



Photo: Richard Pedrycz

A warm welcome to PC Amric Singh

SHELLEY-ANNE SALISBURY

PC Amric Singh has taken over from PC Sandy Clifford who we featured in the last issue of Suburb News.

I bumped into Amric ("call me Ricky") on a recent walk in the Suburb. He is very much aware of just how special the Suburb is and very keen to get to know the community. "Stop me to talk about any issues and let me know how I can help," was his message. Approachable, friendly and clearly experienced – he has been in the police force for 19 years – Amric is a real asset to HGS. So do stop him if you see him and say hello, he'll be more than happy to chat (time permitting!).

Any concerns about criminal activity should be reported to the police. You can reach Amric on 07920 233737.



Photo: Shelley-Anne Salisbury

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Running in my 70s for Cancer Research

DAVID POWERS

When I worked in Tokyo in the 1980s, I regularly jogged the 5K around the Imperial Palace. But the searing summer heat made it a chore rather than a pleasure. A torn cartilage eventually forced me to hang up my running shoes.

Fast forward three decades. During the first lockdown we were allowed out only once a day for exercise. It was time to dig out my running shoes again. The Suburb and Heath Extension aren't exactly flat, so I soon remembered why I never ran for pleasure. But lockdown forced me out every day. Suddenly, I was no longer out of

breath. I was enjoying it. Hooked! Running on your own though can be a lonely pursuit, so in May I entered a 10K race in Queen Elizabeth Olympic Park. My delight at achieving a personal best of 00:56:56 was compounded by learning I had come in first in the over-70s category! I've since taken part in several races and have signed up for the London Summer Run on Sunday 5 September to raise money for Cancer Research UK in memory of my wife of 34 years, Toshiko, who died of cancer. If you'd like to support me, you can donate through my fundraising page at justgiving.com/fundraising/summerrun-jgl99r3.

At 73, I'm fortunate to still be fit enough to run. Having such a beautiful area as the Suburb and Hampstead Heath to run in means it finally is a pleasure, not a chore.

Jack Berkovi

1946 - 2021

DAPHNE BERKOVI

My dear Jack sadly died on 26 May this year. In the picture he is holding his Certificate of Recognition for his remarkable contribution in successfully establishing a u3a in the Suburb four years ago. This was awarded by the London Borough of Barnet in recognition of Jack's outstanding service to the community, which truly sums up Jack's character and personality. Jack was someone who loved life and loved people, who gave his time unselfishly always conscious of wanting to make life as enjoyable as possible for others.

He was born in September 1946 and we grew up in the same area in SW London and met when we were just teenagers. After Jack graduated from university we were married and had over 50 years of happily married life. Jack enjoyed a long and successful career in management which enabled him to travel extensively.

In 1999 we decided to move from Hertfordshire to the Suburb looking to start a new life: relishing the prospect of living in such an idyllic location, settling in quickly and enjoying the lovely surroundings and all that the Suburb could offer. So just when life was going at full pelt and on a trajectory career-wise and personally, it dealt Jack a bitter blow 11 years ago. Despite being diagnosed with myeloma and becoming a dialysis patient it was Jack's sheer determination, courage and fortitude which guaranteed that these terrible conditions were not going to stand in the way of making the most of what life had to offer. He had the grace to rise above all of this.



Photo: Daphne Berkovi

Jack was also somewhat of a polymath. Amongst one of his favourite hobbies was playing jazz piano and this was known locally as he had supported local charities playing at musical events. He was also an avid chess player and often taught others how to enjoy this somewhat complex game. He also wrote and had published a book during the early years of his illness, despite contending with gruelling cancer treatment; waking in the early hours to compile all his work experience into this heavy tome. He was also a co-inventor of a maths game 'Nubble' which was published some years ago and continues to be used in helping children with their maths.

There is a great sense of pride in what Jack achieved throughout his life and especially in the latter years, despite such great adversity. So, I and others feel a profound respect for what Jack has given and gave to many who encountered him.

So many people have referred to Jack as someone who always had a smile on his face, despite all his afflictions. Perhaps, as a fitting tribute we could organise a 'Jack' day each year in the Suburb: a day focussed on and synonymous with laughter and joy, which would be a fitting legacy for dear Jack.