



Regular Events Sport & Fitness

- ❖ **Badminton** on Wednesdays. Call 020 8349 0170
- ❖ **Body Control Pilates** classes. Call Deanna Wisbey 020 8883 7029
- ❖ **Counselling and psychotherapy service** at the Green Man Centre. For details phone 8440 4174
- ❖ **London Cycling Campaign** (Barnet), has monthly meetings & rides. Call 020 8440 9080.
- ❖ **Step/Aerobics classes**, Sundays at Bar XL. Phone 0789 0033 968.
- ❖ **Tae Kwon Do** at The Green Man Thursdays 7-9pm 07949 612 706
- ❖ **Tai Chi** at the Green Man on Mondays 1.30-3pm
- ❖ **Tennis Club** off Southern Road. Call 020 8440 6953
- ❖ **Yoga & Meditation** classes at Holy Trinity Church, 020 8444 7217

Dance, Drama, Art & Music

- ❖ **Adult Line Dancing**. Call Footloose 020 8440 8530/ 8216 5633.
- ❖ **Art Classes**. For info call Henry on 020 8888 5133.
- ❖ **Ballroom dancing classes**, beginners and improvers. Phone 01707 642 378
- ❖ **Barnet Schools Music Centre** call 020 8359 3111 for details.
- ❖ **Broadway & West end Musical Singing Workshop** call Idit Gold 020 8449 0011.
- ❖ **Club Dramatika** drama club for kids. Call Vicky 020 8883 1554
- ❖ **Country & Barn Dancing**, at Oakleigh Park, 020 8349 0754
- ❖ **Columbian party dancing classes**, Call Nelsy 020 8444 2012
- ❖ **Incognito Theatre workshops**, Colney Hatch Lane, 020 8883 0911
- ❖ **Finchley Jazz Club**, Monday 7 & 21 April at Wilf Slack Cricket Pavilion, East End Rd, N3.
- ❖ **Over 60s come dancing** at Ann Owens Centre 020 8346 8736
- ❖ **Private drum tuition**, beginners welcome. Contact Eddie 8444 8376
- ❖ **Pottery Class** at The Green Man, Call Celia Holmes 020 8349 9315
- ❖ **Learn to sing** at Finchley Methodist Church 020 8455 2403
- ❖ **Private singing lessons**, all levels Contact Anouschka 020 8444 82 05
- ❖ **Symphonic Wind Orchestra of North London**, Contact Stephen Kelsey, 020 8883 3365

Clubs & Social

- ❖ **All Saints Beer and Wine Circle** Call Richard Baldwin 020 8883 7081
- ❖ **Bingo**, Green Man Community Centre, 020 8883 4916
- ❖ **Contact Lunch Club** at the Green Man. Call 8444 1162 to book a place. Every Thursday. 12.30-2pm
- ❖ **East Finchley National Childbirth Trust**, Contact Ann Sullivan, 020 8442 1941
- ❖ **East Finchley Writers** meet weekly at the Old White Lion. Contact Lillian on 020 8444 1793.
- ❖ **Fairacres Monday Club** for Jewish people, Rene & Reuby Hyams, 020 8883 0448 or Sylvia Lee 8958 7878
- ❖ **Finchley Philatelic Society**, Contact Brian Merryweather 8444 3251
- ❖ **Friendly Rubber Bridge** at The Old Barn, 020 8349 4613
- ❖ **Hampstead Social Group**, membership late 30's-late 40's Call David Morris, 020 8455 0477
- ❖ **North London Bridge Club**, Muswell Hill, 020 8348 3495
- ❖ **Muswell Hill and Highgate Pensioners' Action Group** Call Bob Cottingham on 8444 7635.
- ❖ **Muswell Hill Synagogue**, Tetherdown, 020 8883 5925
- ❖ **Muswell Hill Tetherdown Bridge**, 020 8883 4390
- ❖ **Old Barn pre-school club**, 020 8349 4613/1961
- ❖ **Parent & Toddler Group**, Green Man Centre, Julia 8444 2276
- ❖ **Probus Lunch Club** for retired professional and business people, Details Eric Dalton 8340 0822
- ❖ **Single Solution** over 30s night. call 020 8802 2326/ 8363 2328

The Power Of Good

By Femke van Iperen

As part of the Jewish Film Festival, last month the Phoenix introduced *The Power of Good*. As a somewhat reluctant audience dragged itself out of the first spring sunrays into the darkness to watch 'yet another Holocaust documentary', we could have been forgiven for having mediocre expectations. But we were wrong. As with most films chosen by our local art cinema, it was a unique film well worth seeing.

"We may be horrified, but hey, it's not our problem. There's nothing we can do anyway," starts the narrator over pictures of war throughout history, a stark reminder of the film's relevance to our own lives today. Winton 'The British Schindler' - received a knighthood in the New Year's Honours List 2003 for saving hundreds of Jewish children from the Nazis; today their families number at least five thousand people.

