



Regular Events Sport & Fitness

- ❖ **Counselling & psychotherapy** at the Green Man Centre. Call 8440 4174
- ❖ **Finchley & Hornsey Ramblers Group** Call Vivien 020 8883 8190
- ❖ **Glebelands Indoor Bowls Club**, Summers Lane N12. New and experienced bowlers welcome.
- ❖ **Keep fit for the Retired** Wednesdays Christ Church N12. Ring Bridie. 020 8883 5269
- ❖ **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
- ❖ **Yoga, breathing & relaxation.** Weekly drop-in classes - N2, N6, N10. Phone Judy on 020 8444 7783.

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
- ❖ **Columbian party dancing** classes, Call Nelsy 020 8444 2012
- ❖ **East Finchley Writing Workshops.** Creative writing, poetry and prose Contact Dennis Evans 8346 9528.
- ❖ **Incognito Theatre workshops**, Colney Hatch Lane, 020 8883 0911
- ❖ **Finchley Jazz Club**, Monday 12 & 26 July at Wilf Slack Cricket Pavilion, East End Rd, N3.
- ❖ **Over 60s come dancing** at Ann Owens Centre 020 8346 8736
- ❖ **Pottery Class** at The Green Man, Call Celia Holmes 020 8349 9315
- ❖ **Learn to sing** at Finchley Methodist Church. Call 020 8883 4070 for info.
- ❖ **Symphonic Wind Orchestra** of North London, Contact Caroline Egan 020 8340 2706

Clubs & Social

- ❖ **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 Sophie Spence 020 8444 1890
- ❖ **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 & District Philatelic Society**, Contact Brian 8444 3251
- ❖ **Friendly Rubber Bridge** at The Old Barn, 020 8349 4613
- ❖ **Haringey Recorded Music Society**, informal meetings locally. Call David Mouldon on 020 8361 1696.
- ❖ **North London Bridge Club**, Muswell Hill, 020 8348 3495
- ❖ **Northern Lights Speakers' Club** alt. Monday eves at The Old White Lion www.northernlightsspeakers.org.uk
- ❖ **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 professionals. Call Eric 8340 0822.

Homeopathy for children

By Daphne Chamberlain

Recently I sat in on a day course for parents and carers of pre-school children, run by Cassandra Lorius, a registered homeopath who has just moved into the area.

The mothers I met there wanted to be 'self-empowered' to deal with the ups and downs of their babies' health. One mother complained that her GP gave little support to 'alternative' medicine, although in fact there is homeopathic training available for doctors. Her friend, though, had had the opposite experience. Both of them wanted to treat their children's ailments in the safest and most natural way.

Cassandra emphasised that homeopathy can play a vital role in boosting the immune system, and also has remedies for viral conditions which antibiotics can't affect. Because each individual is seen as a whole, there are a variety of ways to treat what seems to be the same condition - for example, different remedies for different types of asthma. The aim should be to observe a child's health in a systematic way, and not just to intervene out of anxiety.

Currently the most controversial intervention is immunisation, and Cassandra has discussion days about this, as well as courses to support the health of mothers.

The session I attended included talk about where - and whether - to take your child abroad, as well as ranging over coughs, sore throats, fevers and allergies. The programme also covers teething, colic, diarrhoea, earache, infectious illnesses, injury and shock.

She does, of course, treat adults as well as children. "I spend a lot of time talking

to people, and helping them come to terms with their lives. Homeopathy is marvellous for clearing up a whole range of health problems caused by stress." Stress, she finds, has as devastating an effect on children's lives as on adults'.

Cassandra, a homeopath for over 20 years, has taught for 15 years. She has written articles for *Here's Health*, as well as two books - *Homeopathy in a Nutshell* and *Homeopathy for the Soul*.

Just settled at 37, Baronsmere Road, she can be contacted on 020 8444 0594.



Cassandra Lorius, left; in discussion with a mother attending one of her day courses.
Photo by Daphne Chamberlain

RSPCA news

One of the highlights of the Finchley Carnival is always the RSPCA Companion Dog Show. This year it will be on Saturday 17 July.

It is hoped that East Finchley pet owners will be well represented in pedigree and novelty classes for dogs of all breeds and ages. Even handlers will get a look in, for there is a 'Best of Six Legs' class!

