



# You can't beet 'em...

By Allison Goodings

**Beetroot is a vegetable with a loyal following, but also with many enemies. If you've ever tried to get a beetroot stain out of a favourite article of clothing, you'll understand why.**

My mother's family is Ukrainian and when her grandparents emigrated to Canada in the early 1900s, they took many beet-based recipes. In turn, I am now the immigrant who has brought many of these recipes with me to my life in London. While I enjoy roasted beets with Sunday lunch, or zesty pickled beets at a picnic, it is borscht,

a mainstay of many eastern European countries, that is my favourite use for this humble vegetable. This recipe was made by my great-grandmother, my grandmother and great aunts, and is still made by my mother and my cousins.

Perfect to use up many summer vegetables, this soup is lovely served warm in the cooler months (we usually double the recipe and freeze half of it) or even cold on a hot day. A slice of rye bread and a chunk of kielbasa (garlic sausage) from Eva Polish Deli (36 High Road, N2) would round out this moreish soup into a meal.

## Borscht (beetroot soup)

Serves 6

Dice 1 onion and 1 carrot, sauté in pot with 2 tbsp. vegetable oil until softened. Peel 3 beets (700 g) and shred them (or slice into small pieces). Add to pot with 1 litre of beef or vegetable stock. Bring to a simmer and cover partially. When beets are mostly cooked (15-20 minutes), add 150g green beans cut into one-inch pieces and 50g shelled fresh peas. Cook for 5-10 minutes, or until beans are cooked.

Add one tin cream of tomato soup (400g) and 25g minced dill. Simmer 5 minutes. Serve with a dollop of sour cream and sprig of dill.



David Hillel Burns at work. Photo by Chantal Carr

## Have you been affected by a stroke?

**Have you, or anyone you know, been affected by a stroke? If so, you might like to go along to the Cresset Stroke Club which has been running for eight years, and meets at the Union**

Church Cresset Centre, Northiam, Woodside Park, N12 7ET, every Wednesday from 2pm-4pm. The cost is £1 per session.

The club is run by a dedicated team, many of whom are volunteers with the Stroke Association. It offers a choice of table games in small groups, with a tea break. Some transport is provided by the volunteers for people living within a mile of the Union Church Cresset Centre.

For more information, or to join the club, contact Yvonne Ruge on 020 8445 4967 or email [yvonneruge@live.co.uk](mailto:yvonneruge@live.co.uk).

## Keep fit for Seniors

**Age UK Barnet runs a variety of exercise and fitness activities around the borough, including dance, walking, Nordic walking with poles, and Tai Chi.**

For details of classes go to [www.ageukbarnet.org.uk/calendar](http://www.ageukbarnet.org.uk/calendar), or contact Lisa Dubow on 020 8432 1417 or [lisa.dubow@ageukbarnet.org.uk](mailto:lisa.dubow@ageukbarnet.org.uk) and ask for a copy of Get Active.

## The Archer needs volunteer distributors for The Grange (3 rounds)

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## KALASHNIKOV KULTUR

By Ricky Savage, the voice of social irresponsibility

## Club 27? No such thing

**These are weird and twisted times and no one is as weird and twisted as me. But it's no excuse for people whose shoe size exceeds their IQ to start talking, especially when they're talking about Club 27.**

It doesn't take much to get the fools gibbering and the sad death of Amy Winehouse was enough. "She was 27 and that means she can join Club 27 alongside Kurt Cobain and every other coincidence in the history of rock 'n' roll." Yeah, right, except they're wrong.

This wacko idea of five great stars dying at 27 is part myth, part fantasy and mostly madness. Kurt Cobain is only there because it was his own warped ambition that gave him a twisted immortality. If there is a Club 27 and there are five 'members', Kurt ain't one of them.

Club 27 isn't about people, it's about time. It's about the way the 1960s warped into the 1970s, about the death of dreams and the birth of sordid reality. It's about the two years after Brian Jones was dredged out of his swimming pool on 3 July 1969. It's about the weird five weeks in 1970 that saw Al Wilson of Canned Heat die on 3 September, Jimi Hendrix follow on the 18<sup>th</sup> and Janice Joplin join them on 4 October. Finally Jim Morrison died in his bath exactly two years after Brian Jones.

All five meant something, some of them even played Woodstock, they were part of the dream that went sour at Altamont and in that twisted moment it looked like the music was dying. And all of them were 27 when they died.

Then the nutters started trawling history and noticed that Robert Johnson was 27 when he died in 1938. Rewind further and there was a ragtime pianist dying of syphilis in 1905. Get surreal and search further and suddenly 27-year-olds are falling off horses, crashing planes or cars or bikes or having a serious overdose experience. Mostly they're not people you've heard of, they just had an age in common.

Some of the best bets for drug and alcohol crazed membership, like Gram Parsons, never made it beyond 26. But Keith Moon and John Bonham got past 30 before their bodies called a halt. And Keith Richards is still going. So forget all this Club 27 stuff; it's myth, unlike Amy who found life a bit too real.

## New look optometrists

**"I wanted to be somewhere nice for once. I've never done that before," said David Hillel Burns when asked why he had chosen East Finchley for his practice. After a five-month refurbishment of the former Moonlight Internet Centre premises, which he had spotted from the top of the 263 bus, David Hillel Optometrists and Contact Lens Practitioners opened on 18 June.**

David also runs a clinic at the North Middlesex Hospital and has been an optometrist since 1974. He told *THE ARCHER* he has done research involving eyesight and computer work and is currently working on the distance of focusing (and will be looking for people to sit for easy experiments later this year).

He was one of the first optometrists working in laser eye treatment, patented an instrument to guard against glaucoma (an eye condition that causes much sight loss) and in 1996 introduced medical eye treatment into optometric practice in London.

With this background, and with advanced diagnostic equipment, David feels he will be able to help people who might otherwise have to depend on hospital treatment.

As a volunteer David has used his optometry skills to treat people as far afield as Bolivia and Sri Lanka whilst, nearer to home, he has helped Crisis at Christmas clients with eye problems. It's easy to see that East Finchley could look better than some of the places David has experienced. His new shop front has certainly improved the view at 119 High Road.

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[www.eastfinchleyclinic.co.uk](http://www.eastfinchleyclinic.co.uk)

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## Holy Trinity Church

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