



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.
- ❖ **Muswell Hill Bowling Club** open daily from 2pm. The Green, Kings Avenue, N10. Tel: 8883 1178.
- ❖ **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 11 & 25 August 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
- ❖ **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



5 yr old Asha and 6yr old Simon video their animations. Photo by Erini Rodis

Phoenix gets kids animating

By Erini Rodis

Staff in the 'Phoenix cinema animation tent' showed hundreds of children how to create stop-motion animation using video in Friary Park, N11 on Sunday 13 July.

It was there as part of the Children's Arts Festival, which took over the park with interactive displays, performances, creative environments and endless games on one very hot and sunny day. Secret trails and yoga workshops were also available to the thousands of children of all ages who attended.

The tables of the Phoenix animation tent were especially full, as kids created first a back-

ground scene, then a character or two to move around on it. Once done they joined a good long queue towards a video camera which had been set up on a rostrum to take a still of each subtle movement. The video was then played back at full speed, and patience was rewarded with lots of smiles, as the children, and of course their proud parents and guardians, got to view their very own stop motion animation pieces.

Barnet Community Plan: A Flawed Document

By John Dearing

Barnet Council has distributed information about its Community Plan to residents and businesses, together with a questionnaire, but the consultation period, unfortunately, falls squarely over the holiday period. Apparently the timing "has been prepared to ensure that views inform next year's budget setting process"! Despite the offer of a free prize draw, one cannot be optimistic about the likely level of response.

It is in the form of a little magazine containing not the Community Plan, but a one-page summary of it (from which people are expected to fill out a two page questionnaire) and several pages of quotes from members of the Local Strategic Partnership (LSP). The language used is arcane, and it is not easy to make sense of it.

Whose views?

The membership of the LSP appears to be poorly representative of the community. It is totally biased towards training, employment and law and order, with no obvious representation for housing, young people, or old people and only token representation of ethnic minorities (who form 18% of the population of the borough!).

East Finchley businesses will not have failed to notice that the chair of the LSP is also the commercial director of the Brent Cross Shopping Centre. Only one of the members is an elected representative.

The questionnaire has impossible questions such as asking us to choose between "making Barnet safe" and "developing civic pride - a sense of community respect". It asks for people to choose two out of a list of five priorities - surely what people will want is all of these, but there is no obvious way of saying this. It is hard not to imagine an underlying political agenda.

If Barnet Council really cares about the views of its constituents, it should really try a bit harder than this.

The Barrier of Age

By Mal Jacobs

Women are conscious of it, men try to ignore it, but it affects them all at some time - the subject of age, ageing and ageism. In our society (due mainly to successive government policies) there is now a lack of Seniors at all levels. Not only did we throw out the baby with the bathwater but ignored all the warning signs along the way.

Other countries were, and are, more conscious of the enormous skills and experience of its mature workforce. Here, as usual, we react with a knee-jerk reaction and suddenly discover we are short of talent!

In a recent interview, Sir Trevor McDonald mentioned that societies which flourish are those that use the talents of people, regardless of their age.

Butt end of jokes

The new age discrimination legislation reminds me of the old saying, "You can change the laws but that may not change the minds". Ageism is alive, healthy and all around us in so many ways (and has been for so long) it will be a hard road to travel but it must be done.

Seniors have been the butt end of jokes, sketches, talk, soaps to name a few and everyone is guilty. It includes all of society including TV, newspapers, theatres, pubs, the workplace etc plus us for allowing it to happen in the first place.

Public bodies

Can you ever remember seeing or speaking to someone at the Pension Services (DSS) over 50 or 60? The same applies at the BBC.

(Both are public bodies.) After the Jimmy Young debacle of the sacking episode, the BBC could now show amends by using mature people on front desks, newsreaders etc in public visible places to promote the new legislation that is coming.

The mind boggles with questions if you are working at 70. Will you still get a concession price on entrance prices? Will you still get charged double the normal travel insurance price as usual? Will you still need a doctor's certificate to drive to work? Will you still get a Seniors discount in a restaurant that operates it? Should you take the Viagra tablet before going to work or when going home?

Degrading

To be fully capable of doing a job but not required or losing your job because of your age must be so degrading but it is happening, unfortunately, every day. Of course in the USA they have been working to 70 and beyond since time immemorial so once again we are late on the scene.

Doris Day was quoted once as saying, "The really frightening thing about middle age is the knowledge that you'll grow out of it!"

All Saints' Church, Durham Road, East Finchley Church of England

**Sunday masses at 8.00 a.m. and 10.00 a.m.
Weekday masses at 10.00 a.m.
Prayer requests are gladly accepted.**

**The Parish has a flourishing social life.
Contact the Vicar, Fr Christopher Hardy,
on 020 8883 9315.**

**All Saints' also has a strong musical tradition and an
enthusiastic choir of both adults and children.
Experienced singers are always welcome.
Contact Geoffrey Hanson on 020 8444 9214.**

<http://www.allsaints-eastfinchley.org.uk>

East Finchley Baptist Church

just off the High Road in Creighton Avenue N2
Sundays at 11.00 am and 6.30 pm
for more information contact 8446 3571

Visitors always welcome