



Martin's Marathon Success

by Diana Cormack

Running in the New York Marathon at the beginning of November, Martin Sutherland of King Street, completed the course in 4 hours 29.50 minutes. Despite it being a bitterly cold day, Martin managed to knock nineteen seconds off his personal best time set in the London Marathon this year.



Marathon runner Martin Sutherland shows off his medal!
Photo by John Dearing

He was one of the 334 people raising money for Get Kids Going! which was the largest charity group taking part. Martin met some of them on the flight out and at the official welcoming party in Manhattan. Before the day of the race Martin managed to go sight seeing and to meet some of his family who had flown up from Florida.

In his opinion the London Marathon is better organised, as he had to be up at 5.30 a.m. in New York to join long queues for coffee and breakfast, before hanging around in the cold until the 11 o'clock start. The finish too was not so impressive, with no drink in the rather sparse food bag handed out to tired athletes. However, he really appreciated the support from the crowds on the route from Staten Island, through Brooklyn, Queens, the Bronx and Manhattan and felt particularly good when he saw a British flag being waved.

Get going

He really appreciates too the support he received from *THE ARCHER* and, at the time of writing, was half way towards his target of £5,000 for his chosen charity. Get Kids Going! helps disabled youngsters to become more independent and to go to school and college by providing personalised wheelchairs, trikes and other mobility aids. It also provides sports wheelchairs, enabling them to take part in a wide variety of sports. On average a child's trike costs £800 and a sports wheelchair £3,000.

Martin is full of enthusiasm for his charity work and is already planning his next

marathon. "It's great to be a vehicle to help people," he said.

If you would like to help Martin, you can phone him on 020 8442 1808 or fax 020 8459 4117. Cheques, made out to Get Kids Going! can be sent to:
Martin Sutherland,
12 Sycamore House,
King Street,
East Finchley,
London N2



Children at The Old Barn After School Club.

Leafy North London

By Femke van Iperen

A new Private Member's Bill, designed by an East Finchley Ward Councillor offering a solution to North London's diminishing leafy reputation, has passed through to Parliament.

Cllr Colin Rogers' Bill, Trees For Homes, proposes to link tree-building to home construction within the growing borough, where more people are removing trees than planting them. Barnet has currently 130,000 houses and an additional 17,780 planned by 2016. The Bill proposes that each new housing or commercial unit should contribute at least £200 towards the planting of two new trees. The money will cover the purchase, planting and first-year's maintenance (the most important period for a new tree), for 'street-surviving' trees.

Just one tree

Labour Cllr Colin Rogers said: "I am very happy the Bill came through so far. I got interested in trees when I found out it was cheaper to chop them down than to replace them. A lot of damage is also done

through working around trees, and my main concern is about daily damage through cabling gangs."

Trees, which provide an essential part of life in the city and suburbs, are being destroyed by residents, builders and by the laying of cables and they often fall outside the protection of voluntary controls or tree preservation orders.

According to Cllr Rogers, there is a growing need for improvements on wood-management, natural regeneration, and the planting of trees, as even a single new tree will improve the smallest suburban wildlife site. Trees not only provide us with oxygen and revitalise the air, absorbing dust, car and heating emissions, but also provide us with essential leisure facilities, argues Cllr Rogers, who said: "I am hoping the planning will become law by May 2003."



New Nursery School

Bishop Stack was recently welcomed to Our Lady Of Lourdes School, Finchley by Head teacher Mrs Marybelle Morrissey, to bless the newly-built nursery.

He then met and chatted with children and staff, and involved the pupils in his homily, discussing the name of the school and its identity.

Cheque This Out

By Diana Cormack

Children at the Old Barn After School Club received an early Christmas present this November in the form of a cheque for £1,000. They watched excitedly as Andrew Galatopoulos and Trevor Williams of Finchley Rotary Club handed it over to play leader Sue Newman.

Earlier this year Richard Kravetz, who is on the management committee of the Old Barn Community Centre, had given a talk to the Rotary Club about its activities. A subsequent visit so impressed Rotarians that they decided to make the donation.

Fund raising is carried on throughout the year and certain projects are picked to benefit from it. Mr Galatopoulos told *THE ARCHER* that they were struck by the facilities at the Old Barn and the services offered to

local parents. Barry Rawlins, who runs the centre in Tarling Road, said the money would be used to improve the environment of the After School Club.

At present it is used by about forty-five children between the ages of five and thirteen, some of whom are disabled and attend with their carers. It is open both in term time and during the school holidays. There is also a weekday breakfast club. For further details please telephone 020 8349 4613.

One Friend Too Many

By Femke van Iperen

It's a scene every parent knows too well; your daughter is about to leave for school and you tell her that she should never talk to strangers. Just like your mother did. But how do you prepare your child for being stalked, where parks, school journeys, and sometimes schools themselves are unsafe places to be? Stalking has become part of the national news one too many times and parents are eager for advice.

For worried parents, guardians and children, a new police guide is at hand for use at home, in schools and clubs.

Advice and help

Protection from Stalking and Harassment - A Guide to Minimising the Risk to Children, aims to help deter all forms of unwanted attention from personal contact, to all forms of electronic and other mail. The leaflet gives advice on safer use of the Internet and protecting identity, tips on gathering legal action evidence to stop offending behaviour, advice on trips to school such as varying routes and picking-up arrangements and use of mobile phones for safety.

Diana Lamplugh of the Suzy Lamplugh Trust, which deals with people's safety in general, said: "I am delighted

to know that at last something is being done for children who are being stalked - it is a subject which has concerned us for some time. I support this initiative and hope every parent will read the leaflet and talk to their children about it."

The new guide will be distributed by the MPS across London to schools and libraries. It will also be made available in police stations and in an electronic form on the Met's website: www.met.police.uk/stalking/leaflet. Advice can be obtained from any of the organisations mentioned in the guide, or from: The Suzy Lamplugh Trust, 14, East Sheen Avenue, London SW14 8AS, tel 020 8392 1839, website: www.suzylamplugh.org.uk/ e-Mail: trust@suzylamplugh.org.uk