The film then enters 1930s Czechoslovakia, ahead of Nazi occupation. An elaborate sequence of unique film footage and photos gives an intimate insight into life in the thirties. Childhood memories of hot chocolate and whipped cream in dark cafes fill the screen in warm, nostalgic sepia colours, disturbed by cold blue images of the Nazis.

Winton's family

Enter English stockbroker Winton, who intuitively worried about the fate of the Jews before any widespread suspicion. He began his 'Czech Refugee Trust' from his house in Willow Road NW3 for the safe transport of children to the UK. Despite unsuccessful attempts to get help, even



Helen and Lawrence Lewis, the cinema trust's directors who have just returned from a trip to Prague and who met Vera Gissling, one of the saved children in the film. They say, "The film shows remarkably well what people are capable of on both sides; the Germans on one and a hero on the other. The balance between both has created a different angle to the subject." Photo by Femke van Iperen

from US President Roosevelt, he saved nearly 700 children. After the war, Winton, preoccupied with further philanthropic projects, did not tell anyone till 50 years later.

The narrator, John Schlesinger, who last saw his own father the night they spent along a train track in Germany, is one of Winton's 'children'. He always appears with a strong smile despite the dark nature of the story. Several members of 'Winton's family' traced by the film-makers, many of whom had

no knowledge of being saved, give powerful details about blankets they slept under on their first night in England and the strange new 'soppy' white bread.

The Power of Good simply allows the pictures to speak for themselves - the interviews appear in natural, soft light. With such compelling real images of confused children saying their last goodbyes to their parents, who needs to say anything?

The film is surprisingly optimistic and objective. Winton, a remarkable, honest, down-to-earth family man, simply explains his heroic act. "There is nothing that can't be done if it's fundamentally reasonable."

'The Power of Good'. Director: Matej Minac, narration Joe Schlesinger Czechoslovakia, 2001, 64 minutes.

For details of other future programmes contact the Box Office on 020 8444 6789.

Wheelchair Facts

By Daphne Chamberlain

Are wheelchair users all getting the same deal? That's the question emerging from our recent report of Sippy Azizollah's accident, and a letter in the March issue from one of our readers.

Sippy was thrown out of her chair when it caught an uneven manhole cover. Our reader considered she should have been wearing a lap belt.

MAVIS - Mobility Advice and Vehicle Information Service - has confirmed that there is no legal obligation to be strapped into a chair while travelling along the street. In fact, a belt is an extra - not a standard - part of a chair.

Our correspondent was correct in stating that users of NHS chairs are advised to belt up, but Sippy, who bought her chair from a well known and reputable disability outlet, was not so advised.

Stability

Her own reluctance to belt up stems from seeing a friend, who was strapped into a chair, topple off a kerb. The friend lay helpless in the road until three men managed to right her.

Sippy believes that an accident like this occurred because of the difference in stability between indoor/outdoor chairs and those designed solely for outdoor use. Barnet's NHS unit does not supply specifically outdoor chairs. (Sippy has just ordered an outdoor one privately for £7,000.) Meanwhile, the manhole cover opposite East Finchley Underground remains a hazard.

Month of the Dog

Our local RSPCA branch believes in equality among pets. In March and April it runs a neutering programme for cats, and this year in May it will introduce a similar bargain offer for dog owners. These services are only offered to pensioners and others in receipt of state benefits, so bring your documents along to save any embarrassment.

Bring your pet to our clinic in Park Road any Monday or Thursday in May between 6 and 7.30pm. The vet will do a health check; then, all being well, you will be given a voucher to make an appointment for the spaying or castration to be carried out at a local veterinary practice. The cost will depend on the weight of the dog and will vary from £15 to £30 - about a half to a third of the usual fee.

Junk Mail

By Diana Cormack

Do you receive a steady stream of leaflets and letters through your door that are only destined for the recycling bin? If so, there is something you can do about it, besides re-addressing and returning them to the sender.

The Mailing Preference Society is a non-profit making organisation which has been in existence since 1983 with the aim of safeguarding your right to choose the post you want. It can remove your name from up to 75% of Direct Mail lists (or have your name added to them). Though it may take a few months, there should be a noticeable difference in the post you get. Many people who wish to do this may have suffered a bereavement or, as in my case, have both parents now living in a care home. Others may simply wish to prevent waste.

Registering with the MPS is free - it is sponsored by the Direct Marketing Association (UK) Limited, the Mail Order Traders' Association and the Royal Mail. Supporters include the Office of Fair Trading, the Advertising Standards Authority, the Department of Trade and Industry and the Home Office.

For full details write to: Mailing Preference Service, Freepost 22, London W1E 7EZ or email mps@dma.org.uk or visit MPS online at www.mpsonline.org.uk

Music Festival

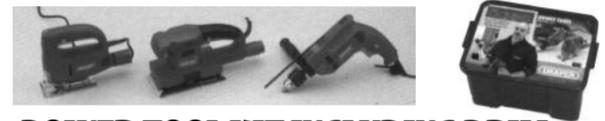
The North London Music Festival now in its 79th year begins Thursday 24 April. This music and drama festival attracts entries from all over the country. Call 020 8883 2082 for more information

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