

SUBURB SAMARITAN

featuring Jan White

Prior to interviewing Jan, I recalled some of my great aunt's words of wisdom, when she said that, "if you are looking for someone to take on a challenging or urgent job, always ask an already busy person." Well, Jan is certainly one such individual. Not only is she a modest, unassuming and reliable person, but she always seems to be on the go yet ever willing to lend a hand for a good cause.

Jan moved to the Suburb with her husband Peter – an IT/ Communications manager, now retired – 48 years ago when they first married. When I asked Jan, "Why the Suburb?" she replied that, "We discovered this beautiful place quite by chance when we got lost here late one night, when driving home from a party.

"It proved to be an ideal place to bring up our three children (two girls and a boy) and they enjoyed a great childhood here. For

schooling they went to Wellgarth, Garden Suburb then the girls to Henrietta Barnett, while our son was at Christ's College and King Alfred's.

"We made the move from Asmunds Hill to Hampstead Way as the children grew older and we have been here ever since. We love it, despite being plagued by all-day parkers and the fact that the Council never grits our end of the road, which makes it lethal in bad weather! Other than its unique location, my favourite thing about the Suburb is probably all the friends and other interesting people I have met here over the years."

Like her husband – who has the daily task of exercising their dog, Maisy – Jan enjoys the local views. "It's tricky to choose my favourite, but it would probably be coming down from the top of the Heath Extension towards St Jude's on a summer's afternoon; watching everyone enjoying themselves, playing games, walking their dogs or just relaxing on the grass."

On the subject of Jan's involvement in local activities she said, "It started with the PTA, then St Jude's, the local Liberal Democrats and as a former governor at Whitefield School." Then, over the last

fifteen years she has been Secretary of the local Friends of the North London Hospice. "Our vital fundraising activities include the Proms at St Jude's, sponsored walks and many other events such as our annual 'Book Swap' which we hold in our house.

"The Hospice is also actively engaged in the provision of Hospice care at home – which is making further demands on our financial resources. Long gone are the times when the Hospice was perceived to be a place where only terminal cancer patients were provided with palliative care."

Jan also finds time to make pottery, to read, paint, travel, go to the theatre and exhibitions in London and do a spot of gardening. "We see a lot of our children and grandchildren and I do enjoy entertaining family and friends, even if it means cooking! All in all, the Suburb offers a great mix of town and country that has given us all much pleasure over the years."

Having eaten at Jan and Peter's, I can assure you that she is an excellent cook – but her usual modesty prevents her from saying so! **S**



SUBURB RECIPE

by Jan White

KEDGEREE



Ingredients

- 8oz long grain rice, cooked and cooled
- 1 tin anchovies, drained and chopped (keep the oil)
- 2oz butter
- 2 tbsp single cream
- 1 unwaxed lemon, juice and finely grated zest
- 2 hard boiled eggs – cooked in cold water and brought to boil for 6-10 minutes then chopped
- A handful of chopped baby tomatoes
- Salt and pepper

Method

1. Spread the rice in a shallow dish
2. Dot with the anchovies and add the anchovy oil
3. Transfer to oven on a low heat (gas mark 4) for 15-20 minutes
4. Halfway through add cream, lemon juice and zest
5. When hot stir in eggs and tomatoes
6. Season and enjoy!

Serves 2-3



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