



To CBD or not to CBD?

By Greta Brambilla

East Finchley author Mary Biles has celebrated the recent launch of her publication *The CBD Book: A User's Guide*. In this detailed book she debunks myths about cannabidiol and explores why it has become the biggest trend in natural health remedies over the last few years.

Derived from the hemp plant, CBD oil is a nutritional supplement that, although



controversial, has claimed success in treating a broad range of conditions including pain, inflammation, low moods, insomnia and seizures.

While it comes from the

same botanical family as marijuana, it does not have intoxicating or addicting effects and the World Health Organisation has approved it as a safe product to use. CBD oil is also legal to buy on the high street or online and almost 10% of people in the UK have already tried it.

Mary, a medical cannabis journalist and educator, uses her book to explore the science behind CBD oil, backed up by an array of case studies. She also uncovers the difference between oil types and the advantages and disadvantages of different delivery methods, such as vaping, tinctures, edibles and capsules.

The CBD Book: A User's Guide is available at bookshops and on Amazon. Find out more at marybiles.com and listen to her podcast at: cannabisvoices.buzzsprout.com.

Plastics campaign finds a new home online

By Andrew Niewiarowski
It's a year since my wife Ali and I made East Finchley our home, and we've loved every minute of it. Intrigued by the round, bright-green signs hanging in many shop windows declaring 'No2Plastics', as an eco-warrior and keen environmentalist I was eager to join the campaign.

The ongoing pandemic has been a challenging time, and with it has come an exponential rise in single-use plastics. We have only one planet and we must collectively reduce our plastic consumption.

Discarded plastic never disappears; it just breaks up into smaller and smaller pieces, often ending up in our beautiful oceans. When we overcome this virus, we cannot afford to slip back into old habits.

Check out the website

The pandemic has given us time to reflect and reassess our priorities. No2PlasticsN2 have seized this opportunity by developing our website. Despite having no website building experience, I put myself forward as a rookie webmaster.

So, it is with great pleasure (and a newfound respect for web developers everywhere) that we announce the launch of our website at www.no2plasticsn2.com to promote our vision and our campaign.

Shoppers will now be able to choose which N2 establishment to patronise based upon its plastic usage. Suggestions are offered about what to buy and how to live as plastic-free a life as possible, with good ideas always welcome. We hope that all our residents, reinvigorated, will discover their own route towards living a better, cleaner, plastic-free life. Watch out for new website features as our campaign grows.

I have very much enjoyed working on the website and would love feedback from residents and retailers alike via the website contact form.

Letters

Dangerous crossing

Dear Editor,

In my opinion the zebra crossing on the High Road is potentially dangerous. To show this I took photos at about 4.30pm on a very bright day in July when the left of the crossing, facing north, was in deep shade, making it hard to spot anyone waiting to cross.

As a driver, your view of someone hoping to cross is further obscured by many big dustbins, on top of which shopkeepers sometimes pile boxes, and a tall set of metal barricades.

Visually there is so much going on that in one photo alone it is hard to see that there's a pedestrian standing in the middle wanting to cross.

Not only that but the presence of a double bus stop, just before the crossing, means that the white zigzag road markings are a shorter strip than usual. On the crossing itself, there's only one white stripe



Heading south: The obscured and badly marked crossing. Photo Gill Steiner

on each side of the centre island as the other ones have worn away.

In the southerly direction there are five tall dustbins as well as a barricade obscuring anyone waiting to cross. And there will be plenty of times when drivers heading south are having to contend with the distraction of traffic entering or trying to exit Huntingdon Road, right next to the crossing.

It's easy to see that worse conditions could prevail: darkness, rain, mist, high vehicles in front of a driver giving him or her very little time to assess visually whether a pedestrian is present and wants to cross. Thank the Lord that I use a bicycle.

Gill Steiner,

Address supplied.

Overflowing litter

Dear Editor

Cherry Tree Wood is such a pretty place and an excellent amenity especially at this time. Why oh why is it so abused by the leaving of litter by all the bins and around the woods in general; it spoils it for everyone. Can Barnet Council either leave much bigger bins, or collect daily, as it is becoming a serious health hazard?

Ros Goldfarb,

Address supplied.

Send your correspondence to: "Letters Page"

The Archer, PO Box 3699, London N2 2DE or e-mail news@the-archer.co.uk

Letters without verifiable contact addresses will not be printed. Contact details can be withheld on request at publication. We reserve the right to abridge letters for reasons of space.

Hedgehog sightings

Dear Editor,

We too have seen hedgehogs in East Finchley (*The Archer*, August 2020). I got photos on two separate occasions when one was walking down Park Road in the evening. Maybe it could be the same one as is living in Kitchener Road. There is a website to report hedgehogs spotted in London at wildlondon.org.uk and a map to show you where the sightings have been. It's wonderful that there are hedgehogs out and about in East Finchley!

Sally Norris,

Address supplied.

Ponds need protecting

Dear Editor,

'Ponds swimmers kick out' (*The Archer*, August 2020) is quite right as this amenity has always been a happy place where everyone could turn up casually and enjoy a day of pleasure. The ponds were formally established by Parliament, an elected body, as a free facility for everyone's benefit. Margaret Thatcher, who did not believe in democracy, removed this and gave them instead to the City of London Corporation, a big money concern that is not such a body.

They need therefore to be returned to public ownership where elected officials who are accountable can see that the public need is properly met.

There have been protests which are likely to continue about this new arrangement of limited entry, which now has to be paid for, and there is an online petition that readers are encouraged to sign at <https://you.38degrees.org.uk/petitions/save-our-ponds-hampstead-heath-1>

John McPartlin

Creighton Avenue, N2.

TV licence letters sent out to over-75s

Last month, TV Licensing began sending out letters to people aged over 75, asking them to either pay for their TV licence or apply for a free one. Age UK are again warning about possible scammers.

Please remember that the genuine letter will only ask you to use the following payment options:

by post, using the address: TV Licensing, PO Box 578, Darlington DL98 1AN; or online at tvl.co.uk/75pay and tvl.co.uk/75apply; or by phone on 0300 790 6151.

If you are contacted and asked to pay for your TV licence using a different phone number, a different website or by posting your details to a different address you have been contacted by a scammer. TV

Licensing will not come to your doorstep to collect the licence fee if you are over 75. Anyone who approaches you in this way is also a scammer.

If you're unsure about anything, you can call TV Licensing on 0300 303 9695 to speak with someone who can help. Meanwhile, Twitter @ageukcampaigns will be keeping pressure on the BBC and the Government to come together and save free TV for over 75s. Find out more at www.ageuk.org.uk/campaigns

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

You are welcome to join us for:

Sunday mass at 10.00 a.m. and Weekday masses as advertised on the website
Face masks must be worn for the time being.

Or join our live-streamed services on our Facebook page:

<https://www.facebook.com/allsaintsef/>

The church is also open for private prayer as advertised on the website.

Prayer requests are gladly accepted.

For more information, contact the Vicar, Fr Ian Chandler, on 020 8883 9315

Email: vicar.saintsabounding@gmail.com or check out our website:

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

From cooking to chatting

The Age UK Barnet men's cookery group missed their weekly banter and conversation during lockdown so decided to get together on Zoom each week and talk about the news.

"We talk about how we are getting on, what we've been doing and, especially if our teacher Nancy joins us, bragging about what we have been cooking," says Des, who organises the sessions.

Victor, another participant, says: "One week we talked about slavery, statues, racism and the good news about finding a steroid that reduces deaths on the ventilating machines."