



Four days' work nets £4,000

By Ann Bronkhorst

A remarkable feat of fundraising took place on Sunday 9 January when 450 people raised over £4,000 for tsunami survivors.

Shree Aden, the Hindu community group based in Church Lane, regularly raises funds for orphans, the elderly and specific local charities. But it was felt that the earthquake and tsunami survivors needed urgent help: something special had to be done.

So, in just four days, using telephone trees and personal visits, all the members of this close community were contacted. An afternoon

of entertainment including live music was arranged for 450 guests. Suppliers and restaurants donated the food and soft drinks while Compton School generously provided the venue free of charge.

Suresh Depala, one of the community's governors, said how proud he was of the young members who achieved so much in such a short time. He expects the money raised to go to UNICEF or to the Red Cross.

Successful tools appeal by local resident

Fortis Green resident and President of The Finchley Society, Bill Tyler, has started an appeal for hand tools – things like saws, hammers, gimlets, nails – anything that can be used to help people hit by the earthquake or tsunami to rebuild their houses, community buildings, schools, fishing boats etc.

He claims that our sheds, and toolboxes must have still-useable but long-unused hand tools as well as packets of nails, screws and bolts with nuts etc., and has asked us to look them out for him. And he has been proved right! The response

has been overwhelming: he is receiving items ranging from the extremely useful right down to the downright unserviceable.

Distribution initially to Sri Lanka will be through the Mayday group working with the High Commissioner.

Look back in hunger

By Diana Cormack

This year there will be many events commemorating the end of World War Two. To some they will bring memories of personal experiences, to others they will be just another piece of history. Looking back over sixty years to those days of austerity and rationing may provide a very bleak picture. But, despite the physical and emotional stresses people had to endure, it seems that the health of the nation was generally good in the war years and part of the reason for this is put down to their enforced diet.

Today the word *diet* immediately brings to mind a self-imposed healthy eating and exercise regime in order to lose weight. The food available then had the benefits of high fibre content and low cholesterol, properties which are much valued nowadays. By necessity, it was mostly home-grown and those who prepared it were given plenty of advice on what to do on the 'kitchen front'. The Ministry of Food, newspapers, magazines and the BBC produced hints, recommendations and suggestions aimed at keeping people fighting fit.

Throughout 2005 *THE ARCHER* hopes to publish wartime recipes for readers to try. The first one uses potatoes, which the Radio Doctor said were best unpeeled and should be eaten every day for their Vitamin C content (in place of bread, which used imported wheat).

Potato Jane (serves 4)

Ingredients

- * 1½ lb/ 700g sliced potatoes
- * ½ leek, chopped
- * 2 oz/50g breadcrumbs
- * 3 oz/ 75g grated cheese
- * Salt and pepper
- * ½ - ¾ pint/ 300-450ml milk

Method

- 1 Put a layer of sliced potatoes in an oven-proof dish.
- 2 Sprinkle over some of the cheese, crumbs, leek and seasoning.
- 3 Continue with alternate layers, ending with a layer of cheese and crumbs.
- 4 Pour over the milk and bake in a moderate oven (Gas Mark 4, 350 F, 180 C) for 45 minutes.
- 5 Serve with a raw vegetable salad.

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Sharon, and her daughters Claire and Katherine.

Heart-felt tsunami experience

By Kathryn Salomon

Sharon Harrington, a Teaching Assistant at Martin Junior School for eleven years, planned a dream holiday in Sri Lanka for herself, her daughters Claire, 21 and Katherine, 18. Katherine had been working for three months on an I-to-I charity project in a shanty town near Colombo. While Sharon worked really hard to pay for this trip of a lifetime, Katherine, in Sri Lanka, planned a fabulous itinerary of sightseeing and sunbathing. Their trip started on 18 December, with a tour of the places where ordinary people lived and they were struck by the lack of materialism amidst the deep poverty.

The fact that the most luxurious hotel on the beach was fully booked probably saved their lives. They stayed in another hotel just up the road behind. On Boxing Day morning, while the girls were having a lie in, Sharon suddenly heard a terrible noise that proved to be the tsunami which had broken through the hotel on the beach, two walls on the road and a restaurant and was coming up the street. Tourists and locals ran up the road towards their hotel and their second floor room became a haven and a first aid station for many injured people who had deep wounds. Sharon and her daughters ripped up sheets to use as bandages and gave some of their clothing to those who needed it.

Eventually, after a series of flights and adventures the family was removed from the disaster zone by the charity I-to-I and relocated well away from danger.

Sharon repeatedly stressed how wonderful the local people had been. Instead of fleeing and looking after themselves they were so caring and helpful to the foreigners. These people



White ribbons are hung up as a sign of mourning. Photo by Sharon Harrington.

had so little to start with and then had to cope with a major disaster, but there was no looting and no profiteering from the tourists in their midst and they shared whatever they had with the foreigners. Sharon is burdened by a deep sense of guilt about leaving these lovely, gentle people and coming back to England, even though she knows she was of little help to them and probably a burden on strained resources. She is determined to go back

next summer and help Father Catalano, the priest her daughter had been working with on his Shanthi Community Animation Movement and is currently fund raising to help the people she has come to love.

I-to-I is a charity that provides travel and work experiences to people of all ages, from all backgrounds.

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