

A community newspaper for East Finchley run entirely by volunteers.

A future for Stanley Field

By Daphne Chamberlain

Stanley Road Playing Field could be saved for the people of East Finchley. If plans (shown on page 3) become reality, the neglected field could be transformed into a multi-sports facility and community centre, which could produce stars of the future.

The FA's Regional Facilities Manager, Roger Reed, will recommend the scheme for funding from the Football Foundation, dependent upon a viable business plan. This could be the alternative to seeing the field sold for

development. Local resident Philip King, who started the ball rolling, said, "I want to see the area used, rather than becoming another block of flats."



The plan provides a correctly sized football pitch for top year primary school pupils, a second grass pitch, and an all-weather area for a variety of sports, with separate space for dog-walkers, cyclists and joggers.

All mod cons

Included in the plan are changing facilities, a café, an office, a community meetingroom, a sports development officer, and staff working onsite for security. The scheme is the brainchild of local community groups, including Holy Trinity School and the East Finchley Development Trust, in consultation with Roger Reed, who is working successfully on similar projects elsewhere.

Continued on page 3.



Photo by Peter Eiseman-Renyard

Fire!

By Pete Eiseman-Renyard

They say a good photographer should always keep his eyes open and his camera handy. Here's how I came to be at this fire in Elmshurst Crescent on 1 February.

I was returning from Muswell Hill to East Finchley just before 2 pm, when I noticed, past the end of Fortis Green, a large plume of black smoke blowing across the horizon from north to south. I ran for my camera and my car, but found the way blocked by all the regular road traffic trying to keep out of the way of the Fire Brigade as they came down Fortis Green.

By the time I had managed to follow the engines and safely park my car, the firemen already had the major part of the blaze under control, and were engaged in damping down and clearing the debris. I understand that the fire had broken out in a nearly-completed rear dormer extension while the workmen were having their lunch. Damage to the roof area was extensive, extending down through the ceiling to the first floor and some of the workmen's tools and equipment were also lost in the fire.

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Closed 24SEVEN

Budgen Express at 64 High Road, formerly 7ELEVEN, closed on Friday 11 February, which means that there is no longer any 24-hour shop in East Finchley. Neighbours say that the premises are to be taken over by a coffee shop.





• Visit your community newspaper on-line at www.the-archer.co.uk •

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THE ARCHER

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East End Road resurfacing

A notice to residents and businesses from Barnet Council Highways Department advises that resurfacing work will be carried out on East End Road between Stanley Road and the High Road, starting on Monday night, 21 March.

The working hours for the large machine works will be 8pm to 5am Monday to Friday nights, and advance preparation works will be carried out during off peak hours, 9.30 am to 4.30pm.

For safety reasons, during

the working period the road will be closed from the Railway Bridge to Stanley Road (except for access) and diversion routes will be signed.

People are advised to park their vehicles elsewhere before the work begins.

Defending yourself against burglars

On 1 February, guidance on the use of force by householders against intruders was jointly published by the Crown Prosecution Service and the Association of Chief Police Officers.

The main points are: *Wherever possible you should call the police.

*Anyone can use reasonable force to protect themselves or others, to carry out an arrest or to prevent crime. You are not expected to make fine judgements over the level of force you use in the heat of the moment.

*As a general rule, the more extreme the circumstances and the fear felt, the more force you can lawfully use in self-defence.

same degree of force may not be reasonable. However, you are still allowed to use reasonable force to recover your property and to make a citizen's arrest.

Formore information go to http: //www.cps.gov.uk/publications/ prosecution/householders.html



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Community Services

* Credit Union, Green Man Community Centre 020 8883 4916 * Careers advice, Green Man, Community Centre 020 8883 4916 ✤ Toy library, Muswell Hill 020 8444 0244/ 8489 8774

Local Planning Applications

12-14 High Road N2:

Submission of details of Condition 3 (parking), pursuant to planning permission C00050X/04 dated 30/11/04, for change of use from offices (Class B1) to mixed-use part offices, part central and despatch, for private-hire vehicles.

58 High Road N2:

Internally illuminated shop fascia sign.

Ground floor shop, 166-168 High Road N2:

Change of use from retail (Class A1) to food and drink (Class A3), with associated changes to shopfront. 176 High Road N2:

Demolition of existing ground floor warehouse, and erection of two-storey (plus rooms in roofspace) townhouse with integral garage, with access via Bedford Road. Construction of associated boundary wall and gates.

32 Lankaster Gardens N2: Single-storey rear extension.

7A New Oak Road N2:

Single-storey side and rear extension.

Bishop Douglass RC High School Hamilton Road N2: Submission of details of including rear dormer window and rooflights on front roofslope.

Land adjacent to 1-12 Norfolk Close N2:

Submission of details pursuant to Condition 12 (landscaping details) of planning permission C15598/03, dated 25/2/04

52 Market Place N2:

Installation of three rollershutters.

215 Creighton Avenue N2: Retention of external staircase at rear.

220 Creighton Avenue N2: Alteration to roof, including side and rear dormer to facilitate loft conversion.

222 Creighton Avenue N2: Alteration to roof, including

side and rear dormer to facilitate loft conversion. 98 Hertford Road N2:

Alteration to roof, including rear dormer window to facilitate loft conversion.

5 Lincoln Parade, Lincoln Road N2:

Creation of 3 one-bedroom flats and one office unit, with associated external alterations.

40 Fortis Green N2:

First floor rear extension. 23 Summerlee Gardens

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Thank you to Madden's Ale House for providing us with a meeting place.

The Archer team wishes to thank all the generous people who give up their spare time, in all weather, to deliver the paper for us.

Your contributions

If you have a story for us, please send it in to the above address. Comments to The Archer may be published unless clearly marked 'Not for publication' within the text, email or voicemail.

4 March is the copy deadline for the April issue.

*If you are in your own home and in fear for yourself or others, the law does not require you to wait to be attacked before using defensive force yourself.

*If you have acted in reasonable self-defence, and the intruder dies you will still have acted lawfully.

*However, if, for example, having knocked someone unconscious, you then decided to hurt them further to punish them, or if you knew of an intended intruder and set a trap to hurt or to kill them rather than involve the police, you would be acting with very excessive and gratuitous force and could be prosecuted.

*If someone runs off and you give chase you are no longer acting in self-defence and so the

blood

Blood Donating Dates 2005

The National Blood Transfusion mobile unit will be visiting East Finchley on the following Fridays:

1 April

6 May

29 July

2 September

25 November

30 December

It will be parked outside the tube station and will be open from 1.15 to 4.00 pm and from 5.15 to 7.30 pm. Appointments are not necessary, but if you do wish to make one, please ring 04587 711 711

materials pursuant to Condition 3 of planning permission C01474AT/03, dated 27/8/03.

Vale Farm Long Lane N2: Submission of amended details of landscaping pursuant to Condition 12 of planning permission C01784AS/04, dated 11/2/04.

