



The show must go on

This year's Proms at St Jude's Festival, normally held in Hampstead Garden Suburb, will take place free, online and 'At Home' from 8 to 28 June. All funds raised through donations will go to the North London Hospice and Toynbee Hall. For details, see www.promsatstjudes.org.uk.

'LitFest at Home' features renowned Irish chef and food writer Darina Allen in conversation with Radio Four's Sheila Dillon; Ben Lewis discussing his latest book *The Last Leonardo* with art history lecturer Lucrezia Walker; and the talented authors and sisters Claire and Stephanie Calman in conversation about mothers, teenagers and life.

'Music at Home' will offer a mix of conversation, recorded music and live music. Braimah and Konya Kanneh-Mason will be performing exclusively a programme of Schubert, Bach and Prokofiev. Further musical treats will be announced later on the website.

Three 'Walks from Home', which you can do alone or with your household, include a treasure



Free performance: Braimah Kanneh-Mason

hunt for children and two local Heritage Walks for adults. In 'Quizzes at Home', Proms presents the *Big London Quiz* for families and a *London Music and Literary Quiz*.

To entertain children in lock down, 'Families at Home' includes a Teeny Prom for children under 5; a live interactive 'junk' orchestra; and a Roald Dahl concert.



Live and online: Kanya Kanneh-Mason

Local history expert dies

Local historian John Heathfield died in March from the coronavirus, reports The Finchley Society. John was president of the Friern Barnet and District Local History Society and wrote several books, the last of which was *Whetstone Revealed* in conjunction with David Berguer, the group's chairman.

Bake at home with recipes from a Master

By Jane Marsh

Regular *Archer* readers may remember our article in January this year about Rinkoff's Bakery, the family business of local residents Ray and Esther Rinkoff. Sadly coronavirus restrictions have forced Esther and Ray to self-isolate from the business.

However, this hasn't stopped Ray exercising his renowned baking skills at home, to supply local family and friends with delicious bread and cakes if they are unable to go out and shop.

Ray has re-organised the family kitchen to accommodate his twice-weekly baking sessions, each one focussing on a particular recipe. These are filmed by Esther and put on their Facebook page 'Walk Talk Bake' to encourage friends and family all over the world to get baking too.

Esther says the response has been amazing, so if you want to try making almond plava, challah or raspberry sour cream cake, Ray's mini master classes are for you.

Less confident cooks might like to try this simple recipe for delicious Shrewsbury biscuits, which Ray and Esther have kindly offered to share with us. Happy lockdown cooking!



Ready to cut: Ray with his biscuit dough

Shrewsbury biscuits

Ingredients:

- 80 gm caster sugar
- 120 gm butter
- 1 egg
- 180 gm plain flour
- 20 gm baking powder

Method:

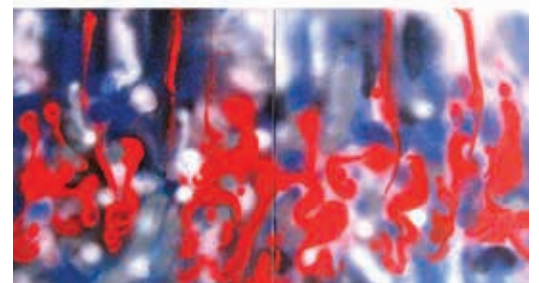
- Set oven to 180 degrees/gas mark 4.
- Cream together the butter and sugar.
- Beat the egg, then add to butter and sugar mix.
- Slowly fold in the flour and baking powder (and add a few drops of vanilla essence if you like).
- Form mix into a ball of dough and roll out on a floured surface.
- Cut with shaped cutters, or use an upturned teacup. Put biscuits on a baking tray and cook for 10-12 minutes until golden brown.



Painter's perspective on the pandemic

Artist Surinder Shani took to his home studio in East End Road, N2, to respond to the coronavirus pandemic with a trio of oil paintings.

Each image represents a different phase of the health crisis, starting with Spreading, then Lockdown, then looking towards an uncertain future with Opening. Surinder said he found the spread of the virus around the world very frightening and his weeks of lockdown very stressful so he wanted to do something constructive to pass the time and come to terms with the situation everyone found themselves in.



Spreading, Lockdown and Opening: Three paintings by Surinder Shani capture the phases of the virus pandemic.

Keep calm workshops and online gigs

At a time when we all need to keep calm more than ever, singer Angie Anuforo has turned the face-to-face 'Better Breathing' and group singing workshops she used to run at artsdepot, North Finchley, into online sessions.

Angie says: "During my workshops, I dedicate more time to the breathing exercises and the relaxation element and this is followed by the singing which is fun. Intentional breathing calms the system and the singing releases feel-good hormones, oxytocin and endorphins. All good for mental health and wellbeing."

Angie also hopes to uplift

people with her online gigs and has released a charity single, a cover version excursion of Vera Lynn's *We'll Meet Again*, in the hope of raising funds for the charity CARE which aims to protect the health of the poorest communities in the world during the virus pandemic. For more information visit her website: www.angie-a.co.uk



Easy breathing: Angie Anuforo