promote this working partnership, are prepared to be accountable and will share our methodical, structured approach.

We also look for individuals with high expectations, people who combine academic ability with the practical skills needed to deliver in the classroom.



Book Review

The Napoleon of Notting Hill - G.K Chesterton

The prolific author G. K. Chesterton was born in 1876 in Campden Hill, which is just a short walk from our college. He was a successful journalist, poet and novelist. He also wrote on history and religious belief.

Chesterton was often regarded as an outsider in his lifetime, because he had unconventional views about many things. But he had two features as a writer I find particularly attractive; a command of the English language which allowed him to find just the right word to express a thought and the ability to see life from a different angle.

He did this consistently in his essays, many of which have been published as collections. A good way to see this in condensed form is in his essay "A Piece of Chalk" *

It is however one of his longer works of fiction that I am reviewing here, the Napoleon of Notting Hill**. Chesterton has turned his powerful imagination from the London of 1904 to see what our city would be like eighty years later. Chesterton's feelings for London, his rich vocabulary and his ability to surprise us with an unexpected twist to his thoughts are shown in this witty digression:

"For there is one respect in which a town must be more poetical than the country, since it is closer to the spirit of man; for London, if it be not one of the masterpieces of man, is at least one of his sins. A street is really more poetical than a meadow, because a street has a secret. A street is going somewhere, and a meadow nowhere."

At the time Chesterton wrote there was strong belief that rational scientific methods should be used in politics and business.

Groups such as the Fabians believed that highly trained bureaucratic officials should run society along these lines.

Chesterton's future society is despotism, but a benign one. A great admirer of the Jury system, Chesterton has his head of state chosen at random in the same way a jury is selected. The random choice falls on Auberon Quin, a government clerk with a sense of humour, like Chesterton he is an odd man out.

Quin sees no reason why government should be a serious business and decides to make each district of London have its own provost or local governor, complete with a guard of honour with uniforms designed by him.

About the time King Auberon ascends his throne he meets a boy in Notting Hill who stabs him with a toy sword. The King's mock charge to the boy to defend Notting Hill against its enemies will have repercussions the accidental monarch cannot imagine.

The real action starts ten years later, and appropriately enough the trigger is a planning dispute. The ambitious political leaders of Kensington wish to drive a major road through West London.



Everyone thinks this project is a wonderful idea except some small shop keepers in Notting Hill whose property will be demolished for the greater glory of municipal politics.

We now see Chesterton at his best, a timeless battle between the individual and vested interests is taking place. Adam Wayne, the Provost of Notting Hill was the small boy who attacked his King with a toy sword and received the charge to defend his neighbourhood. Unlike the King, who regards the robes and heralds as a joke against the political classes and the business and political leaders who play along to further their ambitions, Provost Wayne takes it all seriously. War breaks out between Notting Hill and its neighbours to prevent Pump Street being demolished to make way for a new highway. Pembridge Road, which we struggle to cross on our way to Notting Hill Gate station, is vividly described as a battle scene.

I will leave the reader to enjoy the novel and find out the final outcome. I do believe however that although Adam Wayne and G. K. Chesterton came from a different world from ours they would be very proud of the fact that Notting Hill is home to a great carnival which celebrates the multi-racial culture of modern Britain.

We in this college can also take inspiration from the way one of our greatest journalists expressed himself in writing.

*Chesterton, G. K. (1909) "A Piece of Chalk" in Tremendous Trifles [Essays Reprinted from the Daily News] London, Methuen <http://www.gutenberg.org/files/8092/8092-h/8092-h.htm> [Accessed 26 September 2012]

** Chesterton, G. K. (1904) The Napoleon of Notting Hill, London, Bodley Head <http://www.gutenberg.org/ebooks/20058> [Accessed 26 September 2012]

Bibliographic note. These are also available free to those with kindle readers

By Paul Cheeseman

Sports

Sports and Leisure Centres

Stay active in Notting Hill

Those students who are interested in sport, either to watch or participate can check out a variety of activity centres and sporting venues not too far from the college.

A brief description of a number of facilities and their distances from the centre of Notting Hill are listed here. We would like to know how good these facilities are and whether they are good value for money, so we invite students who visit any of them to send their comments to the editorial team's supervising editor k.hayes@lcuck.ac.uk

We would also like students to act as correspondents and let us know when they find any sporting facility, indoors or outdoors within a reasonable distance from the college which might be of interest to their fellow pupils.

For those who are fans of professional football, there are two first class UK teams with stadia not too far away.