61 East End Road N2:

Residential development comprising 3 three bedroom houses in a two-storey building, and 9 two bedroom flats in a three-storey building. Provision of 15 associated car parking spaces, accessed from Juliana Close, and entrance gates. 5 Elm Gardens N2: Retention of loft conversion.

N2:

Single storey rear extension. 25 Summerlee Gardens N2:

Single storey rear extension. 21 Howard Walk N2:

Single storey rear extension and alterations to roof, including addition of side and rear conservation rooflights, to facilitate loft conversion. 27 Howard Walk N2:

Construction of new front driveway area. Installation of replacement garage door. Recess link extension between house and garage at rear, and installation of new doors and windows on rear extension at ground level. Construction of replacement shed.

Noel becomes a

somebody

2004 was a dramatic year for Noel Lynch. The farmer boy from Kilmallock, County Limerick has become the first man from his hometown to win an entry into *Who's Who*. He emerged from years of hard graft as a background Green Party activist to earn a seat on the London Assembly, only to lose the position when the Greens lost their third seat on the London Assembly at the last GLA election. Having lost his job, home and business, it might seem strange but Noel is not only bouncing back in 2005. He has become a 'somebody'.

Twelve years' experience surviving on his wit and wisdom as an auctioneer and shopkeeper means that Noel will soon once again be running an environmental shop similar to The Green Room of former Finchley fame. He will fight on the political frontline as the Green Candidate for Finchley and Golders Green in the coming General Election. But this is probably not the reason why Noel is one of the latest additions to *Who's Who*. Miranda Dunn says, "Barnet Greens believe it is his Lynch Pin position within the Green Party which has drawn *Who's Who* attention." Noel is co-ordinator of London Federation of Green Parties and a member of the Administrative Committee of The Finchley Society.



Noel Lynch photo by Erini Rodis

Farmers' market dates

Buy your eggs new-laid this Easter! The City and Country Farmers' Market visits Alexandra Palace grounds twice this month – 6 March and 27 March (Easter Sunday), 10am to 3pm.

It will not be possible to hold the market more than twice this month because of exhibitions at the Palace.

Stanley Playing Fields

Continued from page 1

The Football Foundation generally funds around half of a project's costs. This would include fees for a coach, to make contact with schools and maybe spot local talent among youngsters kicking around on the play area. Schools would be allowed free access, but clubs and older users would pay fees on a graduated scale.

Neighbouring households will be getting letters explaining the plans in more detail. Interested groups are prepared to run the Field as a Trust, but to get the scheme off the ground, they are looking for sponsorship - and co-operation from Barnet Council. *THE ARCHER* looks forward to hearing local views.



To protect it, register it!

The National Mobile Phone Register was launched on 12 January this year, supported by the mobile phone industry, the National Mobile Phone Crime Unit, the Metropolitan Police and other UK Police Forces, and the Home Office.

Many thousands of mobile I phones are lost or stolen each a year in the UK. Registering your mobile will increase the chances b of getting it back and will help y the National Mobile Phone Crime Unit stop criminals. You can register your phone for free at www.immobilise.com. If it is lost or stolen, you can call the

Immmobilise Information Line at 08701 123 123, and both the handset and the SIM card can be blocked (you should also call your network operator).

If it is recovered you will be contacted and told it is safe. The register already holds everybody who owns a mobile phone to add their details.







the details of over ten million phones but the sponsors want

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Derek Ball displays his Civic Award. Photo by Doreen Ball.

A just award

By Diana Cormack

After taking early retirement from his job as a carpenter, Derek Ball of Brackenbury Road began to feel that he wanted to do something for the community. As he was particularly interested in helping children, he approached the charity Volunteer Reading Help to offer his services with the request that he should be placed in Martin School, which he knew well. Both his son and daughter had been pupils there and when they were in the infants Derek, always willing to lend a hand, used to pop in to mend any broken toys and equipment.

Although Derek does VRH work on two designated days, he can be found lending a hand in Martin Juniors on virtually every day of the week. When *THE ARCHER* asked him what he did, Derek replied, "It's easier to tell you what I don't do." In fact, over the last seven years it seems that Derek, one of Volunteer Reading Help's original members, has made himself almost indispensable at the school. As well as supporting the children in reading he has been involved in cookery, computer work, photography, arts and crafts, dancing and many school trips and events.

Very valued volunteer

Last autumn, in recognition of his amazing contribution to the school, many of the staff fifth Civic Award Scheme. This scheme honours people from all walks of life who do so much for the community. Fifty nominees were selected to attend a ceremony at the Town Hall at the end of January, where the five winners were announced. To the delight of those accompanying him, Derek's was the first name to be read out and the Mayor of Barnet, Wendy Prentice, presented him with an award certificate.

nominated Derek for Barnet's

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Derek, who has lived in East Finchley since 1962, would like to thank Martin Junior School for nominating him, whilst the school is more than grateful for its 'Volunteer Reading helper extraordinaire'.

If you would like to join Volunteer Reading Help, phone Harriet Watson on 0207 372 7523 or email her at harriet.watson@vrh.org.uk

Snowdrops to remember

By Daphne Chamberlain

Barnet is planning to plant a million and a half snowdrops to commemorate children lost in the Holocaust. One hundred were planted by 100 of today's children in Avenue House grounds in January. "They will grow high," said three-year-old Dror Lavee, newly arrived from Israel.

The children, their families and guests, including Rabbi Julia Neuberger, packed out Avenue House on a cold Sunday afternoon. East Finchley mother Nikki Joule told *THE ARCHER*, "This has been a really successful event."

The event, a party with games, singing and food, was celebrating the Jewish New Year for Trees – Tu B'Shevat – and a rose bud (or red bud) tree was planted too. The snowdrops are now set in a circle around it.

Organiser Juliet Simmons from the Jewish Community Centre for London told us that the Centre is planning more festive occasions throughout the year, some of which may well be in the Barnet area. The Centre, which was launched in 2003, is still planning its permanent home. The aim is to develop a friendly and welcoming place with a range of activities for all ages. For further information, call 020 7722 5080 or e-mail info&jewishcommunitycentr e.org.uk.



6 year-old Rachel Clifton plants a commemorative snowdrop. Photo by Daphne Chamberlain



what God can do for you This Sunday at 11:00am The Finchley Youth Theatre 142 High Road - East Finchley N2 Finchley Christian Fellowship

www.cityvoice.org.uk

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Dyslexia help

There have been many famous dyslexics – Leonardo, Picasso, Nigel Kennedy, Richard Branson, and Cher to name a few. Dyslexia is an umbrella term covering what is basically difficulty in any of the following: reading, writing, spelling, short-term memory, concentration and organisation skills. But there is more help of various kinds available now than ever before.

Local colour

Sam Wan who works at Stewart Duncan Opticians offers help with one aspect of dyslexia – visual instability – moving or shimmering print. Tests can be done to see whether coloured spectacle lenses can help, the colour varying with the individual. These can help individuals to read with more speed and accuracy, though it is not really known why it works.

