



Work day in the Wood

By Charles Parkes

A joint work-day was held at Cherry Tree Wood in May to clear brambles and create new habitats for wildlife and plants. Doing the hard work were Friends of CTW, Barnet Green Spaces staff and volunteers from CSV GO London.

The main objective was to clear the fenced-off area next to the play park of brambles which had been preventing young tree saplings from growing and establishing a new under-storey.

Staff from Barnet Green

Spaces took down the dilapidated chestnut fencing from around the site and volunteers replaced part of this with dead hedging (two lines of posts filled with bramble cuttings).

Tracy Sawyer, Barnet Green Spaces Manager, and

three park keepers cleared a large patch of brambles outside this area to allow other fauna to thrive.

Home for beetles

Volunteers also cleared litter from the wood, pulled up invasive Small Balsam (*Impatiens parviflora*) plants and constructed a large stag beetle loggery. This was made up of approximately 30 logs placed vertically to simulate a rotten tree stump, which is the beetle's preferred egg-laying site.

Stag beetle larvae feed on rotten wood for up to seven years before developing into the adult beetle. Loggeries also provide a great habitat for many different types of fungi and invertebrates. GO London is part of Community Service Volunteers, a nationwide charity that supports many different types of volunteering.



Jake Eiseman Renyard, Tracy Shaw and Barnet Green Spaces workers take a break in the clearing. Photo by Diana Cormack



Steve Harper on the slopes.

Cyclist's mountain challenge for MS

By Adam Castledine

Considering abandoning the tube and bus service in favour of two wheels for your commute to central London? A few years from now you could be considering tackling some of Europe's tallest mountains, like Steve Harper.

Too modest to claim himself East Finchley's answer to Chris Boardman, Steve began his cycling odyssey to improve his fitness and to get himself home from the West End. Now, he will be tackling the L'Etape du Tour 2010 on 18 July to help raise funds for the MS Society.

Steve will have to cycle 110 miles to complete a circuit of three of the highest peaks in the Pyrenees. He readily admits that it is the prospect of a beer and "two three-course meals" that pushes him onwards to the finish line.

"Sitting in a cow-pat"

In the run-up to the event, Steve will have cycled over

400 miles in four separate events on top of his usual training regime. Avoiding the enemy of all cyclists, chronic saddle pain, with aptly named udder cream, akin to "sitting in a cow-pat when you set off", he will be happy merely to finish the course and raise money for sufferers of MS, such as his wife Jo. He cannot thank her enough for her patience in indulging his transformation of a "mid-life crisis into something more constructive".

Steve can be seen in Budgens closely scrutinising packaged calorie information but, if you miss him, visit his fundraising web page to lend your support: www.Mediaradicals.com/steves-etape

Car roof stolen

The shocked owners of a convertible car woke one morning to find thieves had stolen the roof of the car and left it open to be wrecked by heavy overnight rain.

The black BMW was parked outside the owner's house in Bedford Road on Thursday 27 May. The thieves also stole both wing mirrors and broke a window, the steering wheel and the glove compartment.

Police are investigating forensics and CCTV footage for any vans seen entering or leaving Bedford Road between midnight and 4am. They believe a van would have been required to transport the roof.

The car's owner, who asked to remain anonymous, said: "The milkman saw it at 4.15am and thought we were brave having the roof down overnight on a rainy morning. Then he saw the smashed glass on the floor and no wing mirrors and realised we had been done over. We are so shocked. All BMW and convertible owners should be vigilant."

If you saw or heard anything unusual, or if it has happened to you too, please contact DC Hunt at Colindale Police station on 020 8733 4543.

Take French leave and help yourself

Would you like to invest some time in yourself this summer, and discover how to make more impact on life? All that, and a few days to relax and enjoy beautiful Brittany?

When Jane Revell decided to divide her time between Brittany and East Finchley several years ago, *THE ARCHER* lost the writer of our "Problem Page" and a deliverer.

Jane still helps people with problems and, as well as being a Pilates instructor and language teacher, also runs courses in NLP (Neuro-Linguistic Programming) in France and many other countries.

NLP is a powerful and frequently used method of personal development. Jane has written several books on the subject and is a highly qualified trainer who has worked with a number of well-known companies. This summer Jane and her husband, Bob Janes, also an East Finchley resident, will be running two courses of personal development and interpersonal communication at their lovely home near the

sea in Ploudalmézeau, France.

On 25 July, a four-day diploma course begins, teaching NLP techniques which can be used in a variety of situations and are intended to help people feel more positive and energised and better able to meet personal and professional goals. On 1 August, a 12-day course for those who have previously done a four-day NLP diploma begins. For further details visit www.janerevell.com.



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