

- MAREDIJK KIDS CORNER

Sunday 27 March, from the running reporter



Maredijk neighbourhood, Leiden – Since a few weeks the children in the Maredijk neighbourhood have their own on-the-spot reporter who once a month runs through the neighbourhood with one of them in search of their favourite place. Where to is, each time again, a surprise. Today I'm going running with Julius.

It's a grey morning. It seems smart to put on a raincoat and rubber boots for this – first-time – expedition. I'm ready to go. Julius is all set. The only thing he still has to do is put on his spiderman shoes.

"Aren't they cool?" he asks. "They are still a bit big." I think they are super cool. He can't run up walls with them, but that doesn't matter. "Anyway, that's dangerous," says Julius.

And then we're off. Julius on the scooter, with me running behind. Julius's Dad runs with us. He has to open the playground gate. How cool is that! When your father has the key to the playground!

Behind the two big trees at the end of the playground is Julius's favourite spot: the big red slide. But not to slide down.

"I climb to the top," he points through the pipe to the top. "I learned that from Marlon" (ed. his brother). He likes climbing. When I ask him to show me how – after all he's wearing his spiderman shoes – he says: "No. When there's some sun. Barefoot." Then his feet stick to the pipe.

Suddenly he really feels like letting cars drive in the slide. He doesn't have any with him now, but he explains that from the bottom of the slide he pushes the cars as far as possible to the top of the pipe. And then they slide back down of their own accord. So far they have never gone over the top of the pipe. "I'm going to fetch some cars! Come on, Dad." Julius grabs his Dad's hand. "First we'll have some breakfast," grins his father. I wave at them. Julius on his scooter, his father behind.

"Thank you, Julius!" I call after them. I only just catch "You're welcome."

Do you go to primary school and would you also like to show your neighbours the nicest place in the neighbourhood in the neighbourhood newsletter. Mail the running reporter via gemburstjens@gmail.com. Your Mum and Dad can come with you on your jaunt through the neighbourhood if you want.

STREET DINNER PARTY

The date for the neighbourhood party/street dinner has been set! On Saturday 16 September we're again going to organise a fun neighbourhood party with, of course, the street meal as the grand finale.

The playground association and the neighbourhood association are again supporting the party.

There are a few new faces in the organisation and with that some fresh new ideas as well. It is still too early to go into the details but that it will be a surprising bash goes without saying!

If you happen to have some good ideas for activities, a musical contribution, or if you want to help with the party in another way, let us know via maredijkbuurt@gmail.com. Note in your diary, **16 SEPTEMBER NEIGHBOURHOOD PARTY**

IN THE SPOTLIGHT: ERIK AND NICOLE



On an overcast Saturday I rang the doorbell of the house in Aloëlaan which right at the top has a big clock flanked by two stone lions. Henk the lantern man used to live here, Henk who used to cycle through the neighbourhood and greet everyone with a polite “Good morning, young lady! Good morning, young gentleman!” After his death he bequeathed his house to the society for the prevention of cruelty to animals, and Erik and Nicole were able to buy it. By then the dozens of gas streetlamps which Henk had in his garden – and it is said also inside his house – had already been moved to a museum.

Erik and Nicole let me into the kitchen and adjoining living room. A magnificent, light, elongated space which carries on through to the garden. I am amazed: “It’s so large and spacious, you wouldn’t expect that from outside.”

Erik has a company for durable installations such as solar boilers and heat pumps. Nicole has almost finished her study socio-legal services. Together they have a two-year old son, Olivier, who has just been brought to bed. So we can talk in peace.

Erik begins: “In 2015 we moved into the house opposite, number 38. We were lucky, because I came from Amsterdam and Nicole from Leiderdorp. Compared to Amsterdam the prices were still reasonable. And it was so different here. To my surprise the man who lived on the corner came to introduce himself and that was five houses away! Oh, shit, I should have done that, but it just wasn’t part of my system.”

Erik and Nicole bought this house a few years ago and stripped it completely. “No original element remains.” Except for the clock, the lions and one lamppost, which now runs on electricity.

Erik and his father worked on the house for a year. For Erik it was important to make it as energy-neutral as possible. No easy task with such an old house where the internal wall is at the same time also the external wall.

“Everywhere there are extra double walls filled with insulation.” That insulates not only for warmth but also against noise.



always be corrected.”



“Under the floor is foamed concrete with PIR insulation. And underfloor heating, which is also a very durable way of heating because it already feels comfortable at a much lower temperature compared with radiators. And we have roof and façade insulation. We installed everything ourselves. It’s not higher mathematics but a question of doing. In the house opposite a concrete floor had to be laid in the bathroom. The builder quoted 800 euro for the job. So I looked up the materials and saw that they cost 160 euro. I thought, I can try it and if it doesn’t work, then I’ll just buy the whole lot again. For that amount of money I could try it out five times. But the first time I got it right straight off, a question of logical thinking, and a slip-up can



In addition to the solar panels and the solar boiler on the roof, Erik and Nicole intend to install a heat pump later on so that they can do without gas. “A heat pump looks like an air conditioner. An air/water heat pump works as follows: the outdoor unit, which pulls in air through a fan, moves this indoors. This air is then compressed and transformed under pressure. The conversion, combined with the refrigerant and the condensation, create energy, which is used to control the indoor temperature. And because this pump uses the necessary electricity, it is advisable to combine it with solar panels, especially as long as they can still be netted.”