A full eye test is given and followed by trials with coloured transparent overlays to put over the printed word for a couple of months. A decision can then be made on the exact colour of the spectacle lenses needed. Although this help has been available for about 20 years not all opticians are trained to offer this service, which is still not covered under the NHS. The test costs about £40, takes about an hour, and is not recommended for children under six years old.

Referrals to Sam are by parents or educational psychologists. Stewart Duncan Opticians are at 126 High Road, telephone 020 8883 2020.



Have fun for the

Hospice

By Daphne Chamberlain

If you've never done the Big Fun Walk before, why not give it a go on its tenth anniversary? Entry and refreshments are free. All you have to do is to raise at least £25 in sponsorship for the North London Hospice. This year's walk is on Saturday 20 March, checking in between 9.15 and 10.15am at East Finchley Underground Station.

Fancy free

Wheelchair users, children and well-behaved dogs are all welcome, and dedicated funlovers may choose to wear fancy dress. The full distance – ending at Westminster, via as many green spaces as possible – is seven and a half miles, but you can do just as much as you can manage. The organisers provide refreshments en route and at the end.

It is possible to register

on the day, but signing up beforehand makes the start much less chaotic. You can apply for a registration form by phone on 020 8202 5586, or do the whole thing online at www.bigfunwalk.co.uk. The Hospice gains maximum benefit if you tick the Gift Aid box on the form. Claiming sponsorship money under the Gift Aid umbrella brought the Hospice an extra £10,000 last year.



For the compulsive collector or bargain hunter, charity shops have in some ways replaced junk shops. And certainly we all seem to have an excess of possessions now – stuff. And if this stuff is still in reasonable condition it's good to be able to pass it on to your local charity shop. Trouble is, a lot of it is way beyond the pale and can't be sold. And as most charities will tell you, their shops are often used as dumping grounds by those who just want to get rid of everything in one drop, leaving the shop to dispose of unsaleable items. This costs them quite a lot of money as councils charge all shops for rubbish removal.

Could you recycle?

Consider checking through your donations first and sort them into things that can be recycled either in your black box or at the recycling centre. Certainly electrical goods should be taken there: shops are not allowed to sell them for health and safety reasons. Clothes that are too ragged or dirty might also go there. Or your favourite charity shop may accept them separately in a black that were 'mistakes' or no longer fit, unwanted gifts, bric-a-brac and collectables, books, videos and all manner of saleable things. Just a bit of forethought will ensure money for charity, bargains for the punter and space in your home. The bottom line is: would you buy this?



After the Deluge. Photo by Frank Tymkow

Tenant left high and dry in flooded flat

By John Dearing

Life for Eric Dean, who lives in Foskett House on The Grange Estate, changed abruptly last October when a deluge of water cracked the bathroom and kitchen ceilings and poured through the flat, ruining everything and damaging the lighting circuits, which have not worked since. He has no idea what caused the leak, but said that there had been a number of minor leaks in the past, which had always (apparently) been fixed. The flat was cleaned up by housing services in November but there was a subsequent inspection by a surveyor and a housing officer, who decided that the flat was uninhabitable. Thereafter nothing of consequence happened until the beginning of February, when another housing officer visited Mr Dean. He has now been provisionally offered another flat nearby, which is said to be vacant at the beginning of March, and it is to be hoped that this will be concluded successfully.

Months of misery

Mr Dean, who was invalided out of the RAF, and subsequently moved to Foskett House about ten years ago, has had to endure a dark, sodden and mouldy flat for over three months.

Barnet Homes said that Mr Dean had reported a leak in late October. A housing officer was sent to look at the problem. It was decided that the flat needed to be

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cleaned up before a surveyor's visit and that a welfare officer should also visit. The surveyor determined that it would take several months to dry out the flat. It was necessary for two written reports to be submitted to the rehousing group, which took six weeks. During this time the housing officer responsible left, but Mr Dean was kept informed of progress throughout, and they are now looking to rehouse him.

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Councillor Colin Rogers said that the root cause of the delay is that Barnet Homes seem to have a problem getting and retaining front-line staff; they are a top-heavy organisation, and tenants like Mr Dean end up losing out.

OSTEOPATHY at

sack labelled 'rags' as there are textile firms who will pay the charity for them, either exporting them to the third world or sending them for shredding. Ask in the shop.

Would you buy this?

In January when a large proportion of the population seems to have a big turn out, charity shops are inundated and may have to refuse some things, causing bad blood all round. Best to leave it till the rush is over – February or March. But please don't leave things on the doorstep after hours as the bags always get plundered.

Charity shops do get wonderful donations – clothes

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Rudi Vis (centre) presents a cheque on behalf of the Maddens Tsunami Appeal. Photo by Sue Holliday

Fun and fundraising

By Sue Holliday

6

MARCH 2005

East Finchley can be proud of itself for helping a small fishing village in Sri Lanka by raising £4,000 at Maddens on Sunday 6 February.

All of the money will be going to the village elders of Maruthamunai; they will assign it to where it will most benefit the village and its people. Maruthamunai is in the North East of Sri Lanka and had a population of 16,000 people until that terrible day when the tsunami hit and the village lost a quarter of its people. The money will help the villagers to rebuild their lives, and give them some self-respect. THE ARCHER is hoping to keep in touch with the village and report back.

The evening's events started with a raffle of gifts donated by local people to whom Kieran sends his thanks and a special thank you to Noel Copely for his most generous donations. The raffle raised £700, a great start to the evening, which continued with a musical set by an Elvis impersonator who has links with Sri Lanka. Everybody enjoyed his performance. An auction followed and once again all the items were generously donated. For example, a visitor to Maddens had seen the advert for the auction

and gave a weekend for two in his hotel in Waterford, Ireland. Noel Lynch started the auction but bidding was a little slow to begin with: the first item only raised £100. The bidding soon became livelier, however, especially for a round of golf with Kieran and a holiday in Lanzarote. At one stage it appeared that one family was bidding against itself!

After the auction, Rudi Vis presented the cheque and made a simple request for a short silence so that we could remember all the people who lost their lives on that terrible day. Later another local musician, Jenny Harrison, sang some jazz numbers. Mick Connolly was also there but unfortunately the last bell rang before he could take to the stage. Everybody had a very enjoyable evening done to all concerned. THE ARCHER has been told that Highgate School is going to have a container on its premises for donations. We have also been told that the needs of the Sri Lankan people are simple: such things as sanitary towels and nappies.

Brookland Schools raise over £3,000

Brookland Junior and Infant Schools, based in Hampstead Garden Suburb, joined together to raise over £3,000 for the tsunami relief appeal.

On Friday 7 January, each class took turns to lay their gold, silver and copper coins on a marked chalk line, which meandered across the playgrounds to link both schools. The result of this joint fundraising venture was the significant sum of £1,850, which far surpassed any expectations.

