



Chorak – Art Café

By Daphne Chamberlain
"I am not a baker. I had to put myself in a baker's shoes, but I couldn't say goodbye to my own profession."

Iranian-born Javad Oskooee, the man behind Chorak, is actually an architect. He works from an office above the shop, but six years ago his career was hit by recession. Saddled with empty premises which he had acquired to convert to a larger office, he set up the patisserie.

Adding an art gallery was his link with architecture. He designed an elegant framework for hanging the pictures himself, and puts great emphasis on presentation. "Presentation is a sell," he says, and failure in this department is his usual reason for rejecting work.

In fact, he has only rejected three or four artists, though there was one who slipped through the net - and whose



Chorak regulars. Hilary Delory (left) & Teresa Braine with picture from the July exhibition by Robin Landeg. Photo: Daphne Chamberlain.

handmade frames slipped down the wall.

Proving his point, an exhibi-

tion of photographs was extremely popular. People loved the metal frames. They also went for a collection of mirrors with unusual surrounds.

Chorak will display any medium, including collage, - as long as the work is at least 12 inches wide - but oil paintings are the most popular. Abstracts are the hardest to shift. "If we sell a single one it's a breakthrough."

Javad contacted his first exhibitor, a Church End artist, after reading about her in a local paper. Since then, artists have approached him (including one through the Peruvian Embassy). Previews are optional (as Samantha Moore told us last month), but suitable work might well interest some of Javad's architectural contacts.

Most exhibitions stay up for a calendar month, even if critical customers occasionally want them down earlier.

Customer Teresa Braine says Chorak is like a Viennese coffee-house. She loves the atmosphere, the music, the newspapers - and the pictures. Hilary Delory agrees, "I love coming here."

Meanwhile - on the food front...Javad is extending the menu - with a new salad bar, cooked breakfasts and more varied sandwich fillings. Chorak is licensed till midnight, and wants to extend opening hours past six pm. However, this will depend on getting a manager.

Chorak is at 122, High Road, N2. Tel. 020 8442 0370.

Footnote: -THE ARCHER will publicise Chorak exhibitions, but artists should contact us as soon as the dates are arranged.

KALASHNIKOV KULTUR

By Ricky Savage, the voice of social irresponsibility

The prediction business

Nostradamus has been getting a pretty mixed press recently. So, he got it wrong, not once, but twice. Why twice? Because those who reckoned that the world would end on 1 July were as disappointed as those wise guys who couldn't help pointing out that we'd changed calendars since then and the day to be really worried was the fifteenth. Then again, if Nostradamus was that good he'd have known all about that anyway.

Nostradamus is not the only one to go in for predictions, plenty of cults have been based on the idea that the world will end a week on Thursday unless you recant, follow the true belief and be saved from the inevitable apocalypse. Some have gone so far as to stage mass suicides on the day they predicted for the end of the world and we've only been able to get really shocked by it all because they were wrong.

So, where is all this leading? To Cornwall of course. Eclipses have always been mind numbingly awe-inspiring. The Spanish conquerors of Jamaica knew that there was an eclipse coming and treated it as theatre to convince the local people that they were something more than a bunch of hungry guys who'd survived a rather long voyage and thought they were in China. More recently, every time you get a full-scale eclipse everyone gets worried. OK we know that the moon is going to get out of the way, but I bet most of us have that sneaking suspicion that we might be ever so slightly wrong this time around.

So, let's predict a few things. Firstly, Cornwall will sink into the Atlantic. This will have nothing to do with higher beings, but everything to do with half the population of Britain decanting into one small corner of one small county to get that total blackout sensation. Which brings me to my second prediction, namely that the traffic jam it will cause on the M4 and M5 won't clear until early November. My third prediction is that the weather will be clear and sunny everywhere in Britain, except Cornwall, where early morning fog will be replaced by thick clouds and torrential rain and anyone who is down there hoping for an event will just get very wet. Finally, I predict that the best place to truly appreciate the whole experience is not outside in the sun, but inside in front of the TV. That way you can get the complete Patrick Moore experience, brilliant pictures and no chance of burning out your eyes. Of course, come the morning, you might be one of the few people around and the street might be full of ten foot tall man-eating plants.

Then again, I might be wrong, it might be the end of the world as we know it, in which case, this might be the last thing you read...(now there's a thought)

HEALTH MATTERS

Advice from David Needleman

As well as being the pharmacist at Cory's, 166 High Road, David Needleman practises homeopathy. He has broadcast on radio stations such as LBC and written for national magazines like "Bella". If you have any questions which you would like him to answer, please write to him at *The Archer*, PO Box 3699, London N2 8JA, leave a message on our voice mail on 020 8914 7280, or e-mail him at the-archer@england.com.

Under the sun

There is, at the moment, no real consensus about the sun and its effects on our health. The perceived wisdom until recently was that we should protect our skins at all costs, using very high factor protections and staying out of the sun as much as possible. The anti sun-bed lobby was also very vociferous. Lately, reports have been circulated in many newspapers that the sun is, however, beneficial and a healthy tan is just that.

We should remember a number of things; the most important of which is that we manufacture in our bodies melanin, which is the chemical that turns our skin brown on exposure to the sun. We have this chemical as a natural protection

The penal gland in the brain is very important for the maintenance of good health; it helps to control the other glands in the body and helps to maintain and support the immune system. In order for this gland to function, the balance of melatonin has to be right and this is directly affected by the amount of sunlight the body is exposed to.

SAD, or seasonal affective disorder, would not exist if those that suffered would only get a gentle tan. The down side is that if you are incautious and burn regularly then you may increase the risk of skin cancer, as has been shown only too clearly in Australia.

Don't go overboard

My advice is to take care but not go overboard; allow yourself to get a good steady gentle tan: Don't lie out on the beach once a year without protection. I myself have used a sun-bed judiciously prior to a holiday in order to protect myself.

Use a good sun-cream with an adequate protection factor for your type and colour of skin. If you want a homeopathic remedy to help: Take Sol 200C twice a day for 2-3 days before travelling and for 2 days after arrival. This helps to prevent burning and also sun rashes. If, however, you still get burnt, take one tablet 3 times a day for 2 days as a treatment. Or, if you are prepared with remedies, take cantharis 30C as needed.

CONTACT CONTACT, the East Finchley Neighbourhood Group, who support the elderly and housebound in the area, are appealing for **VOLUNTEERS** with an hour or two to spare to help with shopping and odd jobs. Expenses will be paid. If you are willing to help a neighbour, please call the co-ordinator on 020 8444 1162.

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