



Hives are honey pot for food bank

By Lynn Winton

Lucie Chaumeton is one of East Finchley's very own beekeepers. She single-handedly tends her many beehives, decants the honey into jars and then labels and distributes the jars from her kitchen table.

I have been a local customer of Lucie's delicious 'Miel de Lucie' for many years. What I didn't know until now was that Lucie is not looking for commercial gain from her all-consuming hobby. She annually donates 100% of the considerable profits, a four-figure sum, to Finchley Food Bank.

Lucie told me how this partnership came about: "I got to know Anna Maughan (manager of Finchley Food Bank) during lockdown when I spent my time sewing hundreds of masks, including children's sizes, which she was able to distribute to her clients, along with



Happy apiculturist: Lucie Chaumeton with her hard-working honey bees.

all the other items they needed. "The Food Bank is such a 'can do' place and everyone helping there is so dedicated. When I started to make a profit from my honey sales I could think of no more deserving place to benefit from my hobby's success."

Lucie also gives talks in schools, taking with her a special portable observation hive that captivates her audience.

The small fee she charges is also given to Finchley Food Bank.

Find out more

Her website is packed with information about bees and the considerable amount of work (and daunting initial costs) involved in embarking on being a beekeeper. It also tells you

where you can buy her honey, as well as the ecologically sound wax wraps she makes with the wax from retired hive frames. There's an email link if you would like to be informed of local sales events. Every jar of honey you buy for yourself or for gifts helps Finchley Food Bank. Visit mieldelucie.wixsite.com/website or find Lucie on Instagram and Facebook @mieldelucie



Fresh air and friendship: A group at one of the well being walks with leader Louis Victor, second right

Why this wellbeing walk suits us down to the ground

By Valerie Jones

So there we are at 10am at the entrance to Cherry Tree Wood, all set for our walk through the park, up into Highgate Woods, and then back for a coffee and a chat. I joined the Wednesday morning East Finchley Wellbeing Walk group after a hip replacement operation. All was going well with my new joint, but I knew I needed to get the muscles working again, with something that wasn't too taxing. And I discovered that not only was the pace of the walk perfect, it was also good fun.

We are a mixed bunch: Grace, a former district nurse, and Esther, who'd worked as a radio journalist and translator in China. There's Franco, now retired from the long hours of running a restaurant, who enjoys having a sociable time out in the fresh air, but still getting home to cook his wife's lunch. And also Kerry, a church administrator, recovering from a minor stroke, now realising she needs to take more exercise.

So we all set off. Louis Victor leads the way in his high-vis jacket. The rule is that we go at the slowest walker's pace. Sometimes we pause for

others to catch up. But that's no problem, when the birds are singing and the squirrels hopping around. And there's plenty to talk about.

Louis came up with the idea for the wellbeing walk. A keen walker himself, he realised that not everyone could face a long hike for a couple of hours. So, with the help of the Rambler's Association, he's set up this gentler alternative. It suits those who are now working more from home: a brief time out in the open air, and then back to the laptop. Beverley, a semi-retired teacher, says she's found doing online tutorials

has made her less fit. Too much sitting down.

We've also had our foreign visitors. Johanna from Germany was spending time with her family here. She joined us for a few weeks and says she'll be back. And Edie from America, who happened to find somewhere to stay in East Finchley and wanted to investigate the local culture. I hope we did East Finchley proud.

Then, when the hour's walk is over, there's coffee or tea at the Cherry Tree Café. And we talk about everything. The frustrations of the local car parking apps, the pleasure of singing in choirs, the sad need for food banks, what to do with no-longer-needed medical equipment, suggestions of good films or plays to see. We've mostly avoided the two terrible Bs... Boris and Brexit. There are more interesting topics.

Of course, it is always possible to go for a walk by yourself. But do you? It helps to have the discipline of a definite day and time. And we all agree it is more fun to walk with others. Jules, a picture framer, says being stuck at home during the Covid lockdown has made us all realise how important it is to get out and be with other people. Ben, an actor with an unpredictable work schedule, appreciates the flexibility of being able to just turn up on the day.

So, join us: 10am every Wednesday morning at the entrance to Cherry Tree Wood, opposite East Finchley tube station. It's free, and there are loo stops! For more info email: efwellbeingwalk@gmail.com

Watch and learn an ancient board game

By Diana Cormack

An announcement on East Finchley Community Facebook has led to a regular Thursday afternoon gathering at Maddens Bar in the High Road, N2. Friends Marianne Stratton and Denise Outhwaite put out an invitation to join them in playing backgammon, whether you are an experienced player or a beginner.

The game itself dates back to the large family of table games which can be traced through 5,000 years

to parts of Mesopotamia and Persia. It was first recorded in 17th century England and has grown to be a really popular board game, with the UK Open Championships taking place at the end of August.

In good weather the mixed group play in twos outside, so the players are watched by the others, particularly carefully by the beginners who are encouraged to watch and learn. Experienced players like Gwyneth Fowler, who was



Games table: The backgammon players enjoy an al fresco afternoon at Maddens

taught to play by her mother at ten years of age, advise and help newcomers.

If you are interested, just turn up at 2pm on Thursdays. The club is free as are the snacks generously supplied by Maddens, but you will have to pay for your drinks.



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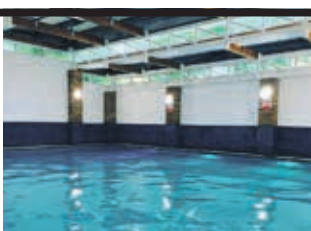
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