



Tinder-dry wood on alert

By Ann Bronkhorst

We can water gardens and parks but there's no way to water a wood. Coldfall Wood, despite its little stream and its seasonal pond, flooded every winter, and despite occasional showers, is now bone dry.

Tinder-dry might be a better description. And some people can't resist the chance to start a fire, whether out of malice, curiosity or the idea that it's fun. For them, dry woodland equals tinder for an exciting bonfire.

In July youths lit a fire on the adjacent playing fields; luckily they were spotted and the fire was put out but they weren't caught. Before that, local children leaving Year 11 burned their school books in the wood.

Every summer the Friends of Coldfall Wood are on the alert for fires and fire damage. They are asking all the people who walk through this lovely ancient wood to notice and report anyone setting a fire.

In an emergency, textphone 18000 or call 999 for police, fire brigade or ambulance. Fire damage should be reported to the Friends (see below) and to Haringey on 02084891000 or email parkscustomer@haringey.gov.uk

Tree and bat walks

On a happier note, the Friends have two walks planned for August: a Summer Tree Walk, led by Iain Loasby, at 2pm on Sunday 9 August, and a Bat Walk for adults, led by Cindy Blaney, at 9pm on Friday 21 August with another one for families, starting earlier, on 11 September. For details, visit www.coldfall-woods.co.uk



Foodies: Adam, Valerie and family sell their wares at a recent food fair.

Brand new brand on the shelves

Keep an eye open next time you're passing the delicatessen shelves in local shops and you may well spot a new family of food products launched by a family from East Finchley. Adam Bass has launched

Providence Deli, which supplies kosher cooking ingredients for anyone interested in Middle Eastern food. He became aware of what makes good food through his French wife Valerie, and his whole family have helped him sell his products at food shows.

They've started well. Providence Deli products, including dairy-free basil pesto, onion relish and a hot harissa paste, are already on sale in 39 Waitrose stores and, more importantly, in Tony's Continental on the High Road, N2.

Adam, of Talbot Avenue, said: "I've been a customer of Tony's for a while and I'm really pleased they've agreed to stock our range. We'd like to be seen in small independent shops like that."

Adam got the idea to launch his own products after working in branding for 12 years and spending time with big retailers like Tesco.

"There's a big wave of interest in Middle Eastern food but the kosher market is not always well served. Big retailers don't do it very well because it's quite complicated to get right. It's hard to get kosher products that aren't full of additives. So the idea with Providence Deli is to put that right."

Find out more at www.providence-deli.com.

London to Inverness... the long way round!

By John Lawrence

Matt Lewin is planning to walk from East Finchley to Inverness for charity... a hard task in anyone's book, but he's certainly not doing it the easy way.

The 24-year-old will be carrying everything he needs for seven weeks on the high-ways and byways of England and Scotland, and taking a circuitous route via Worcestershire and Cheshire, as well as climbing Scafell Pike in the Lake District and Ben Nevis on the way, a total distance of 1,300km.

"I've got friends in Worcester and Chester who are going to join me for a bit," explains Matt, "and I wanted to hike through as many national parks as I could, avoiding the big cities. I love the Lake District and have never climbed Scafell Pike before, so I couldn't miss it out. And then Ben Nevis is on my way in Scotland."

Going the distance

Matt, a former pupil of Christ's College Finchley, who now works as a Duke of Edinburgh scheme leader in Mill Hill, is raising money for the Help for Heroes charity and for UNICEF's Nepal earthquake appeal.

He says: "I served in the Territorial Army for a year and originally wanted to join the Army, hence wanting to support Help for Heroes. Then when I was planning the walk the Nepal earthquakes happened so I wanted to help people over there who were left with nothing."

Matt, of Bedford Road, will need to cover around 30km every day if he's going to complete the challenge in time. "The toughest thing will be doing that

distance day after day," he predicts. "I'm sure it will be harder than I'm expecting but I think I've got the will to do it."

Matt would welcome any donations for his two charities to send him on his way in September. The donation links are too long for us to print here but you can find them along with updates on his progress on Facebook at London to Inverness on Foot, and on Twitter @MattsUKTrek. Please give him any support you can afford.



Heading north: Matt Lewin.

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