



# Meet our new Park Keeper



Chris Ward on his new patch in Cherry Tree Wood.  
Photo by Diana Cormack

You can do this by visiting Cherry Tree Wood. Chris Ward is the new Park Keeper and is there each week, Wednesday to Sunday. Already regular visitors have noticed a cleaner, trimmer look about the grounds. Litter is removed daily, rosebeds have been weeded, any deficiencies are reported to the Council immediately and chased until they are made good.

### University challenge

Chris is no old-style Park Keeper. With his degree, from Brunel University, in Recreational and Leisure Management and an ambition to add to this a Diploma from the Horticultural Society, he is keen to do more than keep his wood tidy. He will liaise with the London Ecology Unit, the Countryside Management Services, and Catherine Cairns, Countryside Officer for London Borough of Barnet on the upkeep of Cherry Tree Wood to ensure its long-term survival.

### Good friends

Friendly relations have been established with Eileen at the kiosk and many of the regular visitors with their dogs and children. We believe that, compared to some other Barnet open spaces, Cherry Tree Wood has a low level of anti-social behaviour. Let us all do our best to keep it this way so that we can always appreciate East Finchley's "green and pleasant land".

# Getting Wired



## Part 12 - East Finchley On the Internet

We invited Archer readers to offer their web sites for a mention in this column and here are the first results. Clearly, the Archer does not endorse the sites or their content, but merely brings them to your notice as having an East Finchley connection; readers may judge for themselves.

### Amnesty International London Region

East Finchley resident Mark Kobayashi-Hillary runs this site and is London Regional Representative. It is a veritable treasure trove of information (we can do no more than list key features) about Amnesty internationally and locally and provides access to local sites and some world news. You can download software including the complete Declaration of Human Rights. There is a recommended reading list and access to Amazon to purchase on-line. The list of links is diverse, including United Nations, Parliament and London Transport and you can sign a guest book or get on a mailing list. At the time of going to press Mark was planning a frame based navigating system to make these facilities more accessible. Extensive use of tables has been made to format the text and the many illustrations contained.  
<http://dSPACE.dial.pipex.com/amnesty.london>

### Brighten your life with Living Colour

Howard and Dorothy Sun operate their colour therapy business out of East Finchley, so if you feel that surrounding yourself with colour is the way to combat the winter blues, why not see what they might do for you. Products available include a book, CD, course of colour readings, a poster and other goodies. There is a simple free on-line colour reading as an appetiser. For the dedicated there are courses.

The site has frame based navigation aids, colour coded to make it even easier to get around and uses a simple straight-forward layout divided into five areas. Howard approached this column for help with the design and implementation which we were happy to provide.

<http://www.living-colour.co.uk>

### Any publishers out there?

Frank Gordon is a jazz musician actor and writer. He uses his site to 'publish' his poems, songs, radio plays, sketches, monologues, and a few children's songs and stories and hopes to find a real publisher. Frank uses simple visible tables to highlight his text, list his main contents and his songs, which are stored as .MP3 files. Other contents appear as straight-forward text. There is a technical explanation on how to convert these to .WAV files, and a description of how the sounds were made.

<http://www.gordonf.free-online.co.uk>

Tony Roberts

# HEALTH MATTERS

## Advice from David Needleman

David Needleman practises homeopathy and 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 01426 923 549, or e-mail him at the-archer@england.com.

**Q. My new year's resolution is to give up smoking, but I am beginning to find it more and more difficult. Do you know of anything which might help me?**

A. There are many products designed to help you give up smoking, all of which will be highlighted in the upcoming campaign for National No Smoking Day, which is in March. A large number of pharmacies in the local area will be running window campaigns and all will be stocking the products that can be used to help you. There are patches, gums, inhalators and many other products to help in the fight against the habit, but most important of all is the back-up offered in the various leaflets and other material which will be available. There is also a Quitline telephone service which is on Freephone 0800 00 22 00.

In addition to all this I offer special half hour homeopathic consultants which concentrate solely on helping to give up smoking, alongside which I would supply you with a series of homeopathic remedies to be used at the various stages of the withdrawal process. For further details please call my Helpline 09065 343404 (calls charged @ £1.50/minute) or call 020 8444 9966 for appointments. Have a great year 2000.

## NEW

MAYBE THIS COULD BE THE START  
OF ALL WAR GOING TO CEASE  
HAVING DOWN OF ARMS  
MOVING WORDS OF PEACE  
EVERY NATION TAKING PART  
NO MORE FIGHTING  
NO MORE WAR  
INNOCENCE IN EVERY HEART  
UNITING RICH AND POOR  
MAYBE WE'LL NEVER BE SURE  
By Diana Cormack

# Fields of Vision

By Diana Cormack

Take a look at 108 High Road, East Finchley for the latest range in eye-wear. Whether your choice is designer cool or more budget constrained, there is plenty to see at the new Fields Opticians.

Partner Amjad Butragueno says that he can match anyone for prices. If you can produce written proof within 28 days, he will refund the difference plus 10%, which can't be bad!

Eye-tests are carried out by optometrist Mohan Vaithianathan using very modern equipment, including a Tonometer, which looks like a pen and is a computerised contact method for measuring eye-pressure in checking for glaucoma. This is particularly useful for elderly patients. Children are catered for too and the projector chart, which presents many different images, unlike the old sight-test chart, has special ones for youngsters. Diabetic screening is done and he can also supply a full range of contact lenses, including cosmetic and disposable.

### Foreign Fields

In May last year Mohan undertook charity work in Ghana, offering free eye examinations and fittings to many locals. This was organised by Fields Eye Care, who collected and prepared glasses in this country and sent them out, along with their own

equipment, to be used in West Africa.

### Home pastures

In fact, care is a word which can easily be associated with this company, for they are very involved with old people's residential and nursing homes, disability centres and sheltered housing

schemes. They also offer a domiciliary service for the housebound. Being very community minded, Amjad has already been able to offer local children the opportunity of being shown over an ambulance which will visit their school. I can see we'll have to keep an eye on Fields Opticians!



Optometrist, Mohan Vaithianathan demonstrates the latest technology on Martina Silharova, receptionist at Fields Opticians.

Photo by Diana Cormack

**CONTACT** CONTACT, East Finchley's Good Neighbour Scheme, is appealing for **VOLUNTEERS** to support the elderly and housebound who need help in the N2 area. Expenses will be paid and training given. Please call the co-ordinator between 9am and 1pm on 020 8444 1162.

**CONTACT**

42 Church Lane  
London N2 8DT



Telephone:  
020 8444 6265

## EAST FINCHLEY ADVICE SERVICE NEEDS VOLUNTEER ADVISERS

Do you enjoy helping others?  
Could you give advice?  
Are you a sympathetic listener?  
Can you spare two and a half hours a week?

### Training given

If you are interested contact the co-ordinator on 020 8444 6265.