The following Friday, the junior pupils added a further $\pounds 1,300$ from their annual Mini-Market. They organised a variety of stalls selling home-made cakes, sweets, jewellery, second-hand books and toys and organised fund-raising activities, including a mini race-track, instant hair colour-

Individual children also made generous donations. One Year 3 child offered all £30 of his birthday money while others gave pocket money or are organising fund-raising

ing, quizzes and auctions.

events at home. Heather Blackmore, Head Teacher of Brookland Junior School, commented, "We are proud and delighted that pupils of both schools have been so determined to help the victims of the tsunami. The mini-Market was an unprecedented success because of the enthusiasm, enterprise and initiative of our children and the support and generosity of parents and carers."

The Friends of Finchley Memorial Hospital wish to thank all

Thanks

rial Hospital wish to thank all those who participated in their raffle for the tsunami appeal, which raised £860.

Go north, young man

East Finchley really is only a stone's throw from what *Time Out* has called "one of the few beacons of hip, inclusive, progressive arts programming". It's easy to get there by car with on-street parking on single yellow lines after 6.30, and five council car parks nearby also free after 6.30. There are a few underground pay and display parking spaces under the arts centre itself. artsdepot is right above the bus depot at Tally Ho Corner with six buses stopping there. Three underground stations are

within reach.

Musical Aid On 8 February artsdepot was able to host In Tune – aMusical Evening in Aid of the Tsunami Appeal, which raised over £10,000. The gala evening brought together many local talents, all providing their services for free, including Los Desterrados; Danny Davies and the Andy Quin Trio; The Barnabus Choir from Holly Park School (who tragically lost two children to the tsunami); The Barnet Schools Wind Orchestra; The Good, The Bad and The Lovely and The Rhythm 'N' Blues Revue. Phil Perry and Opus 4 entertained in the interval. The artsdepot team all gave up a day's pay in support of the appeal. A marvellous local event supported by Pirate Management, with all funding going to the Disasters Emergency Committee. artsdepot's first season has been very successful with many sellout performances. Over 25,000 people have enjoyed a huge variety of events and entertainment there, with 8,000



Clubbing together

From the beginning of January to the first week in February, Bar XL at 114 High Road, has been raising money for the tsunami victims. One tenth of the takings in the club on Thursday, Friday and Saturday nights were donated to the appeal. In addition to this, the DJ gave a tenth of his wages to the cause. There was also a charity box for customers to make their contributions.

The money raised will be sent to the Red Cross. Customers and staff achieved the admirable total of $\pounds 2,700$.

OPUS 4 performing in the foyer during the interval. Photo by Toni Morgan

attending the Christmas show. The Paco Pena, John Mortimer and Arabella Weir shows were all sellouts.

Arts for all ages

Coming up are Srishti – Nina Rajarani Dance Creations presents *Women are from Venus* traditional Indian dance with a contemporary twist choreographed by Marvin Khoo. Romanian composer and musician Alexander Balanescu, who has collaborated with fellow musicians as diverse as Michael Nyman, Ornette Coleman and Kate Bush, will be playing music from his film scores with his string quartet. Poet/comedian John Hegley is bringing to artsdepot the only London showing of last year's Edinburgh Festival show Uncut Confetti.

There are also shows and events for children, the Depot Youth Theatre for 11 to 19-yearolds and courses for adults.

To get the artsdepot's current programme call 020 8369 5454 or visit their website www.artsdepot.co.uk.





Photo courtesy Ray Poole

Highgate Wood still flying the flag

By Daphne Chamberlain

"....And the Green Flag goes to Highgate Wood", – again. East Finchley's near neighbour has now won the Civic Trust's award for the seventh year running, which only five other open spaces in England and Wales have achieved.

Ray Poole, Conservator of Trees, runs the wood for the Corporation of London with a staff of seven. He told THE ARCHER that a Green Flag-winning open space must be clean, well-maintained, safe, and professionally managed, with a long-term plan that shows improvement every year. It also has to be sustainable, using pesticides responsibly. None at all are used in Highgate Wood. Neither is peat, which is a dwindling resource. They use coir (coconut shell) instead.

A delicate balance

A Flag-winner has to keep a balance between wildlife, visitors and amenities. Visitors shouldn't expect too much of the garden round the café at the moment though, as Mr Poole says there are major digging operations going on. The Civic Trust look for community involvement, and Highgate Wood has a consultative committee of local people. There are guided walks, and free cricket coaching for local schools, with the guides coming from Middlesex Cricket Club. (*Local* generally means Haringey, Camden and Barnet.)

How do the judges decide if a site is meeting their criteria? "A desktop marking and two visits. One visit is official, but the other one is surreptitious!"

They obviously like what they have seen. In fact, they suggested that next year the Wood should apply for a Green Heritage award as well. To qualify for one of these, a site must have historical value, and Mr Poole could cite some ancient earthworks and a Roman kiln.



What is a nutritionist?

By Simone Baroke

Most people's perception seems to be that nutritionists just deal with weight loss issues and spend their time drawing up punishing dietary regimes, but nutritional therapy has a much broader application. It harnesses the medicinal properties of food, and works on the basis that targeted dietary changes can help alleviate specific health problems. Nutritional supplements are often employed to kick-start and support the body's healing process.

Nutritional therapy combines very well with other treatments, orthodox medical as well as complementary. Personally, I take the view that virtually everyone could benefit from professional nutritional advice, and that even quite small changes can have lasting, positive effects on a person's health. There are many conditions which often respond particularly well to nutritional therapy, such as digestive disorders, viral infections and other conditions affecting the immune system, stress-related disorders, food allergies and intolerances, cardiovascular disease, neurological disorders, diabetes, high cholesterol and blood pressure, hormonal imbalances such as PMS, menopausal symptoms, as well as arthritis, osteoporosis, and general fatigue.

When potential clients first approach a nutritionist, it is important to talk about their health problems, treatment goals and expectations and to explain that Nutritional Therapy is not a quick fix, but requires a certain level of commitment. The client should be asked to complete a question-

naire, detailtheir ing full medical history and recording any medication they are currently taking. These details are very important to get a full picture, and also from a safety point of view to make sure that there aren't any k n o w n interactions between

their medication and any supplements or herbs that might be recommended.

Qualifications are important. In my case I hold a degree in nutritional therapy as well as in health sciences, which gives me a very broad knowledge base in addition to my nutritional expertise. I ask the clients to complete a 3-day food diary to bring to their first consultation, which provides valuable data for me to work with. Changing the way you eat can be a real challenge, so



Nutritionist Simone Baroke. Photo by Rick Scorza

I like to place special emphasis on negotiating achievable goals with each client.

Simone is a Member of the British Association of Nutritional Therapists and can be contacted on 020 8883 0915 or 07950 054754

Many readers will know Simone from her student days working in the Natural Choiceshop in the High Road. She is one of the therapists who will be involved in Cootes new health venture in Ballards Lane.



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YOUNG ARCHER



Easter Bunny by Oliver Elliott (age 8) of Baronsmere Rd.

Easter acrostic

E is for eggs so chocolatey and yum. A is for assortment; each egg is in my tum. S is for the sadness when Jesus died. T is for the terror the disciples couldn't hide. **E** is for the Easter egg hunt so exciting and fun. **R** is for the resurrection of Jesus God's son.

