



Every little helps

mememoryman.wordpress.com

The point about shopping locally is that it's got "green" all over it; if only it were easier to do. Sometimes I think I'd get better prices at a large supermarket, which seems a good idea in these difficult times. Sometimes, when I'm walking in the rain, pulling a heavy trolley between shops, I think about driving to a mall.

Then I think about the huge amounts of unnecessary packaging there, on everything from apples to ham. I think about the 'Buy One (more than you really need) And Get One (which goes off before you can eat it) Free' and I reconsider.

While we tend to walk to the shops on the High Road or Fortis Green for the nicest meat, fish and veg, we also use delivery services for some of the really bulky or heavy stuff. Apparently their vans use half the fuel that the equivalent households would use picking up their shopping. Other interesting delivery services include organic veg "group shopping" drop-offs, outside schools and community centres.

Farmers' markets are still, just, viable, bringing locally produced food to a suburban market. We've had occasional French ones (lovely but pricey deli food and cakes) and the Alexandra Palace market every Sunday. Local food means reduced transportation, so reduced CO2, which is all to the good. Local also means seasonal food which doesn't really limit your food variety if you're OK with traditional foods. Of course, seasonal fruit is popping out in local gardens from now to the end of autumn. Fruit trees in our road include greengages and plums, apples and pears (several varieties), cherries and even apricots. We've got quince and grapes, figs and blackberries in abundance. Seems a shame for them to go to waste. Wouldn't it be lovely if we could leave some of the excess in front of our house, or somewhere locally, for others to help themselves? Picking and jam club anyone?

Allotment magazine

A new magazine has been launched to for allotment holders in Barnet, Haringey and Camden. Your Allotment Magazine is edited by Marcia MacLeod, who is in her third year of allotment growing. The July 2011 edition covers Barnet Council's decision to drop its planned allotment rent increases, as we reported last month, along with articles on growing peas and preserving water. For more information, visit www.yourallotmentmagazine.com

Husband charged after woman's death

By Janet Maitland

A murder investigation is under way following the death of a woman in Finchley. Police were called to an address in Rosemary Avenue, N3, shortly before 11.25am on 20 June, after reports that a woman had been assaulted.

When forensic officers and police helicopters arrived, they found that the victim, 60-year-old Sarwat Malik, had been so badly injured that she was pronounced dead at the scene. A post mortem carried out at Finchley Mortuary the following day gave the cause of death as multiple stab wounds.

Chartered accountant Farukh Malik, the 65-year-old husband of the victim, was arrested and charged with her

murder. He appeared at the Old Bailey on 24 June, where he was remanded in custody. A further hearing will take place at the Old Bailey on 28 September.

Anyone with any information is asked to contact DCI Steven Lawrence of the Homicide and Serious Crime Command on 020 7321 9290. If you wish to remain anonymous, call Crimestoppers on 0800 555 111.



Visitors to Vale Farm get the allotment bug

The plots thicken

By Lily Ehrenpohl

Vale Farm Allotments attracted more than 100 visitors to its first Open Day, held on a gloriously sunny Sunday at the end of June. The event aimed to let local residents see the fruits of the plot-holders' labours, and to raise money for Vale Farm's maintenance funds. Free entry and easy parking attracted many family visitors.

Many plot-holders contributed seedlings and plants to sell, while others baked cakes. One plot-holder even prepared nettle fertiliser to sell: if you have ever smelt nettle fertiliser, you'll understand that she took a bullet for the cause.

There was also a tea and

food stall, biryani dishes, a tombola with donated prizes, and a Winnie the Pooh storytelling corner for children (and adults!).

Several visitors asked to be added to the waiting list

for a plot on Vale Farm Allotments, which are located off Tarling Road. The organisers plan to run more open days and social events. For more details, email Lily Ehrenpohl on lilyehr@rocketmail.com

The Allotment

By Archer reader Jill Bamber, of Western Road

You were double-digging heavy clay according to the plan that reached to autumn

drawn out in different coloured inks, the windshield hedge, the bark-chip paths two rows set aside for leeks, four for seed potatoes

and I walked down the catkin path that day to ask what you'd like for dinner. "Lamb stew," you said, "with these" and dug two parsnips, deeply ringed awesome as inverted urns comfortably carried.

Lamb stew, so lean it could be grass, each small silk-coated gold shallot ring-cut; runner beans as fresh as leaves with eyes, those beany eyes, some kept to sow. Beetroot bleeding, searching earth and going round its stones

and finding ways. Obscene, five-fingered carrot roots, how do they draw such orange from damp clay? Your aching back and clever hands know how to conjure life and when to feed me.

Leslie Sussman

The death has been announced of Leslie Sussman MBE, former Mayor and Freeman of the Borough. Mr Sussman was elected in 1968 as councillor for the ward of Finchley which later became Finchley Church End ward, and remained as councillor until his retirement in May 2006, 38 years later. In 1984/85 he served as Mayor of the borough.

Mr Sussman's long and unbroken career in local government began in 1961 when he was elected councillor to the former Hornsey Borough Council, followed by the London Borough of Haringey, in 1964.

Mr Sussman's commitment to the community extended beyond local government when he acted as treasurer of the 19th Finchley Scout Group, and served as District President and Vice-Chairman of the Finchley, Friern Barnet and Golders Green District Scout Council. He was also a past player and referee at rugby football and served on the boards of governors at several schools and colleges.

Dementia out in the open

The Barnet Dementia Forum has been set up to give a voice to people with dementia and their carers. Subjects already raised include lack of awareness among GPs, the long wait for help when people are diagnosed outside the borough, and the lack of clear information about changes in arrangements for assessment by consultants and memory clinics.

Other concerns are the difficulties of using public toilets when helping someone of the opposite sex, the common belief that Blue Badges are just for people with physical disability, and the problems of having to arrange your own care package.

At the first meeting there was a welcome for news that NICE have reviewed rules on restrictions on the use of some Alzheimer's drugs in the earlier stages of the disease, and that one drug, memantine (Ebixa) is to be available on the NHS.

All people with dementia and their families are welcome to meetings. Please ring Jo on 020 8937 7171 or Margaret on 020 8201 0842 for details.

Spotted in N2

The Finchley Society has reported sightings of hedgehogs around Oak Lane, and house sparrows in Oak Lane and Long Lane. As we know, these are now almost endangered species. So East Finchley must be doing something right.

A friendly welcome awaits you

EAST FINCHLEY METHODIST CHURCH

197 High Road, London N2 (opp. Creighton Ave.)

tel: 0208 346 1700

www.eastfinchleymethodist.org.uk

**Sunday service at 10.30 a.m.
With Creche and Junior Church**

Worship Music Social events Toddler Group Wheelchair friendly

e-mail: info@eastfinchleymethodist.org.uk

Room hire tel: 020 8444 9887