



Letters



Cold water: Linda Dolata's photo of one of the Heath ponds

Wintry swim

Dear Editor,
I have always (since 1968) swum in the Highgate Ladies pond, but mostly in the summer months. Last year I managed until 16 November, and this winter challenged myself to at least equal that by joining the lovely, friendly, hardy group of 7am bathers.

One morning, the hanging mist was so beautiful with a song thrush carolling away (sometimes we hear owls instead) that I thought it worth sharing. The photo is of the next pond downstream as we are not permitted to take pictures of the swimming pond, but the appearance is very similar.

Linda Dolata
Leopold Road, N2

The kindness of strangers

Dear Editor,
On the evening of 13 December I slipped on the treacherous ice on the High Road and fell, badly injuring my head and arm. Thankfully I was with a colleague who was very helpful, but I'd also like to thank the passers-by who stopped to give assistance. I don't know their names, so I hope it may be possible to express my sincere gratitude through *The Archer*.

These kind people showed great presence of mind and resourcefulness in looking after me until my husband and daughter arrived. I'd also like to thank staff at the A&E Department of the Whittington Hospital, who gave me excellent care.

Name and address supplied

Stolen package

Dear Editor,
On Thursday 15 December a package was stolen from outside my house on Kitchener Road. I am a single mother who works full time, so I had requested for the delivery to be left just outside my door. The delivery driver did this, but the package was not there when I came back from work. The package was the main Christmas present for my four-year-old. It wasn't a cheap gift, and I do not have the money to just replace items. I didn't think this would ever happen in East Finchley. I work so hard to try and make sure my child doesn't miss out. To say I am upset is an understatement

Ailish McAlpine-Green,
Kitchener Road, N2.

Not another one!

Dear Editor,
Following on from the letters in your last edition about the new video advertising screen and defibrillator installed outside Iceland in the High Road, everyone will have noticed that a second identical monstrosity has popped up not 50 yards away outside Budgens. Besides the video screens being eyesores and another obstacle to step around on the pavement, what on earth is the point of having two defibrillators so close together? A better position would have been further up the High Road. Does no one on Barnet Council's planning team put two and two together to make a sensible decision about siting these things? Obviously not, and it's us good folk of East Finchley who have to put up with the results of their lack of thinking.

Stuart Carey
Fortis Green, N2

Send your correspondence to:
news@the-archer.co.uk
or post to The Archer, PO Box 3699, London N2 2DE

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.



Always on display: Gabby Nkansah at Amy's. Photo: Merrill Rauch

Questions and answers

In the second of our occasional series, Ruth Anders talks to Gabby Nkansah, known to many East Finchley shoppers as a friendly face in Amy's in the High Road.

Gabby, we just crossed the road for a coffee and you were stopped five times. How come everyone knows you?

Well, I've been here a long time, 32 years in all. People call me the King of East Finchley!

How long have you worked in this area?

I started at Budgens and stayed for 14 years. After two years at Iceland, I moved to Amy's around 2008.

Where did you grow up and when did you move over here?

I was born and brought up in Ghana. I came to London in 1991 for a visit, and took a job at Curry Motors in Edmonton, polishing showroom cars.

Do you have any family here?

I have family in Streatham and a nephew in Germany. My wife, six kids and 11 grandchildren live in Ghana. Of my five brothers and four sisters, my late brother was

a regional King and, as I am next in line, I am thinking about going back to take over. But I'll keep coming back here!

How often do you go home to Ghana?

Every year, but I get a bit bored after four weeks. I have two houses in the Ashanti region and 17 brightly coloured sofas. *(It's true; Gabby showed me the photos.)*

What do you like best about East Finchley?

Everyone here is so very friendly.

How do you travel to work?

I live in Edmonton, and I catch the 102 bus to work. It takes half an hour.

Your favourite place in N2?

The seat outside Amy's.

Favourite food?

That's easy. I love Fufu (a West African favourite, it's a spongy dough made from plantains and cassava), chicken, rice and peas, and peanut soup.

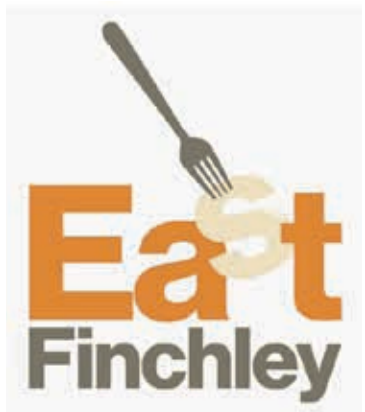
What's your proudest achievement?

Looking after my family.

Can you sum up your approach to life?

I feel very blessed to be in East Finchley. My mum told me to open my heart and go everywhere with a smile, and that's how I start each day. Oh, and no smoking and bed at 9pm.

A simple and tasty winter warmer



In the run up to East Finchley Town Team's 'Eat Finchley' food celebration in March, we are collecting recipes made with ingredients from East Finchley shops. This month it is supplied by Tony's Continental, 140 High Road, where you will find all the ingredients needed to make it.

Roasted red pepper and squash soup

Serves 4

Ingredients

- 1 butternut squash (peeled, seeded and cut into 1 inch cubes)
- 2 onions (peeled and quartered)
- 2 red/orange or yellow peppers (deseeded and quartered)
- 1/2 bulb of garlic
- Rosemary 5 sprigs
- Thyme 6 sprigs
- 2 tins chopped tomatoes
- 1 1/2 litre of veg/chicken stock
- 3 tablespoons olive oil

Preparation

Place all ingredients into a roasting tin except tomatoes and the stock. Add olive oil and mix.

Roast at 180C fan oven until butternut is soft, turning the vegetables every 20 mins

Remove from oven when vegetables are all soft. Remove all herb stalks, and squeeze garlic from skin. Empty into a large saucepan, add chopped tomatoes and stock. Bring to the boil and simmer for 15 mins, then blitz with a hand held blender until silky smooth.

Add seasoning to taste. Serve with crusty bread, and enjoy a healthy wintry treat.

SACKS MORASHA
JEWISH PRIMARY SCHOOL

Consultation on admissions arrangements for 2024/5 runs from Monday 12th December 2022 until Monday 23rd January 2023. Please refer to our website www.sacksmorasha.org.uk for our proposed CRP process, our proposed admissions policy and details of how to respond with feedback to the proposals.

Sacks Morasha JPS, 31 Stanhope Road, Finchley N12 9DX

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