Written by Martha Pothen three years ago when she was seven.

Clever Cloqs Corner

Did you know that the name Easter comes from the name for a pagan goddess of Spring? She was called Eostre.

The Easter Bunny came about because Eostre's sacred animal was the hare.

In early times eggs were forbidden during Lent, the six weeks before Easter. People used to save them for the Easter celebrations.

One game they played at Easter was rolling eggs downhill to see which got furthest without breaking.

The President of the USA and his wife attend egg rolling on the lawn of the White House every year.

Easter Funny

THE ARCHER - 08717 334465

Thinking rationally By Diana Cormack

Since *The Archer* began this series of World War 2 recipes, a book with a similar theme has been published.

The Ration Book Diet, by Mike Brown, Carol Harris and CJ Jackson, recognises the fact that the British enjoyed a level of health and fitness unsurpassed since those days and uses the wartime diet as a model for sixty recipes. Some are taken from wartime cookery books, with minor adjustments to make them more acceptable to present day tastes; others are new dishes, created using ingredients that were around at the time.

One of those ingredients was powdered or dried egg, which was available on ration books. It was pure egg with all the moisture removed and in some recipes it could be used dry from the tin. But usually two level tablespoons of water were blended with one level tablespoon of powdered egg to give the equivalent of a fresh egg. Apparently, using more than the correct amount of dried egg powder could result in an unpleasant taste.

Recipes for egg-less cakes and puddings were produced, but with Easter approaching, we couldn't really leave out the eggs.

Farmhouse Scramble (serves 2-3)

Method

1. Melt the margarine (or butter) in a small pan.

2. Add the vegetables and heat till lightly cooked.

3. Beat the eggs with a little seasoning and pour over the vegetables.

4. Scramble lightly and serve with potatoes, as a sandwich filling or on hot toast.

Ingredients

 $\frac{1}{2}$ oz/15g margarine or butter 8 oz/ 225g mixed raw vegetables, finely grated 2 eggs, salt and pepper

Body and soul at Fortismere

By Daphne Chamberlain

East Finchley therapists and businesses were among 30 stall-holders at the Body and Soul Fair at Fortismere School last month. The fair, run by the Parent Teacher Association to raise funds for the school, was sponsored by Wendy Longworth's East Finchley Clinic and the school's Home Team (catering and home services).

Organiser Adam Justice-Mills, a PTA member and local artist, told *THE ARCHER* that the fair, kept 'in-house' for families and staff, was intended to get people interested in things they wouldn't necessarily try with-out encouragement. "The men were certainly going for back massage," he said, "and maybe more women will be taking up golf." They could practise their swings under the eye of Muswell Hill Golf Club reps, who want more women members – perhaps going along to play together in a group.

Alongside whisky tasting, chocolates, beauty products, flowers, and predictably popular Scalectrics, there were talks on yoga, Pilates and homeopathy. Complementary therapists gave sample treatments throughout the evening.

East Finchley Shiatsu practitioner Fiona Hurlock said, "It certainly gave me a buzz." It is possible the idea may be developed, as Adam Justice-Mills reported several requests for similar events, though the school only goes public at their summer fair.

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 please contact the Church Office Tel: 8883 1544 (Minister: Simon Dyke)

PRIMARY SCHOOL NEWS By Díana Cormack

Holy Trinity

The chess team has qualified for the semi-final stage of the English Primary Schools Chess Championships to be held in June. Every classroom now has an interactive whiteboard, thanks to money

raised by the Holy Trinity School Association and special government funding specifically for ICT.

Two Holy Trinity children appear on the front cover of a recent report by David Bell, Chief Inspector for Ofsted, in which special mention is made of the school.

Martin Schools

Year 3 visited the British Museum as part of their history focus on the Egyptians. As well as learning a lot, the children were complimented by the librarian, who said they were the most polite classes she had ever come across.

Workshops on Romeo and Juliet and Macbeth, which Year 5 performed in assembly, continued the children's studies of Shakespeare for which they are showing great enthusiasm.

As well as baking for the PTA's cake sale in aid of the Tsunami Relief Fund, Year 5 organised a Bring and Buy Sale and collected an amazing £353 to add to the £850 raised on a non-uniform day.

Martin Infant School had a sponsored fifteen minutes of exercise that raised a staggering amount of over £2,000 for the Tsunami Appeal. The Tsunami Working Party is carefully considering how any money raised is to be spent.

UNICEF benefited to the total of £200 when the children and staff came to school dressed up in a variety of outfits.

There was a special assembly to mark the Chinese New Year. The children are supplying suggestions as to what playground equipment they would like to buy with the money donated by the Traders' Association.

How many chocolate bunnies can you put into an empty Easter basket?

One. After that the basket won't be empty.

The Cbeebies TV programme Razzledazzle, in which Martin Infant children took part, was scheduled for transmission between 14 February and 18 March.

Children's poster competition

Cartridge World, which has a branch at 127 East End Road, is running a competition with the title "Why Trees are Important to the Environment." The object is to underline the importance of trees and to point out how necessary it is to keep on planting them. The competition is part of Cartridge World's national campaign "Plant a Tree Not a Cartridge" (PATNAC).

They are inviting primary school children to design an effective and exciting poster, which could win a colour copier with printer and scanner and a state of the art digital camera. The winner's designs will also

be displayed in their local Cartridge World store. Entry forms are available at stores or on line.

There are three age categories: four to six years old; seven to ten years old; eleven to thirteen years old on 31 January 2005.

The closing date is 11 April. For more details visit www.cartridgeworld.org or phone Kate Conway at Ptarmigan Consultants 0113 242 1155

Visitors always welcome

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

Barnet, home of women's football

By Jonathan Blackstaffe Shoot!

Over the past two months Queen Elizabeth Leisure Centre, Barnet, has been hosting a women's football course. The highpoint of this came on 2 February when the football upped goalposts for a tournament held at Whitefield Sport College, Cricklewood, in which 35 schools competed.

The competition was described by Cabinet Member for Culture, Community Engagement and Human Resources, Cllr Katia David, as, "a showcase for young female talent! I was amazed at the skill of the girls." The winning teams were St John's in the Year 6 age group, St James' at Year 7 and 8 and the London Academy for Years 9 to 11.

Pick that out!

In addition, more than thirty girls who attended assessment sessions at Ashmole School have since gone on to a course that could, theoretically, lead to trials with professional London teams. And to progress this far would be anything but unprecedented – Fulham and QPR already have some of our local talent on their books.

Get in there!

Such events are just a few

examples of the many opportunities there are for Barnet girls to play football. With two FA training centres in the borough – at Ashmole School and Compton Leisure Centre–Barnet is taking its ladies' football seriously.

Goal!

In the words of Charlotte Edwards, the Women's and Girls' Football Development Officer at Middlesex County Football Association, "Over the past three years, Barnet has become a leading light in girls' football in Greater London. The council, schools, and youth football clubs offer a large number of opportunities for girls to get involved with the country's fastest growing female sport." So, footballers will have to stop waiting for the fat lady to sing. These days, thanks to the local council's help, she's likely to be too busy playing.