Fulham Football Club (Approx 3 Miles) Fulham are a London football team in the FA Premier League, England's top soccer league. Founded in 1879 as Fulham St. Andrews Church Sunday school team, they gained professional status in 1898. One of the capital's famous teams they play at Craven Cottage, a ground on the banks of the River Thames in Fulham which has been their home since 1896.



At Loftus Road (Approx 3 Miles) Queens Park Rangers play in the Premier League. They are commonly referred to as "QPR" or often just "Rangers" by fans. Loftus Road where QPR play their home games is in Shepherd's Bush in West London. The team is also known as the "Hoops" or the "Superhoops" after the team's ringed jerseys.



For those who like to 'do' as opposed to watch, Barn Elms Sports Ground is not far away. (Approx 3 Miles) This sports ground is one of the best multi-disciplined facilities in south London. It is owned by Wandsworth Council and offers a wide range of open-access facilities. There are numerous sports pitches for football, rugby, cricket and hockey.

Indoor action can be found at Acton Snooker and Pool Club (Approx 4 Miles) This club is a large facility located close to East Acton Underground Station in this west London suburb. The club which is open to the public all day offers a range of table games.

Seymour Leisure Centre (Approx 3 Miles) is one of the largest leisure centres in central London. It is managed and run by Westminster Council and has a huge array of facilities at the heart of the capital.



Porchester Centre (Approx 2 Miles) The Porchester Centre is a public leisure centre owned and run by Westminster City Council. The centre provides a wide range of sporting facilities for the use of the general public.

Putney Leisure Centre (Approx 2 Miles) This community leisure centre is owned by Wandsworth Borough Council and managed on their behalf. The facilities available are wide ranging, varied and open to both members and the public. The centre boasts a 395-metre air-conditioned gymnasium.

Phoenix Fitness Centre (Approx 4 Miles) and Janet Adegoke Swimming Pool is a great modern public facility situated close to White City in west London and as well as swimming facilities, the centre has a range of fitness options for visitors.

Privately run gyms which might be more expensive are Chelsea Sports Centre (Approx 3 Miles) Unusually for an inner city leisure complex this facility retains a great deal of historic charm, situated within a grand Chelsea mansion house. However historic the exterior, inside is some of the most state of the art gym equipment

And lastly the Holmes Place Health Club (Approx 1 Mile) This is one of the finest fitness centres in this area of London. The club caters for all health and fitness needs and is extremely well equipped.

Remember, if you have visited any of these centres and would like to leave a comment for the magazine about them, feel free to contact at k.hayes@lcuck.ac.uk

As I See It

Editor Designate Zahra Pedersen

I can't believe I've done it. This is big. It's huge. My life will most likely change after this. There's no going back now – well there is but I'm not going to! I have deleted my Facebook profile.

I know it may not seem like a big deal but actually, it kind of is. With just under 1 billion profiles on Facebook, my father being one of them, my decision to actively back out of this internet phenomenon makes me a social freak.

How am I supposed to keep on top of my friend's on goings like; 'watching BB on telly – luv it!' or 'gotta do the dishes but can't be bothered'? Okay, I might not always be interested in whether or not my friend 'likes' the new video with Rihanna or another person changed their profile picture for the umpteenth time but sometimes you find some real gold nuggets in there; 'woke up behind a tree in Hyde Park... and my right eyebrow has been shaven off' is always good for giggles!

How am I supposed to be invited to social gatherings like birthdays, work-related booze-fests and clothes 'shwopping' with the girls? I know there's always the phone but these days, some people forget that option if they're inviting more than a handful of people to an event – I mean, how else are they supposed to remember who RSVP'ed and who didn't?

Will my social life survive this massive knock or am I now destined to live a life of; 'who tagged what where?' and 'I'm sorry but I wasn't aware that you got married, had a baby and invited me to celebrate both occasions until now... three years too late!'

I remember back in the early years of this (not even a decade old!) site – back when I first created a profile, almost a year before Facebook had become an internet golden child - I had the fish tank on my profile... It was fun and simple- Facebook was fun and simple.

But then the rest of the world slowly started to realise the potentials of the site and everything changed.

I had to delete my fish tank because it wasn't cool (I was young(er) so I cared about that stuff, don't judge!), my profile picture could no longer remain the image of a flower I had carefully chosen and my friend-count jumped from a humble 20-something to a more realistic 100-something.

And then to a 200-something when all the people I had met briefly a couple of times decided we were friends.

