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Help to build a school in Cambodia



Schoolwork: The dilapidated classroom in a small village near Kampot, Cambodia, that Guy's Trust hopes to renovate.

Three years ago, East Finchley residents Tony and Vicky Joseph set up the charity Guy's Trust in memory of their son Guy who was tragically killed, aged 25, in a paragliding accident in 2011.

Guy's Trust offers educational opportunities to disadvantaged young people in developing countries and focuses on projects that reflect Guy's interests and the countries in which he spent time. You may have read about the charity in *THE ARCHER* before.

To date Guy's Trust has funded 12 marine conservation internships in Indonesia and built three schools and a library in Nepal. In 2013 they took a

team of 30 people to Nepal to start working alongside the local people on the first Guy Joseph Early Childhood Development Centre.

Guy's Trust is now working in Cambodia, building a much-needed primary school in a small village near Kampot. The school there is so derelict that some of the classrooms are unusable and the charity will build the children a new school.

From 12-21 February next year the Trust will be taking a team to start the building work

there and would welcome any local people who would like to join them. No particular skills are required, just enthusiasm!

This will be a unique opportunity to visit a fascinating country, to be physically involved in building a legacy for Guy and to make an impact on a community that needs help. A great sense of camaraderie and fun is also guaranteed.

There's more information at <http://guystrust.org/downloads/Cambodiatrip.pdf> or please contact vicky@guystrust.org.

What's it worth?

They arrived with brown paper parcels, cloth bundles and heavy cases, but most left with a spring in their step and wide smiles.

The first joint fundraising antiques valuation day run by Finchley WI and Bonningtons made many new friends. Bringing all kinds of antiques from ornate metal work to Persian mirrors, jewellery to paintings and Oriental art to Welsh ceramics, their owners contributed valuation fees which, together with the receipts from the sales and tombola tables and generous donations, will be shared by local charities which include Cherry Lodge Cancer Care, Stephens House and Gardens and Finchley Food Bank.

Elizabeth Alcock, President of Finchley WI, and the committee, sent a big 'Thank You' to all who supported the event on Sunday 8 March. Finchley WI meets on the second Wednesday of each month at 8pm at Avenue House, East End Rd, N3.

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East Finchley's best kept secret?

By Neil McNaughton

It's been called McDonald's University and The People's Republic of McDonald's but the truth about the impressive red brick building that dominates the lower part of the High Road is far removed from the rumours.

Hospitality House operations manager Tomasz Szakola told me that few local residents know what is going on there. The answer is, plenty and more to come.

New administration

It is true that McDonald's, along with Hilton Hotels, People First and other organisations, sponsored the original building and supplied the equipment, but today the administration is facilitated by Barnet and Southgate College in partnership with the Hospitality Guild. It offers a wide range of short, medium and long-term courses concerned with catering, hospitality and food retail.

Students there can study long courses for qualifications such as NVQs and VDQs in catering, but also can gain hands-on experience in shorter courses, work experience and introductory courses leading to apprenticeships or directly into employment.

Local groups welcome

But the most exciting secret is that Hospitality House has plenty of spare capacity and excellent facilities for local groups to run their own cookery sessions. Now that baking has become so popular, anyone can enrol for short courses or simply hire the facilities for their own groups. Residents can come and learn how to make cupcakes, cocktails or canapés.

Here are some of the ses-

sions on offer in April and early May:

• **Kids Cookery School – Pasta (cook with your kids)**, 9 April, 10am-12pm, £25

• **Cookery School - Artisan Breads**, 18 April, 10am-2pm, £70

• **Classic Cocktails Workshop**, 24 April, 6pm-9pm, £50

• **Cookery School - BBQ Perfect Marinades**, 2 May, 10am-1pm, £70

For more information see www.hospitalityguild.co.uk, email reception@hospitality-house.co.uk or telephone 020 3074 1200.

Keep in mind

A four-week Mindfulness Meditation course with Sallie Rose begins on Tuesday 28 April at 7.30pm at a venue in East Finchley.

Sallie Rose has been meditating for the last 30 years and supports people who want to incorporate meditation into their daily lives. She is the co-founder with her daughter Sunnah of the Rose School of Transformational Yoga, which is based in Holy Trinity Church, Church Lane, N2.

For more details about the course, contact Sallie on 07944 818197 or by email at sallie@meditationnow.co.uk.

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