Sippy Azizollah (middle) presents a cheque to Director of Lupus UK Chris Maker (left) and Chair of North London Lupus group Jan Roberts. Photo by John Dearing

Sippy's grand total

By Diana Cormack

Last year regular readers will have been able to follow Sippy Azizollah's progress as she organised a series of events to raise money for Lupus UK/North London Lupus.

Sippy was grateful for the help which had been given to her and decided to do some serious fund raising as a way of saying "thank you" and in the hope that others might benefit from the charity as she had. At the start of the year Sippy compiled two written quizzes, which proved to be quite tantalising for the participants. Then an Easter Egg Hunt in Budgen's store followed a Three, Two, One sale at Fairacres on East End Road, where Sippy lives. This was also the venue for a tea and scones event.

In the autumn, with the help of Budgen's staff, she organised a Halloween Hamper competition in their supermarket on the High Road. Not long after, Sippy held her birthday party with a difference in Martin School Hall, raising over £1,000 on that evening alone.

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All in all Sippy raised a magnificent £4,424.50, which she presented in the form of a cheque to Chris Maker, Director of Lupus UK and Jan Roberts of the North London Lupus Group. By now you might think that Sippy would need a rest from fund raising, but you'd be wrong! On Sunday 20 March she has organised a screening of the film *The Goodbye Girl* at the Phoenix in aid of the Barbara Bus Fund.

Bowling a maiden

over

By Jonathan Blackstaffe

The cricket season looms, like a pink moon on a dark night. In some cultures, a pink moon is seen as a bad omen. And in England, until recently, the start of the cricket season was seen as a very bad omen indeed. It heralded a summer of damp misery when paper tigers dressed in all-white strove to clutch defeat from the jaws of victory.

Now, however, it is all change. The Fat Controller – bearing an uncanny resemblance to Mike Gatting – has reversed the signals. These days we have real heroes, capable of looking defeat in the eyes, winking and then stealing away with victory held in their bulging arms.

All of which is by way of

straight, where your centre peg is located and when to tickle one down to fine leg. It's time for a pre-season net.

Back to school

And where better to practise than where the pros do it - at the Middlesex CCC Academy? On East End Road by the North Circular Road overpass, discreetly hidden behind LA Fitness, through a secure door on the east side of the building, the location might not seem propitious. But don't treat this like a Keith Gillespie slower ball and be deceived. With nets, bowling machines, a hall, coaches and even a modest bar overlooking a soggy oval, there is everything a club cricketer requires. In fact, if the presence of the Middlesex squad is anything to go by, there is enough for even a professional cricketer. So, stop hovering off the metaphorical square, dig out the coffin, fumigate the rotten, mummified remnants of a once promising sporting career, follow the gym freaks and see if you can perform a resurrection.

Making cricket fun By Jonathan Blackstaffe

Looking for somewhere to play cricket? Well, kids, look no further. Just west along the East End Road from the Middlesex Academy is the Wilf Slack Memorial Ground, a cricket facility aimed specifically at youngsters.

Wilf's legacy

The course was founded in 1989 in honour of the former Middlesex and England batsman WilfSlack who died, while at the crease, at the age of only 34. Slack was renowned for his youth and charity work, a legacy that the centre takes as its inspiration. And pretty inspired it has proved. It has even been mentioned in Hansard, the parliamentary journal. How many other amateur cricket grounds can make this claim? I'm stumped if I can think of any. **Getting involved** Starting on the third Tuesday of April, the Wilf Slack is running courses for those between the ages of five and thirteen. Sessions are held from 6 to 8pm. They are organised by a team of qualified coaches and even involve a few matches, some of them evening games, some to be played on weekends. The aim is to get children involved in cricket, help them to develop fundamentally sound technique and, above all, to enjoy themselves. This has proved a successful formula. Season after season there are thirty-plus youngsters who, rather like a Malcolm Marshall in-swinger, keep coming back. understandable when the aim, as espoused by the centre's man in the middle, former MCC groundsman, Mark Dorrow, is to make cricket fun. "Otherwise," asks Dorrow, "what's the point?" I couldn't have put

saying, it's time to find the middle again, to remind yourself how to keep your seam

Could you help with distribution? *The Archer* needs volunteer distributors for the following areas:

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Please call 020 8883 0433 or email distribution@thearcher.co.uk if you think you could help. The boomerang effect is it any better myself.



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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
 Pilates in East Finchley, qualified

teacher. Contact Dee Wisbey 020 8883 7029 ***Pilates class** Wednesdays, 2.15-

Thates class wethesdays, 2.15-3.15pm at Youth Theatre, EF. Ring Penny Hill 020 8444 2882.
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.

 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.

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 Ballroom dancing classes,

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♦ 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.
 Finchley Jazz Club, Monday 7 & 21 March 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.
 Street Dance every Tuesday at Old Barn for children of various ages Contact Lorna 07976203669.
 Symphonic Wind Orchestra of North London, Contact Caroline

Egan 020 8340 2706 **Tap Dance** for children beginning

at Old Barn every Monday, Contact Sharon 020-8349-4613

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 Clissold Arms. Contact Lillian on 020 8444 1793



Henry Van Emden (keyboard) and Ray Ladsford (singer) entertain Barnet's Normandy Veterans. Photo by Daphne Chamberlain

That's

entertainment

By Daphne Chamberlain

East Finchley's Henry Van Emden, the former bandleader who has met or played with a host of famous musicians, entertained fellow Normandy Veterans at a meeting in January. Nowadays he plays his arrangements on a keyboard, though he still has the clarinet he rescued from the mud of northern France.

He took them on a tour of London, Grenada, America and Paris. "Shut your eyes and you'll smell the garlic," said his singer, Ray Ladsford, when they reached the French capital. It was almost impossible to believe that Ray suffered a very serious stroke last year, and the two staged an excellent show.

The concert took place on the 60th anniversary of the liberation of Auschwitz, and among those enjoying the entertainment was

John Frost of the 11th Army. He had been among the troops who liberated the other notorious camp at Belsen. Those memories were indelible, but he said it was good to enjoy the company of Jewish friends as "life goes on".

Barnet's Normandy Veterans meet monthly at St Mary Magdalene's Church, 6 Athenaeum Road, N20. For details, contact Jack Clabburn on 020 8245 6931.

Whiskey River

By Betti Blatman

On 22 January, SwampRock's gig at Wilf Slack Sports Centre, East End Road, featured Whiskey River, a rocking five-piece Cajun/Zydeco band, hailing from Cardiff and the Welsh Borders.

They have been together for many years, with a few changes in line-up, the anchormen being Aidan Sheehan on accordion and harmonica (he also teaches harmonica to 141 students!) and Paul Rogers on bass. When Aidan plays his accordion and extends it, a crawfish known as "Mr Pinchey" appears! Three years ago they incorporated three original members of the band Bon Ton Roulez to play Cajun, Zydeco and low down dirty blues, mixed with a taste of good ole' country.