Then the number rose to a 300-something when distant relatives made an effort to find me and family friends (i.e. my parents' friends) 'poked' me.

I drew the line around 400-something when people I had fallen out with, in the past, or whom I generally disliked or knew disliked me tried to befriend me – some people will do anything for a high friend-count!



But in all seriousness, Facebook has become an important tool for many people to sustain an active social life. It's not all about the friend-count or the party invitations; it is also a question of joining the right groups and making sure you remember to link and like the right articles, videos, news and other general time-wasting crap. And well... if you got the time to waste; all the power to you!

Unfortunately I found myself in a position where I no longer spoke Facebook; I didn't know how to update, what to like and who to poke. This was a position I had been in for far longer than I wish to admit to but had been able to camouflage by checking in every three months or so and making a personal comment – 'don't mind me, just touching base.'

I recently found myself in a place where people would send me texts demanding an RSVP to the barbecue they were having the following day or suspiciously asked why I hadn't supported/joined their cause they'd linked to me.

When I had eventually run out of plausible excuses I had to face reality and admit to my friends the reason behind my unawareness – I had not logged on to my profile for almost six months!

When the look of sheer horror and disgust had slowly disappeared from their faces I knew I had to shock them again; "and I'm thinking of deleting my profile altogether..." *THUMP* - the sound of my friends hitting the ground as they passed out.

Okay, so it may not have been that dramatic but I did genuinely receive some puzzled looks and questions as to whether or not I really was sure I knew what I was doing. Guys, it really isn't that big a deal! I mean it's not like Facebook = social happiness! If you need me you can always send me a text... right?

So here I am; re-born into a social life away from the shiny screen; a life where my friend-count is dangerously low in comparison but much more real and where people are forced to speak to me if they need me.

Goodbye Facebook! We had a good run while it lasted but it's time for me to socialize in a world full of screen-socializing people. This could get interesting.

Thank you for reading,
The Social Freak

Profile

Behind the Scenes



All successful businesses have people behind the scenes who are just as important as those with a higher profile. The London College UCK is no different.

Its success is supported by ‘backroom staff’. These are often unknown faces, hidden away in backroom offices, beavering away at the less glamorous but just as important administrative tasks.

Most students get to know their lecturers and most of the teaching staff quite well through personal contact.

That’s less true for a College employee such as Elena Minkova.

Elena works at The London College as an administrator in charge of student records, certificates and registration. She is one of the personalities who is always there, always efficient and always very cheery and helpful: But largely unknown.

So meet Elena Minkova, who is originally from Russia, where she lived in the South West Caucasus. But for more than two years now, she has lived in London.

She is an English language teacher, but also very capable in diplomatic relations and IT. But the greatest pleasure she gets from her job is helping students with their career advancement issues.

Elena says;

‘Last year I was able to advise students on their UCAS applications. It gave me considerable delight that all the students who came to me for help were successful in gaining admission to other universities after completing an HND certificate at LCUCK. It is a wonderful feeling to have contributed to their future aspirations’

Elena’s smiling face can often be seen as she walks through the library, but she can also be found on the second floor where she is always ready to help a student in need.

What's On

Around Notting Hill

What to look out for in Notting Hill

Check out the **Notting Hill Arts Club** at 21 Notting Hill Gate. Locals say it is one of the hippest places in trendy Notting Hill. Free entry before 8pm and £5 after, so quite reasonably priced for London! DJs are there on many evenings, and there is also live music sometimes.

There are various events happening on different nights of the week (and the opening hours vary as well) so it's best to check to the website to see what's on www.nottinghillartsclub.com

Then there's **The Tabernacle** at 35 Powis Square which was a finalist for 'London Best Live Music Venue' at the 2012 London Lifestyle Awards. This year's ceremony is being held on 17th October. The Tabernacle is also an eatery where you can get breakfast, brunch, lunch, or dinner and its open daily from 9am

If a quiet drink with a friend is your style, hang out at **Blag-club Notting Hill** which is on the First Floor, 68 Notting Hill Gate. It's an intimate first-floor venue, an Asian-themed bar/club and is great for a cosy and relaxing drink. Check out the website www.blagclub.com for more information.

Keep an eye on **St Peter's Church**, 90 Kensington Park Road. The church is often a venue for chamber concerts, classical music events as well as church calendar celebrations

If it's the movies you are after, Notting Hill has a wide selection. In Notting Hill itself there are:

Coronet Cinema, 103 Notting Hill Gate www.coronet.org. Housed in a beautiful grand old building, this cinema makes a change from the usual multiplexes. It is in fact London's oldest operating cinema – first opened in 1898 (as a theatre), it began showing films in 1916 and nowadays shows mainstream films, with Tuesday admission half price for everyone all day – that's a movie for only £3.50!

