



Charity for the poor and the famous perils of drink

By Frank Edwards

This is some of the news from East Finchley, 100 years ago, as revealed in newspaper archives.

In 1924 those of low or no income often depended on charity for basic health and welfare support. In June the Finchley Nursing and Benevolent Society announced that after a period of financial difficulties it could, once more, employ a nurse to meet the needs of the sick poor of East Finchley. The experienced nurse, based in Leslie Road, was fully trained and free to use for those unable to pay for their care. The Society hoped, optimistically, that henceforth "no one in East Finchley lying on a bed of pain shall be deprived of the attention of a highly skilled and kindly nurse".

In this month local charitable aid received a second boost. Henry Laming, a former East Finchley resident became a very successful ship owner. When he died, he left an estate of nearly £156,000 (about £12 million today). From this he bequeathed £1,000 (about £80,000) to Finchley Charities "for the provision of pensions" and the same sum to East Finchley churches. To his parlourmaid he left £50 (about £4,000).

Drunk and disorderly
Meanwhile, there were regular reports of people appearing at Highgate Police Court for being drunk and disorderly. A man detained in the High Road after nearly being knocked down by a motor car explained he was crossing the road to get a tram car home and remembered nothing until he woke up the



next day in the police station.

A woman found sitting on a chair in East End Road said she had faced much trouble and worry and was "mad with neuralgia". A woman arrested in The Bishops Avenue one Saturday night offered the novel defence that she was celebrating Cambridge winning the

boat race.

Some took a serious view of such matters. In June the East Finchley Branch of the British Women's Temperance Association, citing the increasing number of drunk and disorderly cases coming before the Highgate Bench, held a sale of work to raise funds for a Temperance Hotel in East London.

Avian absconder
Finally, a bereft resident of Durham Road posted the following notice in the local paper: "Lost: Green and Red Parrot, last seen flying towards Highgate". They offered a reward for the bird's safe return. Well, good luck with that, you might think but the following week the paper reported that Police Constable Adams, stationed in Muswell Hill, had read the notice.

On patrol early one morning, the ever-vigilant Adams saw "a parrot flying about". He followed the bird and observed it settle on a pear tree in Southern Road, just off Fortis Green. Here (with the aid of the long arm of the law?) he detained it. Constable Adams got a peck on the hand but presumably also the reward when he returned the avian absconder to its grateful owner.



Fresh ingredients: Karla Zazueta 'sets the table for one of her authentic Mexican dishes

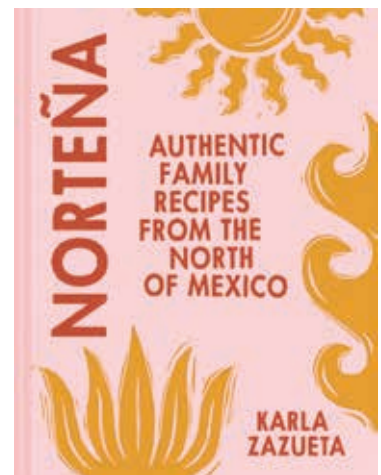
Family feasts from the north of Mexico

By John Lawrence

Our parents pass many things down to us and for Karla Zazueta it was her love of cooking. Karla grew up in the north of Mexico where she never saw her mother or father open a tin, instead always cooking from scratch using the freshest ingredients.

A resident of East Finchley for 21 years, Karla has for the last six years been sharing her favourite recipes and her kitchen skills through cooking classes and supper clubs at her home in Ossulton Way, N2.

And after writing about Mexican food and contributing recipes for many prestigious publications, she has now created her own cookbook called *Norteña: Authentic Family Recipes from the North of Mexico* (Pavilion Books). Norteña means woman from the north.



On sale: Karla's new cookbook

The real thing

"It was my first time writing a book and it was hard work," admits Karla. "The whole process took about two years but I had a great team of editors, photographers and stylists around me and I learned a lot about what

to include and what to leave out. "We cooked and photographed all the dishes in London and I was there to make sure they looked like the real thing. Some think that Mexican food is complicated but it's not so I wanted to keep the recipes straightforward and give suggestions for replacement ingredients so that anyone can cook them."

Karla says people's other preconception is that Mexican food is spicy. "It's really not. It's rich in flavour and deep in tradition but my father always placed a bowl of spicy salsa on the table so you could add as much heat to your plate as you wanted."

Karla welcomes groups of up to six people to her Friday and Saturday cooking school, teaching them the essential techniques and where to source ingredients, before sitting down together to eat what they've cooked. Find out more at mexicanfoodmemories.co.uk where you can also order her cookbook.

Money in later life

Age UK Barnet is hosting an afternoon of free talks and advice on how to manage your money in later life.

The Your Money Your Way event will have stands and advice services on subjects from Power of Attorney to making a will and avoiding scams. All over-55s are welcome to go along to the Ann Owens Centre, Oak Lane, N2, from 2pm to 4pm on Wednesday 26 June. To book your place, phone Teresa on 07502 989403 or email teresa.gallagher@ageukbarnet.org.uk

RICKY SAVAGE ... THE VOICE OF IRRESPONSIBILITY

Festival fever

It's June and that means the summer fete and festival season is starting. Suddenly schools are doing something strange on the playing field to raise money for a new teacher and churches are throwing bring-and-buy sales to repair the vicar.

And at the other end of the scale, nothing is as big as Glastonbury. Never been there? Well I have, but that was when you could just turn up, find a hole in the fence and watch the music. Even if you weren't breaking in, back in the 80s and 90s it was cheap. In 1986 it was only £17 and it didn't hit the £100 mark until 2003. This year it costs £355.

Or let's put it like this: for the price of a pint at today's Glastonbury you could have had four days of music, drugs and food poisoning in 1986. Add on the travel, the food, the booze, the recreational narcotics and the medical treatment and your multigenerational family of four could spend a couple of grand and still get food poisoning. Fine if the sun shines.

There are two big problems with Glastonbury, so let's start with the weather. This is England in June and that means that the rain gods just love going down to Somerset to chill out to Coldplay. They love it so much that they pay tribute in the only way they know how by laying on four days of rain. They don't do it out of spite, they do it because they know just how much festival goers love being knee deep in a mixture of cow dung and mud.

But I can handle that, what I can't handle is the bucket list 'Glasto' crowd. These people aren't there for the music, they didn't know who was playing when they bought the tickets and hired the motorhome and decided that it was the perfect holiday. Besides, grandad would love it, he saw David Bowie play in 1970 and his grandchildren were conceived in some holistic yurt 40 years later. They've even brought an air fryer, a couple of cases of decent wine and extra virgin olive oil.

I went there when it was still fun and not on anyone's bucket list. This year I'll do my festival thing a week earlier and closer to home at the East Finchley Festival in Cherry Tree Wood on Sunday 23 June. The beer will be better and I won't mind if it rains.



Supercoach: Anisha Dissanayake

Cricket training for girls

Mill Hill Village Cricket Club is hosting the new Mill Hill Finches girls' summer training programme every Wednesday, continuing through June and July.

The training sessions run on Wednesdays from 5.30 pm to 7.30 pm and are open to girls of all ages and abilities. The programme is led by Anisha Dissanayake from the Middlesex women's team and participants have the option to attend mixed sessions at either Mill Hill Village CC or Finchley CC. Find out more via millhillvillagecricketclub.co.uk or sign up at bit.ly/3xOqRsl