Entry fees are £1.25 per class or £6 for six classes and forms are available at the

Clinic in Park Road N2 (open on Mondays and Thursdays from 6.00 - 7.30 pm) and at the Show from 12 noon. Judging commences at 1.30 pm.

Even if you don't enter, come along to watch the judges, visit the local RSPCA stall and enjoy all the fun of the fair. All profits go to support the RSPCA Clinic.

KALASHNIKOV KULTUR

By Ricky Savage, the voice of social irresponsibility

Flying the flag?

Welcome to the wild world of flag waving. The cross of St George is fluttering on a million cars and a nation's hopes are pinned on the ability of eleven men in England shirts to kick a ball better than anyone else. Wrapped in the flag and bathed in lager, the entire country prepares to watch a heroic victory whilst fearing a typical English defeat. And me? Well I want to shout from the rooftops "it's only a game!"

Sport throws up defining moments, usually when you least expect it. The famous words from the dying seconds of the 1966 world cup final are famous because it was already all over before Geoff Hurst scored that final goal. Even failures make the grade if they actually mean something, whether it's Gazza crying when he realised that he wouldn't play in a World Cup final or Southgate missing in the penalty shoot-out at Wembley in 1996. But to make the grade everything has to hang on that one moment, not just be another match in another tournament.

Away from football it's the same; Jonny Wilkinson's world cup winning kick meant something because, with seconds to go, the Rugby World Cup was about to slip through England's hands and Jonny's kick made sure that England brought the World Cup home. Botham's performance at Headingley against the Australians in 1981 matters because no one except Beefy really believed it was possible. In other, more dangerous sports the "where were you when..." question is never about the minor, it's the major that counts. Senna's death at Imola in 1994, Mansell's exploding tyre in 1986 resonate in a way that yet another Schumacher win will never do.

So why the flag flying and heartbreak when there is nothing to get too worked up about? Have we so little to feel proud of that we have to wrap ourselves in the flag for the local tiddlywinks championship? Why do we have to act as if our whole sense of well-being has been undermined because we lost to France or Spain or San Marino? Losing a match doesn't matter unless it's a final, so let's save the flag flying until it really matters, until there is something to really celebrate. Fly the thing every time England try their luck at avoiding defeat and it becomes a cliché, not a celebration. After all, Bill Shankly was wrong, it is only a game.

Writing competition

The New Writer magazine is offering cash prizes and publication to winners of its annual competition. Entrants can submit short stories, novellas, single poems, poetry collections, essays or articles. The closing date is 31 October 2004, and prize-winning entries will appear in *The Collection*, a special edition of the magazine, in July 2005.

Further information, guidelines and entry fee details are available on <http://www.thenewwriter.com>, or by stamped, addressed envelope from *The New Writer*, PO Box 60, Cranbrook, Kent, TN17 2RE.

This information was sup-

plied by East Finchley Writers Group, who meet at 6.30pm every Wednesday at The Old White Lion. New members are assured of a friendly and constructive welcome.

What's On...

E-mail your listings to the-archer@lineone.net

Music on a summer evening at Kenwood:

10 July: Club Classical the ultimate chill out live, **17 July: Bryan Ferry**, **24 July: Music to Watch Girls By**, **31 July: Kenwood Summer Prom**. All concerts are on a Saturday starting at 7.30pm with a firework finale. Tickets from ticket master 0870 333 6206. Visit www.picnicconcerts.com for details.

11-17 July: Incognito Theatre presents *Outside Edge* - a comedy by Richard Harris. A funny, perceptive and poignant account of the foibles and follies of married life set against the background of the local cricket club. At Incognito Theatre, Holly Park Road, Friern Barnet N11. Tickets: £6 - £8 plus concs. Box Office 020 8361 8310. For details visit www.incognitotheatre.com

17-18 July: To celebrate its 75th anniversary, the **8th Muswell Hill (Tetherdown) Scout Group** is holding a **re-union weekend** at Scout Park. They hope that many ex-members will be able to join them. If you were, or know of any former members who might be interested, please phone 8883 4608 for further details.

26 July-27 August: Summer art classes for children aged 5-11 @ art 4fun - it's Colour Me Mine every Mon-Fri 10-11.55 am. Ceramic painting and art classes. Different themes every week to inspire young minds. Call 020 8444 4333 for details or visit www.muswellhill.colourmemine.com