



One of the vandalised cars in Deansway. Photo Martin Addison.

Cars vandalised

By Janet Maitland

Three cars were vandalised on Deansway sometime during the night of 25 March. All of the cars had their windows smashed on the driver's side.

The three cars were a blue Ford Focus, parked opposite the junction with Brim Hill, a grey Volkswagen Polo left next to the junction with Edmunds Walk, and a silver Jeep, which was opposite the junction with Vivian Way.

Police were called to Dean-

sway at about 7am on 26 March. No arrests have yet been made and enquiries continue. Anyone with any information is asked to call police on 101 or to ring Crimestoppers anonymously on 0800 555 111, or go to <https://crimestoppers-uk.org/give-information-online>

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East Finchley, High Road N2

All Saints' Church, Durham Road, East Finchley Church of England

Sunday masses at 8.00 a.m. and 10.00 a.m.

Weekday masses at 10.00 a.m.

(Refreshments are served after mass on Sunday and Thursday)

Prayer requests are gladly accepted.

The Parish has a flourishing social life.

Contact the Vicar, Fr Christopher Hardy,
on 020 8883 9315.

All Saints' also has a strong musical tradition and an enthusiastic choir of both adults and children.

Experienced singers are always welcome.

Contact Geoffrey Hanson on 020 8444 9214.

<http://www.allsaints-eastfinchley.org.uk>

Give blood and save a life

By Diana Cormack

The NHS Blood and Transplant Service held a special award ceremony at the Hilton London Green Park Hotel on 21 February. After welcome speeches, thirty four donors and their partners enjoyed a tasty lunch followed by the presentations. These were made by Emma Paine, a personable young woman representing all those who have benefited from being given blood.

Twenty two people received the Emerald Award for their seventy five donations and twelve received the Diamond Award for a hundred donations. This is the equivalent of twelve and a half bodies full! One of the Diamond Award winners was Ian Cormack of Cherry Tree Road. Ian has also been a platelet donor and is presently on a trial course to measure the effect of giving blood every two months.

Dominic Sutherland, Lead Donor Relations Marketing Manager, called these donors "silent heroes" and, in emphasising the need for more donors, said that less than 5% of the population here gives blood.

Sadly, because of "mad cow disease" British blood is no longer accepted in many other countries, including Australia and the USA.

Young and old welcome

There is a time limit set on people donating after tattoos and piercings and on those who have had certain illnesses, but otherwise most of the community has the ability to save a life by giving blood. Young people are especially encouraged to start donating and there is now no upper age limit, depending on your fitness and health.

Mobile units are being phased out as it is thought to be more cost-effective to hold blood donor sessions in local



Ian Cormack with his award for making 100 donations.

Photo Diana Cormack

venues such as church halls, where more people can be dealt with at one time. The whole procedure takes about an hour, including a rest and cuppa afterwards. For more information about giving blood call 0300 123 23 23 or visit www.blood.co.uk

Mealworms and cayenne pepper

By Ann Bronkhorst

If wild birds aren't flocking to your garden, where are they? Chances are they're hanging out at Jaelen Allen's patch near Coldfall Wood.

On 25 March at Coldfall School Jaelen shared her experiences in attracting wild birds to her garden.

Illustrating the talk with her own excellent photographs and with a variety of feeders, often adapted or home-made, Jaelen described more than 20 kinds of wild birds that visit her small garden.

Personal favourites are jays and long-tailed tits but she delights in them all, even the gangs of messy starlings, the magpies ("the bird everyone loves to hate") and the alarm-



Rough-textured wood nailed onto a commercial feeder allows this greater spotted woodpecker to get a grip. Photo by Jaelen Allen

ing sparrowhawk which came, posed for its photograph and departed.

Feeding

Jaelen has plenty of tips about bird food: sprays of millet to please the sparrows; monkey nuts to please the jays when acorns are scarce; live mealworms for protein and moisture (soak the dried ones in boiling water); suet balls or blocks in winter only, as melted fat on feathers transfers to eggshells, affecting their natural porosity. Clean, accessible water is a must: in winter more birds die of thirst than of hunger, according to the RSPB.

Feeding stations can be squirrel-proofed by painting the pole with olive oil and a

dusting of cayenne pepper; the birds don't mind it. Jaelen even wires long bramble stems over the top of her feeding station to deter squirrels. She is critical of 'novelty' feeders which are hard to clean, badly-designed or easily tipped over. Jaelen often adapts or combines commercial feeders, creates her own and sources materials from suppliers of game-bird equipment.

Nesting

When nesting starts in spring, she suggests making a patch of damp mud available for hen blackbirds to use and hanging up a container of mixed fibres such as corncob 'silk' and horsehair for birds to plunder. She fixes nestboxes high up and in shade, with an empty wire hanging basket in front of any open-front boxes to provide extra protection from predators. Lucky nesters to have her as their landlady.

Jaelen recommends www.wildaboutbritain.co.uk for its forums and helpful answers to queries.

Green Man Centre AGM

The Green Man Community Centre will be holding its AGM on Thursday 22 May at the venue in Strawberry Vale from 6.30pm. Everyone is welcome.

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