

Residents Association in Barnet Environment Week



When Barnet Council invited us to participate in their July environment week, it was the RA Litter Team that offered themselves. The day was agreed as Thursday 18 July between 6 and 8 pm. The place was the back of the shops in Market Place between Kingsley Way and Northway, overlooking the Old Putting Green. The area was an absolute shambles of all sorts of litter and large scrap.

The landlord arranged to have the six feet weeds cut back and the Council provided two skips. 15 of our enthusiastic and wonderful Litter Pickers turned out on the night with one of the ladies resident in the flats, helping as well. It was decided to try and make it a party by obtaining some food and drink from the Delicatessen in Kingsley Way (paid for by the landlord). A table for the food came from Richard Wakefield. A real team effort.

The two skips were overfilled by our combined efforts, but it was all made more difficult by rain, and the party was spoiled. Since then, all the shopkeepers have been spoken to and the residents circularised in order to try and prevent the area from again turning into a junk yard.

JOHN DAVIS

Former show secretary, Len Potiphar, celebrates 100th birthday



Eleven years to the day since he retired after 18 years as Show Secretary of the Hampstead Garden Suburb Horticultural Society, Len Potiphar celebrated his 100th birthday last Saturday, 22 September, with a small party for family and friends at The Orchard, where he now lives. Surrounded by presents and cards, including one from the Queen, he sipped champagne and cut a beautiful birthday cake presented by fellow residents of

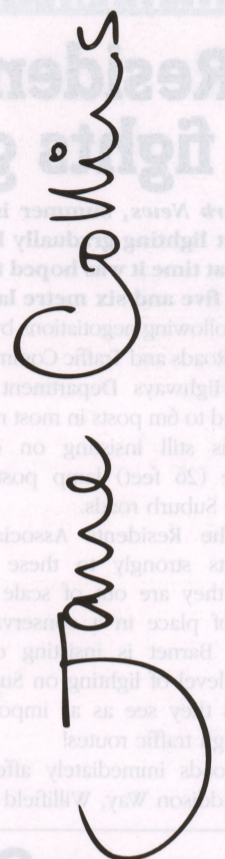
The Orchard, sheltered housing on the Suburb.

The party was organised by gardener and writer Diane Berger, for whose son, Josh, Len used to babysit 24 years ago! Marjorie Harris, Chairman of the Horticultural Society, presented him with a large pot of flowers and a birthday card signed by the current committee and many old gardening friends and other visitors who had attended the September Flower, Produce and Cookery Show.

Len was a keen gardener and grower and he and his late wife Winifred won many prizes over the years. He also frequently did well in the 'men only' baking and jam-making competitions and was in great demand whenever someone was needed to ice wedding cakes. Len is also well known locally for his very attractive watercolours and line drawings, which he exhibited regularly. Some of these, including the

current letterhead, still adorn the Horticultural Society's annual handbooks.

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News from Fellowship

First of all, very many thanks to all those residents who, subsequent to their making a substantial donation to Fellowship, also kindly agreed to sign a 'Gift Aid' declaration. This has enabled us to claim £200 plus back from the Inland Revenue - very important for this charity, where every bit of income is put to good use.

As always, the big event of the summer was the visit of senior citizens from Toynbee Hall - not quite so many as usual as some, sadly, are not now able to come because of ill-health. As usual, John Profumo (Toynbee's President) accompanied the group and much enjoyed himself.

The volunteers who help run Fellowship are splendid people - organising birthday teas and New Year parties as well as doing the catering for our daily activities at Fellowship House. Our Lectures Secretary, Megan Hooley, arranges an amazingly varied programme for Tuesday afternoons and we are greatly indebted to her.

One category of volunteer we are sadly lacking at the moment is car drivers. If you could spare one Tuesday afternoon a month to help with transporting the very elderly and disabled to and from Fellowship House, please do ring Mrs Shirley Thomas on 8458 4131.

EILEEN WHELAN

Light up a life

The Hospice will once again be celebrating 'Light up a Life'. The Horse Chestnut tree in the Hospice grounds will be illuminated with white bulbs, each one being sponsored for a minimum donation of five pounds in memory or in honour of someone special.

There will be a lighting up ceremony on Sunday, November 25 at 5 pm when a local celebrity will switch on the lights. They will shine throughout December between 4 and 8 pm.

If you want to be part of this special fundraiser, which raised £22,000 last year, please call the fundraising office on 8343 8841.

THERESA BOWMAN

Left hand, right hand

I don't believe it! The RA, the Trust and English Heritage all contribute money to pay for the 'greening of the Suburb' with grass verges, street trees, wooden posts in place of concrete ones and so on.

Barnet carries out the work; to varying standards, but that's another story. The verges are a great improvement, or they are until someone else from Barnet comes along with a weedkiller spraying machine, killing off half the grass on the new verges. Last year the RA gave the Chair of Barnet's Environment committee pictures of Bigwood Road's beautifully turfed but weedkilled verges. This year it's the turn of Erskine Hill.

RICHARD WAKEFIELD

Noise, noise, more noise

Fellowship House has recently given hospitality to the Northwest London Tinnitus Self Help Group. Those that have tinnitus or have a member of the family or a friend who has the problem can come together in pleasant and comfortable surrounds to learn how to cope with the persistent noises in the ears or head.

Research has discovered most of the mechanism of tinnitus and we now know that there are many 'triggers'. Anxiety, trauma, sudden loud noise, persistent noise such as pop music, diminishing hearing and many others are the triggers. Nearly everybody who has tinnitus has it specially their own both as to cause, persistency and irritation. In fact the researchers say that the actual noise is of a very low key. It is the perception and all the anxieties that patients attach to the perception of the tinnitus that causes the noise to appear loud and nasty. Once the anxieties go then the noises abate and in many cases become tolerable. This condition which occurs in many cases is called habituation. For patients who tinnitus persists

and does not seem to want to go away there are other therapies.

But the place to get this information in a friendly way and where leaflets and magazines are available to give knowledge is at the Fellowship House where meetings are held every other month on Saturday afternoons lasting about two hours. If you or anybody you know has the noises that are tinnitus you can be their friend by advising them to come to the Fellowship House meetings.

Please phone Mrs B Aronsohn on 8349 9353 and she will give you the date of the next meeting and send you some explanatory literature.

The founder and President of the Northwest London Group and indeed of the British Tinnitus Association is a long time resident of the Suburb and can be contacted on 8444 9657 or fax 8444 9037.

You may be told that you 'should learn to live with tinnitus' but by attending a meeting at Fellowship House you may 'learn to live without it'.

JACK SHAPIRO



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