




Baby Jack samples the delicious food

## Infant School learns to dump the junk

Yinka Thomas, former healthy eating specialist for the Barnet's Healthy Schools scheme, has successfully run a series of workshops at the Garden Suburb Infant School. There have been demonstrations of food preparation, a look at healthier options, tips on how to

get children to eat what is good for them and tasty and nutritious recipes. Guest speakers included Ian Richardson, Kath Balmeny and Mary Whiting, author of *Dump the Junk*, an informative guide to getting children to like good food and reject junk.

KATHY BRODBECK



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BFBO 0645  
Saturday June 28 2003

Sir  
Greetings from Iraq!  
I would like to take this opportunity to write to the editor of the Suburb news and thank all those residents of Hampstead Garden Suburb, especially the parishioners of St Judes and the Free Church, who have written letters of support to me whilst I am serving out here in Iraq.

I have been in Iraq right from the beginning of the war and it has been a truly unforgettable experience. I am able to say this, reflecting back on the last few months, as I prepare to come home to the Suburb at the end of July. My Role has been that of a "Close Support" medical officer and, as a consequence, I spent most of the war on the front line. I can recall a moment during the second week of the war when I was taking shelter in my shell scrape. All of a sudden the army postman jumped in with his unmistakable hessian sack which contained a large parcel for me. My first post since the onset of hostilities. Inside my parcel were 20 Belgian Waffles and a copy of

Temple Fortune Lane  
NW11 7UD

Sir,  
I was interested to read the letter from Mr Tenther who wrote that he found the front page of your winter issue 'totally patronising'.

Perhaps he refers to the photograph and remarks about Phil Jarratt, our local street sweeper.

I do not find the page patronising but I write from an inferior position and cannot patronise as I am a member of the Suburb litter collecting group. I therefore, approve of and admire Mr Jarratt's professionalism and

Reading Road  
Wallingford, OX10 9DP

Sir  
It is almost 50 years since my parents, Martin and Joan Valentine, left the Suburb for the peace and tranquility of the Thames Valley, taking with them my younger sister, Mary and myself. My late brother, Jon and elder sister, Sally (now married to David Lewis) remained in North London. Sally recently she suggested that I might be interested in returning to our family home at 32 Wordsworth Walk to attend the plant sale in aid of the North London Hospice. I eagerly accepted.

It was a strange feeling to step inside the house where I had spent the first 17 years of my life. Needless to say, the house has been thoroughly modernised and the garden transformed. I am extremely grateful to Lorna and Chris Page for allowing us to do an unaccompanied tour of the house before joining the throng in the garden. I was particularly amused to note that a piece of vandalism perpetrated in the late 1940's was still in evidence.

I clearly remember my brother Jon and I screwing a

couple of wood screws into the parquet floor in the hall. I was merely the apprentice; Jon showed me how to countersink the holes in the wood so that the screws were flush with the floor. The two screws are still clearly visible at the foot of the stairs. Lorna said that the floor had recently been sanded and the screw heads positively shone. I confessed to our crime and offered to have them removed. She replied, I hope jokingly, that I had already done enough damage.

Sally and I then spent a happy hour talking to friends and neighbours in the garden. I was particularly pleased to meet Michael Holton with whom I have corresponded in connection with the two land mines that fell on Willifield Green and Coleridge Walk in 1940 and the incendiary bomb that scored a direct hit on Mary's cot one evening in 1943. Fortunately, she had been taken downstairs just minutes before when the air raid siren had sounded.

I would like to thank Lorna and Chris for such a pleasant and nostalgic evening.

Yours,  
Captain Dafydd Edwards  
1 Close Support Medical  
Regiment and Suburb resident

expertise. He is carrying out a very worthwhile service to us all and deserves our thanks.

I notice that Mr Tenther lives in Hampstead Way; it is possible that his area doesn't suffer from the litter disease which seems to be endemic here. His help would be much appreciated and, if accepted, he would be issued with a litter picker-up provided by McDonalds.

To join, please telephone 8458 2277. He will be a very welcome addition to the other 125 pickers-up who are already doing the job.

Yours  
Tom Sales

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Yours  
Thomas Valentine

Holme Chase  
NW11

Sir,  
At the corner of Kingsley Way and Lyttelton Road there is a prominent car showroom labelled, in large letters, HAMPSTEAD...MERCEDES-BENZ. When I went in to protest at the misuse, the staff said they thought Hampstead and Hampstead Garden

Hampstead Way  
NW11 7XY

Sir,  
I have been interested to read about the proposed Farmers' Market and am especially pleased that there is to be an emphasis on Fair Trade products, as the Third World so desperately needs this help.

I hope there will also be an emphasis foods produced by natural methods and animal products will come from animals that have had a natural life with freedom of movement.

However, I feel I have put in one discordant note; the

Hill Top  
NW11 6DY

Sir  
I write to respond to several points raised by Tina Janering on the subject of the Controlled Parking Zone around East Finchley Station.

Selfish parking is inexcusable in any roadway and sufficient laws are in place to deal with offending drivers. That the offender was 'Mr Watford commuter' is neither here nor there. East Finchley Station offers a vital service to all, not just local residents and similarly, its limited parking facility is not 'there for local residents who wish to drive to the station', useful though that exclusivity would be!

I can only imagine that Hill Top was singled out by Ms Janering as a road which may have 'escaped this trend' of all day parking by non-residents, as it is the street in which Mr Shaw lives. As I am also a Hill Top resident, I must inform Ms Janering of the existence of Brookhill Infant and Junior Schools, situated at one end of Hill Top. The popularity of these schools has attracted an increase in pupil numbers and, consequently, parked vehicles in Hill Top and surrounding streets, not only at the beginning and end of every school day, but for after-school clubs, sports days, etc. Were Barnet Council genuinely concerned about 'safety considerations' as Ms Janering suggests, parking in the streets surrounding the schools would also be restricted as they too become impassable to emergency vehicles at certain times.

Parents collecting children from school also frequently park inconsiderately and, using Ms Janering's arguments, the residents of the few roads surrounding the school would, presumably, be justified in requesting a similar Controlled Parking Zone to the one currently operating in East Finchley, possibly resulting in the banishment of our daily problems to, say, Harford Walk and environs.

The Controlled Parking Zone at East Finchley was

Suburb were the same. Can nothing be done about preserving out identity?

The showroom also has the illegal and dangerous habit of sometimes parking their large cars on the Kingsley Way pavement, both obstructing pedestrians and damaging the slabs.

Yours,  
Denis Baron

World Trade Organisation's plans to enforce free trade will, if not curbed, invalidate both efforts to support Fair Trade goods and humane and healthy farming systems.

The economies of poor nations cannot improve if they are flooded with subsidised imports from rich nations and Europe's proposed ban on the cruel battery cage for hens will be invalid if British markets are flooded with battery produced eggs from other countries.

Now is the time to protest!

Yours  
Ailsa Pain

scandalous from the outset, having requested feedback for the scheme only from residents such as Tina Janering whose gains include a reduction in 'car alarms frequently activated by passing traffic vibrations or strong winds' and her 'own section of the public road' effectively reserved all day, all week for her 'occasional car driving visitor'.

None of us can expect to live in a static environment and environmental concerns justify the need for commuters to have easy access to public transport, rather than a set of deterrents to do so motivated by a greedy council and the comfort of so few householders.

Yours  
Loren Loeb



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