



## Artist has a brush with disaster

By Diana Cormack

At the end of January local artist Jon Astrop was devastated to discover that the white van which contained his entire collection of paintings had disappeared. When he is not running pop-up exhibitions Jon keeps his collection, valued at an estimated £20,000, in the van.



Jon Astrop: Glad to have his paintings back

He was staying at a friend's house in School Way, North Finchley and had a very rude awakening when he realised that the vehicle had been stolen overnight.

As well as informing the local police, Jon contacted the media (including *THE ARCHER*) and the story was carried on local TV news bulletins and teletext listings. A policeman in Newham, east London, saw a BBC London appeal and checked the vehicle's registration on the Automatic Number Plate Recognition system which showed it had been in the Woodford Green area. Police officers subsequently discovered the van and removed it to the Charlton car pound for safe keeping.

Jon told *THE ARCHER* he was absolutely ecstatic to get the van and his 70 hand paintings back. During the two days it was missing he had gone from the lowest point possible to feeling as though he had won the lottery. "Happy endings are the best ones," said Jon. Now he is putting his mind to security matters.

## A taste of N2

Lucy Cormack moved from Cherry Tree Road, East Finchley, to Melbourne four years ago. Although half a world away, she has discovered that she is not that far from N2. She is pictured at the N2 Extreme Gelato store which opened in Melbourne recently. It originated in Sydney and presumably gets its name from the fact that much of the amazing variety of ice cream and frozen yoghurt made there contains liquid nitrogen.



N2 mugshot. Photo Victor Wong

## Are you getting enough Vitamin D?

By Christian Di Giorgio

**Do you suffer joint pain and stiff and achy muscles? It could be a result of low vitamin D levels. It is estimated that 50% of UK adults and 90% of British South Asians are vitamin D deficient. These high figures could be a consequence of our climate.**

Though some vitamin D is available through the diet (cod liver oil, oily fish such as salmon and mackerel and eggs), by far the best way to get adequate amounts of vitamin D is via sunlight. In the UK this means being out in the sun in the middle of the day between April and October.

To find out whether there is enough sunlight for your body to synthesise vitamin D, look for your shadow: if it's shorter than you are then you are good to go! Clouds do reduce exposure of the required UVB rays but remember it's the UVA rays that can cause cancer and early skin ageing, so make sure you have good sun protection on if you intend to get more than the required 15-20 minute fix.

**Important to many conditions**

Vitamin D deficiency does not only affect the health of bones and teeth. New research has discovered special vitamin D receptors throughout the body, suggesting a much broader role than previously thought, one more akin to a hormone than a vitamin.

Strong links are being established between vitamin D deficiency and colorectal cancer, cardiovascular disease, diabetes, stroke and depression. It is now also recognised as an increasingly potent anti-oxidant with a capacity to help fight common infections such as cold and flu.

Perhaps most significantly

of all, even after adjusting for age, gender, race and body mass index, several studies have linked low vitamin D to a doubling in the risk of cognitive dysfunction. Vitamin D has been shown to stimulate the clearance of plaques in the brain, one of the key features of Alzheimer's disease.

To find out if you are vitamin

D deficient you will need to go to your doctor and get a blood test. Also vitamin D can be toxic when taken to excess so only consider supplementation on advice from your GP.

*Christian Di Giorgio is osteopath at Nicky Sharpe Osteopathy in East End Road, Tel: 020 8815 0433*

## Honk, the musical

Finchley and Friern Barnet Operatic Society will be presenting **Honk! The Ugly Duckling Musical** at the Intimate Theatre, Palmers Green, N13 4DH, from 1-5 April. Performances take place at 7.30pm with a Saturday matinee at 2.30pm. Tickets priced £12-13 (concessions available) can be bought from the box office on 020 8482 6923 or [www.ticketsource.co.uk/ffbos](http://www.ticketsource.co.uk/ffbos)

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## KALASHNIKOV KULTUR

By Ricky Savage, the voice of social irresponsibility

## It's not only rock'n'roll

Back when rock was younger and Justin Bieber was just a bad idea, no one thought about rock'n'roll as a career opportunity. There were no rock schools or teen pop star colleges, you just picked up your guitar and annoyed the neighbours. It was live fast, drive fast, take drugs, and hope your corpse didn't look too bad.

In the post-modern digital age no one who wants to be a real star and be interviewed by Ant'n'Dec does anything as dumb as form a band, play gigs, get drunk and live the life. No way! Today's stars like Jessie J, Katy B, Katie Melua, Kate Nash and Adele all went to the pop stars' Eton, the BRIT School. Yes, they all went to Croydon, it's just that they weren't the Dudes, they were the clean-cut poppets looking for a fulfilling career in music. And me, I'm getting fed up with them, because I want real rock'n'roll degeneracy and I want it now.

The lowlights of the Bieber brat's activities have been throwing eggs at next door's house, doing a little racing in the posh streets of LA and arguing with a limo driver. That's not wild, rebellious youth, I want the real deal. I want the glory days of Keith Moon, Keith Richards and John Bonham. They knew how to take it to the limit.

Moon didn't chuck a few eggs, he got his hands on explosives and blew up his hotel room. That was the encore; he'd started by emptying the contents of the room out of the window from the tenth floor. He didn't do a bit of speeding; he drove a Cadillac into a swimming pool. There was a man who knew how to lose entire weekends.

Keith Richards went several better; he had a complete lost decade. When he wrote his autobiography he had to ring people up to make sure he had actually been as out to lunch as he thought he'd been. They assured him he'd been worse.

John Bonham was another one who knew the meaning of excess. He decided to test drive his new Harley in the hotel corridors, on the seventh floor. The only problem was getting it in the lift. No one has ever said don't look at Justin or One Direction. They said that about Bonham. On one tour journalists were told not to "make eye contact with Mr Bonham" for their own safety. Now that's rock'n'roll as it should be: loud, dangerous and slightly deranged.