



## 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. An "ageing well" class for older people.
- ❖ **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 4 18 October 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 83611696.
- ❖ **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 professionals. Call Eric 8340 0822.

# Retreat to the East

By Dawn Powell

**The Retreat, situated in Fortis Green, is the latest addition to East Finchley's long list of beauty salons. But, according to the owner Zainab Siddiq, it's very different from the others.**



Photo by Erini Rodis

She says, "I offer services that are unique in the sense that they're of very ancient Indian origin." One such service is steam therapy, which is a hair treatment. Zainab explains: "Steam therapy is very good for the hair. The ingredients come straight from East; I don't buy them here. I mix them here, but I get them from the most authentic source possible."

As well as ancient Eastern treatments, The Retreat offers a tribal Australian healing massage – a massage that only 10 people in the world are qualified to do. It's very deep massage that isn't complete until every nerve in your body is released.

**Ancient... and traditional**  
Zainab recognises that there is also a need to provide more

traditional hairdressing services. She has kept all the staff from *Roger of Finchley*, the previous establishment, and is still offering the same services (such as a shampoo and set).

It's important to Zainab that her salon is a place where people can be in their own world. She chose East Finchley for her new venture because, for her, it has a very 'village like' feel to it. She says, "It was a breath of fresh air after living in cosmopolitan cities [Zainab has previously lived and worked in New York]. It was tucked away and it fitted into my philosophy of creating a place where there was tremendous service."

The Retreat, Hair and Beauty by Zainab, is at 5 Fortis Green, N2.

## What's On...

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

### 10 October - VRH Charity screening

Join Volunteer Reading Help at 11am at the Phoenix Cinema for a Charity Film Screening of *Spellbound (U)* - a documentary about a ferociously contested children's spelling bee held in the USA. It follows eight of the 10 million children who took part, highlighting their widely varying backgrounds, their successes and disappointments.

Tickets (Adults £8, Children £5, Family £20) must be purchased in advance by cheque, payable to VRH London NW. Send to: VRH London NW, Suite 101, 254 Belsize Road, London NW6 4BT with your name, address and ticket details. Contact: Liz Cooper 020 7372 7523.

### 16 October - Bric-a-brac sale

Do you have some clutter you need to get rid of? Why not join us at the Green Man community centre, Strawberry Vale from 1.30 until 4.40pm. £5 per table. Contact Carole 020 8883 9895 or Sandra 020 8442 0473. Or why not simply browse? You may find the bargain of all time. Refreshments available.

### 29 October - East Finchley Library Coffee Morning

Join us for regular coffee mornings at East Finchley library 11am until 12 noon. Fri 29 October - Richard Strauss: His Life and Music by David Moldon

### 4 November - Fireworks Display

Following last year's successful collaboration between Martin Schools' PTA, The Green Man Community Centre and the East Finchley Festival, there will be another firework display (weather permitting) on the Martin School Field, Plane Tree Walk, High Road, on Thursday 4 November at 7pm. With good food, hot and cold drinks, and spectacular fireworks, this is a community event not to be missed!

## A bird's eye view

By Sippy Azizollah  
**The other week I bought a bright yellow baby budgie to keep me company. I called him Lemmy, as he was pure lemon in colour, with two thin white stripes on his tail.**

After he'd settled in I went out for a while, leaving my TV on to keep him company, as I didn't want him to feel lonely while I was away. But on my return, when I called to him and whistled, a stony silence prevailed.

I couldn't see him in his cage, but when I turned round there he was – sitting on a box in front of my TV, watching the Olympics! Every time there was cheering or applause, Lemmy flapped his wings and chirped wildly, as if he knew what was going on.

Feeling extremely relieved, we got him back into his cage and repositioned it, so that he could watch the rest of the Olympics in comfort.

Sadly for me, I had to take him back to the pet shop, as I was allergic to his feathers. It was an all too brief encounter, but I do hope that someone will give him a good home (in front of the TV?).

## FILMS & CINEMA

# Banish those winter blues at the Phoenix

By David Howes

**November is an odd month for movies. Christmas is not quite here, so all the studios hold back the slew of feel good movies (about dysfunctional families who just happen to resolve all their problems in time for turkey and egg nog). So what do we do on these cold winter nights? Buy an early edition of the Radio Times and dig in? Hopefully, you'll head down to the Phoenix, where you might be pleasantly surprised to find quality films still exist on these dark evenings.**

### Comme Une Image

Bringing us to our first film, *Comme Une Image*, or 'look at me', if your French, like mine, was picked up through *Monty Python and the Holy Grail*. This film centres on a young woman's struggle to feel beautiful, at least in her father's eyes, at a time when the term itself is seemingly defined as no more than a dress size of ten.

She is Lolita, struggling in a world in which she should be seemingly ignored. Struggling with a father whose only acknowledgement is a habit of calling her my big girl, and who married his second wife straight off the catwalk.

This is a world populated by the self-absorbed – the writer doubting his abilities, the singing-teacher afraid of a flat note – people who know everything about what they'd do if they were someone else, but can't handle walking in their own shoes.

*Comme Une Image* is a mature film, intelligently flesh-

ing out a subject matter through punchy and witty dialogue, and subtle character nuances... see it before it's remade into a Meg Ryan and Tom Hanks melodrama.

### The Edukators

From France we head in to Germany, and *The Edukators*, where three young radicals determine to shake up the world through breaking in to affluent homes, and rearranging furniture and leaving anti-materialist slogans.

What starts out as an exploration of the need to revolt when everything's been done before, deftly becomes part thriller as a returning homeowner, who is swiftly kidnapped to a cabin in the hills, disturbs their nighttime anarchy.

As actions become increasingly criminal, dynamics of the group are explored and motives questioned, as revelations come thick and fast in this intelligent and slick film, looking at the inconsistencies that make us who we are.