Or there's **The Electric Cinema** 191 Portobello Road www.electricensema.co.uk Refurbished a few years ago to all its former glory, this comfortable cinema (leather seats!) shows a mixture of current box-office hits and older movies. It has two 2-seater sofas for an ultimate viewing experience, and you can "lie down with a bottle of wine" as one student once said.

Another favourite is **The Gate Cinema** 87 Notting Hill Gate www.picturehouses.co.uk/site/cinemas/gate/local.htm a beautiful cinema with incredibly comfortable seats in a small but luxurious auditorium. The operators say this is what cinema should be like everywhere. Shows a mixture of world film and classics.

Close to Notting Hill, **Odeon**, Kensington High Street Kensington www.odeon.co.uk
Underground: High Street Kensington 6 screens, shows mainstream, big blockbuster movies.

Odeon Whiteleys – The Lounge Whiteleys, Queensway, (one stop along on the Tube) Underground: Bayswater or Queensway A new experience has come to the cinema in Whiteleys (which had been operating since the early 1990s) in 2012 – something called The Lounge. Each screen now has no more than 50 seats which all recline to provide for a very comfortable viewing experience. In addition, food and drink can be ordered whilst you view a film – the special "finger, fork and spoon" menu sees all dishes designed to be eaten easily in the surroundings you're in. (No messy stuff to spill over yourself!)

The Lexi Cinema, 194b Chamberlayne Road www.thelexicinema.co.uk. Underground: Kensal Green or over ground: Kensal Rise. A really wonderful cinema, it is run as a social enterprise – 100% of the Lexi Cinema's profits go towards improving the quality of life for people that live in the village of Llynedoch in Stellenbosch, South Africa. Just north of the Notting Hill area, the Lexi's screening room is small (in terms of numbers of seats, not screen size!) but very comfortable. There's a little bar to purchase drinks and nibbles, and staff are very friendly too. This one is highly recommended – do pay it a visit.

Our thanks for some of the information in this article goes to the editor of The Guide to Notting Hill publication.

This page is to help students, especially new or overseas students find their way around the entertainment venues in Notting Hill.

So it's your page and when you find a new pub, club, movie house or other entertainment venue, let us know so we can help guide everyone to a more enjoyable leisure experience while at College.



Carnival

Carried away by the Carnival Notting Hill Carnival

One of the biggest street carnivals in the world takes place in Notting Hill.

Rooted in the West Indian culture that came with immigrants in the mid 1800s, the modern day festival started in 1965 and rapidly became one of the most colourful and visited fiestas that the UK had ever seen.

Now it is world famous.

This extravaganza is a students' favourite occasion. The streets of Notting Hill play host to more than a million visitors and among those are many students from LCUCK.

Editor of The Gate, Arshiya Dey was at this year's parade in August and explained why the Festival is as exciting as it is; 'First of all, the costumes are absolutely dazzling' Arshiya reports.

'The parade snakes through the streets of Notting Hill for hour after hour, the costumes, the bands, the floats and the dancers whirling along in a blaze of colour and merriment. The most impressive thing about the participants is that they involve spectators and passers by, creating a massive circus as the dancing columns wend through the streets and alleys.'

Arshiya also enjoyed the food on display. 'I am an Indian and so hot food is not new to me. But the West Indian food was so colourful and full of surprising tastes. I was gobsmacked by how much the aroma and the sizzle of the food vendors cascaded in on my senses. It was a heady feeling, intoxicating without touching a drop of alcohol.'

The swarm of people through the streets, singing and shouting and carrying on with exuberant glee also added to the excitement.



Arshiya got caught up in a surge of people at one point. 'It didn't matter where I wanted to go. The crowds had other ideas and chose my route for me. The press of people carried me along, my body and for that matter my spirit both unable and unwilling to resist. That was part of the intoxicating nature of the day. People embracing the performers in the parade, while carrying each other every which way in the excitement and the aura surrounding this most fantastic of carnivals'.

Hosting such a mass of people is not without its security problems and police were much in evidence. But Arshiya says they were also captivated by the atmosphere and rather than presenting a brooding presence, posed for photographs with performers and spectators alike, gently helping lost children to find parents (equally lost), ushering stray dogs off the parade route and listening intently to camera bedecked tourists who neither knew where they were, nor for that matter cared, but worried a bit about how they would get home.

