



GLH House inaugurated

By Kathryn Scorza

East Finchley-based car firm GLH has had double cause for celebration recently. Firstly, the long-wished for move from the Portakabins into the brick built comfort of number 12-18 High Road was finally achieved in April, and GLH House was officially inaugurated with champagne and the unveiling of a brass plate.



John Scott at the inauguration of the house. Photo by Michael Mandell.

Staff from the company's former Aylmer Road office have also moved in, so everyone is now under one roof.

Refurbished and wired with the latest computer systems under the direction of Bernard Case and Dominic Anthony, the new offices are a hit with employees.

"Before, you didn't see some people from one staff award to the next," said Joanne Bickerstaff, longest-serving staff member and first-ever winner of the *Staff member of the Year* award.

Michael Mandell, sales manager, feels the move has been a real boost. He said, "The dynamics are superb – it's

bright, clean and airy."

Saying Thank you

The evening of the official opening was also chosen for the 23rd annual staff awards dinner at the Highgate Golf Club. Started in 1983, and clearly popular with employees, the Staff awards have evolved into a major annual event.

"It is a nice way for us to say thank you to our staff," said managing director John Scott.

Bernard Case and Dominic Anthony jointly won the title of Manager of the Year. *Staff member of the Year* was won by Stuart Selley, an East Finchley resident. The Accounts Department won the Divisional Department Shield, and Best

New Employee was Andy Bell. Further awards went to Jane Clark, Engin Bassar, Matthew Doran, Ashley Fiander, Carrienne Lally, Kevin Bridgen, Gio Fetta, Joseph Norman and Nikara Garcia.

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Join the cycling breakout

Keen cyclists are invited to join the 'Suburban Breakout' from East Finchley on Sunday 10 July.

The ride is run on behalf of the Cyclists' Touring Club and Audax UK, the long distance cycling organisation, by local cyclist Nick Bloom, who hopes to encourage local riders by showing how quickly you can get out of London by bike.

It's a 100km (or 66 mile) ride via Potters Bar into the rolling Hertfordshire countryside and back. Sixty riders took part last year, representing a wide range of age and ability.

It's not a race, and it's not a charity ride. You can think of it as a personal challenge. Ride with others or on your own, flat out or steady.

Pedal power

Anyone can take part on any bike, tricycle, tandem or recumbent, although under-18s need parental consent. Although most of the route is on quiet country roads, there are

also some nasty roads to cross, and there will be busy traffic on the way back through Barnet and Finchley.

There aren't any mountains around here, but that doesn't mean it's flat. You can take a break on the way at one of the many pubs along the route, so long as you are back within the time limit of seven and a half hours – that's only 13.5 kph (under 9mph) including any stops.

You do have to look after yourself on the day and follow the route sheet as there's no pick-up if you get tired or break down. If you finish within the time limit you can buy a medal or badge.

For more information, contact Nick on 020 8365 3806 or ask at Bike and Run on the High Road. You can also download an entry form from www.saddlesore.pwp.blueyonder.co.uk.

Not given in vain

At the end of April, the National Blood Service hosted a special lunch in the New Connaught Rooms, Covent Garden. Held about every five years, it was one of their regional events honouring those people who have made 75 or more donations of blood to help others. This could have been achieved not only through the normal blood donation procedure, but also through a process of blood platelet collections, which is slightly more complicated and counts for more towards the personal total achieved.

Local donor honoured

One of the 90 guests was Ian Cormack, of Cherry Tree Road. Ian, who is a regular blood donor and has experienced both procedures, was presented with an engraved Edinburgh crystal commemorative plate for his efforts. Donors who had achieved totals even higher (there was one of over 1000!) were given a crystal decanter.

Another event to celebrate those who regularly donate blood is to be held on 14 June, when the National Blood Service is to host World Blood Donor Day. This date commemorates Karl Landsteiner, who discovered the ABO blood system. With the theme *celebrating the gift of blood*, people all over the world will be encouraged to attend events highlight-

ing emotive stories of those whose lives have been touched by this in some way.

New blood

The demand for blood never stops and every day the NBS needs to collect up to 9,000 donations of blood, yet only 6% of the eligible population are blood donors. One donation can help save more than one life and donors can give blood three times a year.

If you are between 17 and 60 years old, in general good health and interested in becoming a donor you can find out more at www.blood.co.uk or call the National Donor Helpline on 0845 7 711 711

The next blood donating session to be held locally will be on Friday 29 July. The NBS mobile unit will be open 1.15–4 pm and 5.15–7.30pm outside East Finchley tube station.

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