



Lina Gulhane and fellow-performers in Olympic opening ceremony

## Being part of it

By Lina Gulhane

Lina Gulhane is an Information Scientist who helps develop NICE guidelines for the NHS. Here she describes her part in the Olympic opening ceremony representing the NHS.

**An email asked if I would like to audition. 50<sup>th</sup> birthday loomed. Why not? Along I went in November to 2.5 hours of non-stop dancing with people of all ages, backgrounds, ethnicities.**

Acceptance email in January, along with caveat to commit. Rehearsals from April to July. 150 hours of devotion: after work, during weekends.

Rehearsal day 1. Danny Boyle introduced us to his vision. 'Swing out Sisters'!! Hospital beds, children, Lindy hop, 40s outfits, children's literature, overcoming dark forces, flying Mary Poppins... Oh, my!!!

The journey began, in studios at 3 Mills, then outdoors in Dagenham. We learned in stages: how to manoeuvre beds into position with children sitting on them, remembering (then forgetting) dance steps. Hard

work, yet satisfying.

Once in the stadium, it hit home. Aaarrgggrhh...!!

Then the intensity began. Positioning, standing around, knowing which gate (called VOM) you were in, running out with the bed, remembering your steps... Timing was essential. Music stuck in your head... with the words left, right, hop step turn, one, two, three, four. Everything, again and again.

In wind, rain and sun, the army of volunteers battled on. When we saw the Industrial Revolution rehearsal, we knew this was going to be amazing.

Dress rehearsal 1, 20 thousand in the stands. Outfits, false

eyelashes, 40s' victory rolls, hair spray, red lipstick, heels. Shared backstage space with steeplejacks, dementors, muddy-faced working men and women. Suffragettes and military passed by.

Dress rehearsal 2, 40 thousand. Dress rehearsal 3, family, friends and other volunteers.

Show day!! Not thinking of spectators, just focusing on a flawless performance. And then it was over.

Without exaggeration, it was the most incredible experience of my life. Music, atmosphere, the roar of the crowd, the incredible show. Being part of it, being proud to be British, and that I undertook and completed the personal challenge to get there. Camaraderie, team work, new friends, seeing the athletes lined up. Fireworks, the post-party. The memories will always stay with me; along with my outfit, and ceremony programme with the names of all the volunteers, including mine, reminding me that 'I did it'.

## Anum's Olympic glory

As the world watched, 15-year-old Anum Bandey produced the swim of her life to break a national record on the opening day of the Olympic Games. Anum, a former Holy Trinity School pupil, broke the Pakistan national record in the 400m individual medley with a time of 5:34.64.



It was an amazing achievement for the teenager, who lives in the High Road and trains at Barnet Cophall pool. Her Pakistani heritage makes her eligible to swim for the national team and she was one of only two swimmers representing the country at London 2012.

Her family cheered her on wildly as she lined up against the world's best swimmers in the Saturday morning heat and her record-breaking swim was covered widely in the Pakistani press.

Mum Nikki Bandey said words could not describe the experience of watching Anum smash the record in front of a global audience and she thanked all her family and friends for their support.

She said: "Anum has worked really hard to achieve this. I

remember all the days when she was a mere nine-year-old, waking up at the crack of dawn to be at the poolside during the freezing winter. Rain, sun or snow, whatever the weather she was ready for her training. She has showed determination and dedication throughout. She has made us so proud."

### Golden future

Pakistan Swimming Federation secretary Major Majid Wasim told The International News that Anum's performance was the best of any Pakistani swimmer in Olympic history.

"The way Anum has performed in London, I can confidently say that she will win a gold medal in the South Asian Games, a feat that has never been achieved by any of our female swimmers," he said.

## Any takers?

Could you spare 30 minutes a month to deliver THE ARCHER?

We are currently seeking a deliverer for Southern Road, Buckden Close and Greenfield Drive. We're also keen to reach readers on three other rounds: first, in Blandford Close, Cornwood Close, Greenhalgh Walk and Lytton Road; secondly in Widdecombe Court and Widdecombe Way; and

finally in the newly-built apartments in Lankaster Gardens.

Could you volunteer to help us with any of these rounds? We'll bring the papers to your door every month and you can deliver them in your own time. Please email us at the-archer@lineone.net or leave a message by calling 0844 579 6949 and entering mailbox number 63450. Thank you.



## brera gardens

- garden design
- maintenance
- hard landscaping
- irrigation systems
- soft landscaping
- East Finchley based
- indoor plants

Mob. 07939 557 934

Tel. 020 8365 3615

Email: breragardens1@btinternet.com

## TaxAssist Accountants Small Business Specialists

- Limited Company Accounts and Tax
- Sole Traders
- VAT and Payroll
- Fixed fees agreed in advance
- Payment plans available



For a FREE initial meeting, call us on 020 8883 5258 or visit us at 209 High Road, East Finchley

## Midhurst Butchers

Certified organic meat at reasonable prices  
Free-range poultry  
Home-made sausages (including Boerwors)

2 Midhurst Parade,  
Fortis Green, London N10  
Tel. 020 8883 5303

## Japanese Acupuncture & Shiatsu

Gentle, dynamic and effective

For more information please phone or visit my website [www.fionahurlock.com](http://www.fionahurlock.com).

FREE 20min consultation

Ph 07795203107

Fiona Hurlock MACs MRSS Dip Ac  
UTOPIA 1a Leicester Mews, N2 9EJ

## TELEPHONE FAULTS REPAIRED

50% CHEAPER THAN BT \* the POST OFFICE \* TALK TALK etc  
HOME \* OFFICE \* FACTORY

LINES \* EXTENSIONS \* EQUIPMENT - TESTED & REPAIRED

Call RON COLLINS 0208 883 9325 \* 07748 278728  
email: roncallsaver@yahoo.co.uk

## Second Wind Training

Personal training for adults, seniors and people with health issues. Held in the privacy of your own home.

Free initial consulting session



Fully insured  
CRC by Jewish Care

Call Velo at:  
020 3074 1041