



Lineup outside the station. Photo by John Dearing

Dateline...Paris...01/04/03...

Van Prix for East Finchley

By Jon Ashton

After years of campaigning East Finchley has at last won the chance to stage the 2003 British Van Prix. Tran Zit, the director-general of the Federation International de Camion told *THE ARCHER* earlier today that the new East Finchley street circuit will replace Silverstone as home of the Van Prix from this year and that the FIC was committed to ensuring a full grid of 30 Class One Supervans.

Although the Van Prix will be the first time the new circuit has been used, teams are already using it for testing. Basically triangular in shape, from the starting line at Fortis Green, this fast circuit sweeps down to a tricky 'S' bend leading onto the North Circular straight. After a hairpin bend onto Falloeden Way the circuit runs through Market Place before turning left into Bishops Avenue and back onto the High Road by the Old White Lion.

Smells like team spirit. Class One Supervans are the pinnacle of van technology and are closer to Formula One cars than anything you see on the road. Looking like normal vans, they have underneath the skin carbon composite chassis and 600+ horsepower engines. A van like the Mercedes Vito V10 AMG of reigning champion Manfred 'Mani' Truch, can out sprint any supercar and on

a circuit like East Finchley the works Vitos could easily exceed 170mph. Not that Mercedes will have it all their own way as Ford's new Transit Costworth RS with its 650 horsepower V12 has been very fast in testing. 2000 champion, Dutchman Veit van Mann, has been delighted with the performance and Sun sponsored 'Page Three' Fords are looking good.

The Renault Traffic Sport of Jean-Pierre Tumbri broke the lap record in Monte Carlo recently and the Fiat Ducato F550 of Veit's brother Rhed van Mann was fast in Milan. Following the withdrawal of the Royal Mail team, Irish ace Paddy Wagon joins Mani Truch at Mercedes, while Algerian-born Frenchman, Youf bin Had, drives the new V12 Peugeot. Add a number of very fast privateers and it looks as if an exciting season could be approaching its climax when the

teams arrive later this year.

Anyone who follows motorsport knows there is nothing quite like the sound of a grid full of these monsters leaving the line, so the chance to see them shrieking down the High Road is not one to be missed. As Rhed van Mann said at the Fiat press conference, 'It will be like the North Circular at rush hour, only faster'.

When Too Much is Not Enough

By Diana Cormack

Many of us are familiar with the symptoms of compulsive eating disorders such as *anorexia* and *bulimia* from the coverage they have had in the press and on television. Yet little is heard of another disorder involving food which is at the opposite end of the scale, that of overeating.

This doesn't mean forcing down the After Eights when you have just sworn you're not going to eat another thing until a week next Wednesday. It is actually a progressive illness where the time between meals and mealtimes themselves are filled with the thought of and consumption of food. It has been called "ruthless cramming". The sufferer becomes unable to control their mental obsession with food and, even though it no longer gives them any pleasure, they feel unable to break away from the addiction. Elvis Presley may well have been a victim of the disease, for it is a killer, yet family and friends may not realise what it is doing to their loved ones. This mental, physical and emotional condition destroys lives as the sufferer closes down as a person and loses the ability to escape. However, help is available.

Everyday help

Overeaters Anonymous was started in the USA in 1960 by a woman with eating prob-

lems. Based on methods used by Alcoholics Anonymous and Gamblers Anonymous, for the first ten years it had to rely on speakers from those groups until it had "recoverers" of its own to address meetings. It can be described as a fellowship of people who share experiences, information and hope with which to support and encourage one another, whilst at the same time reinforcing their own personal progress.

Recovery needs to be taken one day at a time and regular attendance is necessary to ensure success for people who have tried everything else, so there are daily meetings at a variety of venues. There is no charge except for a voluntary donation for hire of the room and beverages.

Sunday meetings are held at 11am in room 4 of the Neighbourhood Centre, 42 Church Lane, East Finchley, N2 8DT. For more details contact 8883 8336 or call up www.aa.org

East Finchley's Flagship Centre

By Daphne Chamberlain

One of East Finchley's newest landmarks may be leading the way for communities all over London. The Green Man Community Centre at Strawberry Vale has become the flagship for the Peabody Trust's 15 other estates, all now under the overall management of the Green Man's Martin O'Donnell.

Martin, who grew up on Strawberry Vale and started as Housing Manager there, will keep the Centre as his base. "It will always remain special to me," he told *THE ARCHER*. He went on to pay tribute to

the Green Man's Users' Committee and other residents of Strawberry Vale.

"When I started here, I was surprised to discover so many people already engaged in voluntary projects, but without an adequate place to develop them. The Peabody Trust provides the space and facilities, but many activities are run – and largely paid for – by community groups." Now, he says, they find that one project or idea will spark off another.

The Users' Committee organises a wide-ranging programme, with money from bookings and from Bingo paying for children's parties, pensioners' outings, etc. Pat's Pantry, run by Pat Dean, is an on-site café service that also provides food for outside bookings.

Open to all

Almost all activities are open to

everyone in East Finchley (and beyond), with outside agencies making regular bookings. Martin describes the link with Barnet College as "massive", saying it has really worked well. When I spoke to him one Wednesday morning last month, the Centre was hosting an I.T. group, classes in English as a second language and in literacy, the East Finchley Advisory Service and a crèche.

Peabody Trust policy is to become a regenerative agency, providing facilities for advice and opportunity on people's doorsteps. Following the success of the Green Man Centre, Martin O'Donnell is currently visiting their fifteen other estates around London, meeting residents, finding out what they want, and training managers. Interested groups may well visit East Finchley to see the action plan at work.

Time for Thanks

By Irene Zevallos

It's time to thank the Neighbourhood Wardens for their invaluable efforts to make Barnet safer.

This service is provided by specially trained individuals, who patrol right across the Borough, particularly targeting town centres and estates. They cover a geographical area inhabited by approximately

314,564 people (according to the 2001 Census).

Safe and Clean

One of their main objectives is to cover known problem areas to help in the fight against anti-social behaviour, fear of crime and crime itself. They also work with residents, acting as a focal point for gathering and disseminating information.

Wardens wear high visibility uniforms and work closely with police to build community confidence. Their main focus is improving the environment as well by reporting issues such as fly tipping, graffiti, vandalism and abandoned vehicles. They also offer information and advice on council services, providing help and support to vulnerable members of the community... 314,564 reasons to thank them are not enough!

For more information call Barnet Council on 8359 2000.

Holy Trinity Church

Church Lane N2

Sundays: The Parish Communion 10 a.m.

Children including toddlers & babies are very welcome at all services in this multi-ethnic church.

Contact: The Revd. Laurence Hill

Telephone: 020 8883 8720



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