Each year organisers and critics hail the carnival as the best ever. 'I can't say if this year's was the best or not', Arshiya says, because I had not been to one before' But if this was the best I can't imagine how good they've been in previous years. It was stunning and I can't wait until next year when undoubtedly everyone will declare it to be the 'best ever. And so it will be!'

Food

How to cook Daal

An easy and affordable way to satisfy student hunger



Dahl, which is also often spelled dhal, daal and dal, is essentially a thick lentil soup that is often prepared with ghee or clarified butter, but this recipe uses just a little sesame oil for depth and flavor in place of the ghee. This simple dahl is one of my favorite go-to recipes as it is prepared with all pantry staples, it is easy and quick to prepare, and my friends and family love it.

I like to serve this with my cheesy flatbread and a little dollop of soy yogurt.

Serves 4

Prep Time: 10 minutes

Cook Time: 35 minutes

Total Time: 45 minutes

Ingredients:

- 1 T. sesame oil or, alternatively, olive oil
- 1 cup finely chopped white onion
- 2 cloves garlic, finely chopped
- 1 T. finely chopped fresh ginger
- 4 cups water or vegetable broth
- 1 cup dried red lentils, rinsed and picked over
- 1 t. cumin
- 1 t. coriander
- 1 t. tumeric
- ¼ t. cardamom
- ¼ t. cinnamon
- ¼ t. cayenne pepper
- 1 t. salt, or to taste
- 2 T. tomato paste

Preparation:

1. In a 3-quart stockpot or other medium-sized soup pot, heat the sesame oil over medium heat. Once the oil is hot, add the onion, garlic and ginger. Cook, stirring often, until the onions are translucent, about 6 minutes.
2. Stirring constantly, add the water or broth, lentils, spices and salt. Bring to a low boil, then turn down the heat to low, cover and let the soup simmer for about 20 minutes, or until lentils are very tender.
3. Stir in the tomato paste until well combined. Cook several minutes more, or until the soup is desired temperature and consistency, adding more water to the dahl if needed. Serve hot with Dairy-free Cheesy Flatbread and garnish with a dollop of dairy-free soy yogurt if desired.



Aspirations



A Global Family

By Courtney Robert John

Courtney Robert John graduated from The London College last year but left these reminiscences of his life here as a student. I often take for granted the simple things that make my life easy. I've grown up with my family and friends close by and all my familiar surroundings. I wonder how I would take to studying in a foreign country; to be honest the thought of it fills me with dread.

To leave all you know behind is a big decision, one that takes a huge amount of courage and determination. It amazes me how our young students adapt to their new life so quickly- learning the English language, getting familiar with the currency, and not to mention the UK's dodgy weather.

When I talk to our foreign students, I can feel their pride in just getting here, which is a big achievement and says a lot about an individual's ambition. One student, Adham Maghrabi from Saudi Arabia told me, "It was a dream to be able to study in England." There's a thirst for success that just isn't in everyone. Many students have to find part-time jobs to supplement their cost of living, which again is not easy especially in today's job market and

has been made even more difficult with UK Border Agency's new regulations. While doing research for this article, I was confronted mostly with students telling me what they missed from their native homeland. Ekaterina Dyakova, from Spain who is studying Graphic Design, said she missed her family and the beautiful Spanish sunshine. Alae Aboukoula from

Morocco said, "I miss my Moroccan food; you cannot find the same in London."

These are some of the little things we as home students take for granted. Food, family and friends were the main themes when it came down to what students missed most from their countries of origin. Another prominent theme was the cost of living. Everything in this country, especially in London is massively expensive compared to most places in the world. It becomes very difficult to manage your finances if you are on a budget and not used to British currency.

The London College offers its students, foreign and domestic, lots of support in a number of ways. Many students need help in finding accommodation and work placements and the staff at LCUCK have lots in place to make it an easier experience. You can also get counselling for emotional needs from staff and your fellow students at the college. Seeing all the different students merging and getting along well is a wonderful sight. I personally feel you can learn so much just from listening to someone who was brought up in a different society and culture from your own. It helps widen your knowledge and you soon find out lots of things of which you were previously ignorant. The College can be proud of and should celebrate the diversity of students it has; now all we need are degrees on foreign foods!

The views expressed in this magazine are the work of individual workers and not the college. The contents of the publication are not intended to cause offence to any individual or groups of individuals or members or members of college staff or the student body. Any comments should be addressed to a member of the editorial board.