Previously known as Baton Rouge, whilst visiting Whiskey River Landing, Lousiana, they saw Geno Delafose (one of the most versatile musicians in South Louisiana) performing and wanted to create a similar atmosphere so decided to rename themselves as Whiskey River.

10.45am. Tickets cost £15 per

person, and light refreshments

are provided free on arrival. All

proceeds go to the Barbara Bus

contact the Fund on 020 8416

To reserve a seat, please

Still powerful

By Sheila Armstrong

One of the great classic roles for women, *Hedda Gabler* has been played by many famous actors. Many thousands of words have been written about Hedda and of course playwright Heinrik Ibsen, who is credited with laying the foundations of modern drama. George Bernard Shaw considered him the greatest living dramatist of his time.

Despite mixed reviews, people flocked to see Hedda Gabler (written in 1890), making it a financial success from the start. Ibsen wrote about the pressures of modern society, which alienate individuals and prevent them from living heroically. But the play isn't all Scandinavian doom and gloom; comedy is evident amongst the intense action.

Stunning

Brian Davies directing for the Incognito Theatre Company captured late 19th century Norway with an evocative set and costumes. Hedda dramatically wore, in turn, stunning red, white and black dresses. Davies kept the pace cracking along to its dramatic conclusion.

Joanna Nevin sustained the intense and complex character of Hedda, bringing to the central role a very real sense of withering scorn: a woman frustrated by her own lack of personal fulfilment. In this she was ably supported by the experienced Incognito regulars. It was a really entertaining evening out.

Details of Incognito's next production from the box office on 020 8361 8310 or at www.incognitotheatre.com.

History group attracts great interest

By Tony Roberts

The dining room at Avenue House was packed to the rafters on 10 February for the inaugural meeting of the Finchley Local History Group, sponsored by The Finchley Society.

Getting on for fifty people, from as far away as Alresford in Hampshire, attended. David Marcus led the meeting and introduced the speakers. Archivist Margaret Ferguson kicked off with a brief report on The Finchley Society's own archives at Avenue House (volunteers wanted) and this was followed by Borough Archivist Yasmin Webb, who described, illustrated with photos, the extent of the Borough's collection at Daws Lane, and the uses to which it is put. Heritage

Officer Hugh Petrie then gave an illustrated talk about other sources of Finchley material, from the British Library, The London Metropolitan Archives and many others, including *THE ARCHER* web site. Two years ago he would not have suggested using the Internet, but now he recommends it.

A discussion about future events and activities followed. The next meeting will be on 15 June, all welcome. Info about The Finchley Society from www.finchleysociety.org.uk.

What's On...

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

1-31 March: Exhibition of Paintings at Chorak 122 High Road, N2. Landscapes of cities and sea shores, and portraits of human existence in acrylic, **by Oshrit Eizen**. Her at The Odeon, Muswell Hill. The meeting will include a tour of the cinema and projection room, followed by coffee and Gardeners' Question Time. Bring plants and

02001111795.

✤ 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.

Charity filmshow update

Say hello to *The Goodbye Girl*, Neil Simon's 1977 romantic comedy, at the Phoenix on Sunday 20 March, and help the Barbara Bus Fund at the same time.

Fund.

0733.

The Barbara Bus Charity provides specially adapted vehicles, plus drivers when necessary, to disabled people unable to use other forms of transport.

The film is showing at 11.30am, with doors open at

works are sold worldwide.
 §
 f 12 March: Elvis Rivers will be performing at Maddens, 130 High Road, N2.

13 March: Victorian Musical Evening at 8pm at **East Finchley Methodist Church**, High Road, N2. Entrance is free but a collection will be made on behalf of East Finchley Festival/Arts Festival.

S 14 March: Open day at **The Treehouse** - a new Jewish monthly toddler group where the grown-ups get to have fun too. Why not drop in, between 3-5pm, Monkey Nuts, 2 Park Road, Crouch End, N8 8TD £5 per adult. Contact 020 7722 5080. www.jewishcommunitycentre.org. uk, Jewish Community Centre for London

19 March: Joint meeting of Muswell Hill and Fortis Green Association and Muswell Hill and District Horticultural Society at 10.30 am problems.

For further details, ring 020 8883 8114. Information about the Association: www.muswellhillandfortis greenassociation.co.uk.

22 March: Hampstead Garden Suburb Horticultural Society presents '*Going for Gold*' - Designing a garden for Chelsea. Illustrated Talk by Marney Hall, 7.30pm, Fellowship House, Willifield Way, NW11. Non-members £2.

31 March: The Finchley Society presents *spirit experiences in Finchley and Friern Barnet* – a talk by Oliver Natelson at 8pm at Avenue House, East End Road, N3 (tel. 020 8346 7812). Non-Society members are welcome, and entry is free.

17 April: The North London Chorus is performing Puccini's Messa Di Gloria and A Symphony of Psalms by Stravinsky at 7.30pm at the artsdepot, North Finchley.

9 March: Joint meet



Secrets of

Alexandra

Palace

By Daphne Chamberlain

What secrets can you find on a tour of Alexandra Palace? How about the story of Dolly Shepherd, Edwardian woman parachutist who jumped from a hot-air balloon? Plus a Victorian theatre with seats for 3,500, but no stage-door, a minute gallery and a main floor so level that the back seats were given away free. Plus the chance to read pre-World War II Radio Times.



Vintage radios in the former BBC studios at Alexandra Palace. Photo by Frank Tymkow

Have tastes changed? Not much, it seems. In the 1930s, television-watchers tuned in to *Designing rooms for comfort*, *From the garden*, *Friends from the zoo*, light entertainment and Agatha Christie plays.

A myth of the time was that lipstick on television had to be green, but apparently "this was never done. An ordinary red lipstick is perfectly acceptable."

Great survivor

When the southeast wing of the palace was taken over by the BBC in 1935, it was described as a dreadful mess. It was semi-derelict, and tables had to be winched in through the windows. But that's Ally Pally – a disaster-prone building that still survives.

Built in 1868 at the cost of displacing a gypsies' encampment, it was traditionally

The theatre, with its beautiful roof, was locked away for 65 years, but now – listed by English Heritage – is being restored and improved.

The Palace organ (one of the three biggest in the country) is a familiar sight in the Great Hall, but this tour peeped behind the scenes – at the first BBC studios, the ancient radios, and the huge mural showing past events at the Palace (including Dolly).

Tours must be booked in advance. The next ones will be on Wednesday 20 April, Sunday 22 May and Wednesday 1 June. Participants must be over 12 years old, and able-bodied enough to negotiate several flights of stairs. Contact 020 8365 4199 for details, and take a tip – wrap up well. Apart from the Palm Court, the warmest place in this defiant old building is the ice rink.

Letters to The Editor

Safe walking

Dear Editor

Martin Schools' parents, teachers and children were recently surveyed for central government's "Safer routes to school" programme. Demonstrations at Creighton Avenue and Church Lane highlighted specific areas where people going to Martin Schools are threatened by vehicles.

