



Mangalali Hoyee!!

By Mark Winton

This is Mark Winton reporting all the way from rural Tanzania on the first two months of his big East African adventure.

You may remember from the January edition of *THE ARCHER* the story of my juggleathon (in drag!) on World AIDS Day in Cherry Tree Woods. I was raising money for the charity Student Partnerships Worldwide (SPW). I am now working on the SPW Tanzanian Community Resource Programme (CRP).

I spent the first five weeks of my time here training in Iringa – a town in the south. I learnt how to build fuel-efficient stoves, non-formal teaching techniques and a lot of information concerning HIV/AIDS and STIs.

Mangalali Hoyee!!

I was then posted to a small village called Mangalali with a population of around 2,500. I am working with two English volunteers and two Tanzanian volunteers. We are all sixth form leavers. The work has been going very well so far. We have

had many village meetings and we have already had seminars on HIV/AIDS. We will start teaching in the local primary school next week after the kids return from holiday. This week we are starting our seminars on composting and organic farming techniques. Mangalali Hoyee!! is the greeting that we give at our village meetings.

Not like East Finchley

Mangalali is quite different to East Finchley. Less pubs and off-licences for a start and I still have not found the tube station. However, in some ways it's the same – for example there are some shocking bus services here! SPW is doing great work in Tanzania. The CRP programme is at the start of a three-year expansion plan and is going from strength to strength. The aid really does go to the people who need it most here. Look out in *THE ARCHER* for my further adventures.

Carl Edmonds Appeal

Carl Edmonds, a local resident of East Finchley, wrote to *THE ARCHER* from Zambia to explore the possibilities of funding for a Zambian colleague to further his studies in healthcare in order to obtain a Masters degree at the Nuffield Institute for Health.

Carl is no stranger to *THE ARCHER*, as a letter from him was published last autumn. He was writing in response to a feature entitled 'Care for Someone'.

A Masters for Maurice

For the last three years Carl has been working in Zambia and has already raised a few thousand pounds to pay for his colleague Maurice Shakwamba's, course fees. He has opened a bank account *A Masters for*

Maurice Appeal with Lloyds TSB bank, sort code 30-99-56, account number 01901758, and would welcome contributions. Tearfund UK and Prison Fellowship International have been key contributors so far.

On his return to East Finchley later this year, Carl has promised to write an article on his work in Zambian prisons where both he and Maurice presently work.

Fetish Those Feet for Free!

By Erini Rodis

May 2003 is World Foot Health Awareness Month. Feet – some people love them while others find them repulsive. Whatever reaction they bring out in you, feet are probably the strongest, most abused parts of our bodies, and they need looking after.

The Society of Chiropodists and Podiatrists say that a staggering three out of four adults suffer from some sort of foot problem, sometimes without even realising it and most of us overlook how important it is to care for them, usually until it is too late.

Help at hand.

As an incentive for us to get into a good habit or two, the Society are organising Free Foot Health Checks around the country. East Finchley's representative is podiatrist Helen Mikellides, who is based at Cootes Pharmacy. Phone 020 8883 0073 for details.

Love your feet

For those of us who occasionally squeeze them into stilettos, we don't have to go as far as running the marathon to fully appreciate our feet. Let's face it; even people who say they find feet repulsive have no qualms about having their feet massaged, because it makes them feel fantastic. To make feet extra fresh try dissolving some English mustard powder into a warm-to-hot foot soak, and all those strange cheesy odours should disappear. Learn to love your feet; after all if your feet feel good then you do too!

For more information visit the SCP website www.feetforlife.org.



Happy Feet! Photo by Erini Rodis

Help us with Distribution!

THE ARCHER requires volunteer distributors for the following rounds:

- ♦ **Long Lane area:**
Long Lane (part of), The Mead & Font Hills, Lucas Gardens
- ♦ **Woodside Avenue area:**
Woodside Avenue (part of), Lanchester Road.
- ♦ **Strawberry Vale:**
Brook Walk, Nursery Walk, Old Farm Road, Stable Walk
- ♦ **The Grange:**
East View, Craven, Hilton, Berwick, Middleton, Oak, Vane & Willow Houses
- ♦ **Twyford Avenue area:**
Beech Drive, Ringwood Avenue, Church Vale
- ♦ **Fortis Green area:**
Fortis Green (part of)

Delivery takes place once a month and a typical round takes 30-45 minutes. We also require car owners to drop off to our distributors each month. (Average 6-8 distributors per person).

For details of any of the above rounds, please call us on 8883 0433 or e-mail distribution@the-archer.co.uk

Bus Campaign

By Daphne Chamberlain

As reported in our March issue, *THE ARCHER* is highlighting the dissatisfaction of many people with our local buses.

We have received a number of complaints about this vital public service.

Some of you have expressed an interest in forming a pressure group - and through our pages we would like to offer you the opportunity to do just that.

Concerted action has proved effective in neighbouring areas. Any organised campaign will be powered by the members of the community taking part. *THE ARCHER* will provide publicity. That is what the bus campaign is about.

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