



KALASHNIKOV KULTUR

By Ricky Savage, the voice of social irresponsibility

Hip to be cool

It's cool time again, time to slip into your Hong Kong silk robe, put on the Rolex Oyster Perpetual Chronometer, pick up the Walther PPK 7.65 automatic and enter Bondworld because 007 is back. James Bond is 50s cool in a very English Brillcream way. Back then it was cool to drive a Bentley Continental and even cooler to have your cigarettes made to order by Morland's of Grosvenor Street. Bond stayed cool through the 60s and even if Roger Moore was a bit naff, that wasn't Bond's fault, you could blame it on the 70s, a decade that cool forgot.

Back in 1953 when Ian Fleming invented the suave James Bond he was inventing the man he'd like to be, right down to the handmade shoes. As the British Empire careered out of control towards its nemesis at Suez it was comforting to know that sending in a well-dressed 'spychopath' would solve all our problems. In Bondworld there would have been no Suez crisis. Same thing with Vietnam, Bond could have gone in, killed the baddies, bedded the girls and showed the Yanks how to do it without needing to take off his tuxedo.

As time and cinema moved on, Bond stayed the same. OK, so the Aston Martins got newer, got replaced by a Lotus and then a BMW and then back to Austons. Gadgets became the name of the game and each new Bondworld theme park attraction had something new from Q. Invisible cars? No problem, Pens that turned into aircraft? They're working on it along with X-ray vision and the ability to walk on water.

Bond himself has been through almost as many regenerations as Doctor Who, but has stayed the same 'spychopath', the same killer and the same relic of a bygone age when 'men were men' and dreamed of driving a Bentley, getting their shirts from Turnbull and Asser and checking in at the Playboy club for a little light gambling. So no change there then; even if the world has moved on, Bond hasn't.



Kathryn Scorza working with a client, accompanied by Effie, her "healing cat".

Photograph by Rick Scorza

Did you know..?

...The London borough of Westminster has an average of 20 pieces of chewing gum for every square metre of pavement.

Healing experiences

By Daphne Chamberlain

THE ARCHER has been following the experiences of three local people at the hands of spiritual healer Kathryn Scorza to explore what is involved in this kind of treatment and whether it brings benefits.

Kathryn is a trained healer, listed in the NHS Directory of Complementary and Alternative Practitioners, registered with The Jewish Association of Spiritual Healers, and regulated by The British Alliance of Healing Associations.

Kathryn believes physical and emotional problems can be caused by internal energy blocks. She describes herself as a channel for healing energy, which flows through her, not from her. She channels this energy to a client by "tuning in" with her hands, which never touch the person being treated. Clients remain fully clothed.

When her hands locate a block, she keeps them above that place until she senses something moving or changing. The client, too, may feel these sensations.

When the block is removed, the body, mind and spirit may heal themselves if that is possible, but Kathryn never gives assurances. She does believe, though, that treatment can always bring positive benefits of some kind.

What were the verdicts of her volunteer clients?

Kate: "The past few years have been difficult, struggling with a sick partner and our eventual separation. I was coping, but felt that my head was only just above water."

She loved the peace of the treatment room, and made friends with Effie, the (optional) resident "healing cat", who held paws with her during one emotional session. The treatment released a lot of grief, but left her feeling "lighter", more at ease in herself, and feeling able to "re-connect with happiness". She also regained a sense of security, which had eluded her for years.

Sippy: Sippy has lupus and other physical problems. She described herself before treatment as a helium balloon, "out of control, flying from one thing to another, in panic all my life", and trapped in her own energy. The first session left her pleasantly sleepy, the second very energised. After the third, she felt much more relaxed, calm and grounded. She began to sleep better, and this helped ease her physical pain.

"I feel now I'm holding the balloon's ribbons. I'm more in control, and more accepting of others," she said.

Ian: "I have osteoarthritis in my right ankle. The sessions were pleasant and restful, and after the first I could walk downstairs more easily (although it had been particularly bad before). After the second, the next day showed some progress but the day after that it had deteriorated for no apparent reason and then reverted back to fairly standard. After the third, I didn't notice any particular change and I am now back on a fairly even keel as normal. Although I found the experiment interesting, the general result is no lasting or consistent improvement".

Although sorry that Ian's three sessions did not help more, Kathryn welcomed his honesty, saying that this is why healers never promise a particular outcome.

Kathryn Scorza can be contacted on 07703 404839, or look for her "taster" sessions in *The Natural Choice*, 105 High Road.

Did you know..?

... The man who was the voice of one of the original Daleks, Roy Skelton, also did the voices for George and Zippy in *Rainbow*.

How long will your resolutions last?

By our nutrition expert Judy Watson

If you overdid it during the festive season you've probably made a New Year's resolution to give up smoking, drink less or do a major detox. However, starting off with small changes in your diet can be more effective if you want to stick to your resolution in the long term.

So to give your liver a boost, try avoiding alcohol for two weeks. Replace it with antioxidant-boosting pomegranate juice and grapefruit juice. Then have a maximum of one small glass of antioxidant rich red wine while you continue with other changes.

If you find that you are mainly eating meat or cheese as your source of protein then

introducing vegan protein will help detox your system as it is lower in fat and high in fibre. A bean or lentil stew or soup will make a quick cleansing evening meal.

Make a big effort to eat at least five portions of fruit and vegetables a day to cleanse the liver and boost the immune system, especially if you've been run down with colds. If you're eating the

same vegetables, try something different such as grating celeriac and apple with sliced fennel in an olive oil dressing with ginger and lime.

Excess tea and coffee can deplete vitamin C and B vitamins important for energy and detoxification so reduce your intake to two cups a day.

Have at least one snack a day, preferably in the afternoon when most people's blood sugar drops. A great snack is a palmful of raw nuts, which contain calming nutrients, calcium and magnesium, essential if you want to give up smoking.

So there you are: a few changes can go a long way and help you keep your New Year's resolutions.

You can contact Judy at Utopia health and beauty in East Finchley on 07904 335763.

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Common talk

If you want to hear how most of Finchley Common has disappeared over the years, come to the Finchley Society talk by borough heritage officer Hugh Petrie.

Among the buildings on what was part of the Common are Islington Cemetery, the former Territorial Army site at the junction of High Road and the North Circular, the Lido site nearby and the Parkhall estate. The talk takes place on Thursday 22 February at Avenue House, East End Road, at 8pm. All are welcome.