"Safer routes to school" will allow pedestrians and car drivers a chance to have their say to the local authority, and perhaps this time Barnet Council won't disregard the well-being of local residents by encouraging vehicle throughput at the expense of pedestrians. **Colin Rogers**

East Finchley Labour Party

Road Safety in N2 To the Editor

I am writing to you in support of the campaign led by parents and the East Finchley LA21 Partnership in reference for the need for measures to slow cars down in parts of East Finchley, in particular, in and around Church Lane and Creighton Avenue.

What makes this worse is that the Tory Administration in Barnet abandoned the Safe Routes to Schools measures for Church Lane which were previously agreed to by councillors because of their campaign against road humps. The dangers have unfortunately not gone away and affect school children from Martin Schools, Holy Trinity, Oak Lodge, Bishop Douglass, Christ's College and the many residents accessing East Finchley via The Walks.

I hope that the Council can re-consider their previous position and look at the best way to improve safety for pedestrians, cyclists and motorists. I have written to the Leader of the Council, Cllr Victor Lyon, and will report back on any response received.

Rudi Vis MP Finchley & Golders Green

A fine romance?

Tracing family Dear Editor

I am trying to find anyone with connections to my mother. Born Evelyn May Oliver in 1908, she married Henry Arthur Howard on 4 July 1936.

She had a son, Ronald, in 1937 but sadly died in childbirth with her second child, also a son, in April 1941.

Her father's name was Charles Oliver and the family lived and worked in a general stores on the Red Lion Hill Estate in East Finchley.

I would like to hear from anyone who has knowledge of the Oliver family.

Thank you. Ronald Howard 14 Sandpiper Close, Haverhill, Suffolk CB9 0JH

Good deal Dear Editor,

My wife and I, together with another couple, spent the evening of St Valentine's day at Chez Nous, the little restaurant just south of the Phoenix.

I don't know how the owner manages to do it, but we had a two-course meal and a half bottle of wine each for £13.75 each. Naturally a few more bottles flowed, but it was a terrific evening.

I suggested to the owner that he should have these "one sitting" dinner and dance evenings more often and he said he'd think about it.

My request to all readers is, if you like the idea and are passing the restaurant, go in and tell "George" he should do it on a monthly basis. My wife and I would love to go to a restaurant where there was music and dancing, and with "one sitting" so we weren't rushed out, all for under £14 a head!

I do realise a lot of people in East Finchley are very well off, but for those like me who watch the pennies...

Andrew Taylor (London N3).

If readers learn of other good deals, The Archer would be interested to hear from them.

Thanks to All Saints Dear Editor

I am a local piano teacher, and have been putting on pupils' concerts in aid of the NSPCC for over 30 years.

They have always been at the Institute, Hampstead Garden Suburb, but now that Henrietta Barnett School have taken over the premises the cost of hiring has gone up from £28 an hour (for charity concerts) to a staggering £70. As we rehearse all the afternoon, then the concert in the evening, it would have cost £800 and very little money would have been left for the NSPCC. (At previous concerts we have raised over £1000 each concert.)

I contacted Father Christopher Hardy at All Saints Church and he saved the day by agreeing for the concert to take place there, for which I am hugely grateful. The concert takes place on 5 March. **Sara Medina**,

Twyford Avenue N2

Send your correspondence to: "Letters Page", The Archer, PO Box 3699, London N2 8JA or e-mail the-archer@lineone.net.

Apologies

THE ARCHER would like to correct an error in the article entitled Therapists in New Venture in last month's edition. The name of the homeopath who will be working in Cootes Ballards Lane premises is Marj Morrison, not Marj Lawrence, as stated. We apologise for any confusion.

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KALASHNIKOV KULTUR By Ricky Savage, the voice of social irresponsibility

Just when I thought it was safe to ignore them, the nation's

cursed with three fires, but has now survived four.

OBITUARY

Leslie Pym

Leslie J. Pym, who represented Hale Ward on Barnet Council from 1971 to 1998, died in January. Mr Pym was Leader of the Council from 1976 to 1991, and Mayor of Barnet in 1991-2. He was awarded a CBE for his work in local government, and was a Freeman of the City of London and a member of the Worshipful Company of Blacksmiths.

Leader of the Council Victor Lyon, who had worked closely with Mr Pym, said that he knew how assiduously he looked after the interests of the people of this borough. Mayor Wendy Prentice, praising his dedication and hard work, described him as an exemplary politician, whom we were fortunate to have had as Council Leader and Mayor. most famous dysfunctional family bites back like a corgi at your ankles. Not this time the opportunity to be shocked at their massive lack of charm, sensitivity and dress sense, but the chance to be violently sick at their latest PR stunt. Yes, 'he who talks to plants' is going to marry his mistress and lay on a spot of patriotic television to distract us from reality. And just in time for a general election as well!

New models

I've never seen so much fuss about a divorcee marrying a widower since the founding of the Church of England. That time it was an adulterer getting rid of his old wife for a new model and getting into such a mess that he had to form his own church to get his divorce. Next time round he decided to become a widower instead by having wife number two's head removed. And to think that the pope had made him defender of the faith only a few years earlier for persecuting anyone trying to read the bible in English, which makes you wonder what faith British monarchs are meant to be defending. The bright idea of introducing morganatic marriages to GB looks just as royally dumb as most things they come up with.

Never mind, the Diana faction have got their compromise, there won't be a new Princess of Wales or a Queen Camilla. In true naffness they've decided that once Charles gets the top job she'll become the Princess Consort, which sounds like an upmarket version of the Austin Allegro. And that, I guess, just about sums them up. Solicitors Commissioners for Oaths Hours: 9.30am to 5.30pm. email:*admin@creegodfreyandwood.co.uk* 28 High Road, London N2 9PJ Tel: 020 8883 9414 / 9496 / 0989 www.creegodfreyandwood.co.uk





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By Diana Cormack

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To avoid further danger to the public, Barnet Council is proposing to cut down some of the oak trees that overhang the children's playground in Cherry Tree Wood. This is because a large bough broke off and fell across part of the play area last Autumn. It seems obvious that any such work should be completed before the planned improvements to the play park begin, which should be in April.



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The much-admired trees can grow to a ripe old age but, unfortunately, their ancient beauty can mask potential problems. Local tree warden and ARCHER team member, Pam Kent, explains what these are and why this is the best time of year to deal with them:

Oak trees

By Pam Kent

The latin name for the Oak TreeGenusisQuercus and there are over 300 known species across Europe and North America. The most common in Britain is the **English Oak and it is this** variety which appears in **Cherry Tree Wood.**

Other species most common to Britain are the Sessile Oak and the Holm Oak. All bear flowers and fruit; the male flowers appear as catkins and the female flowers as tiny clusters of spikes with reddish centres. The fruits, of course, are the acorns, avidly collected in September by squirrels

who bury them for winter storage and unwittingly aid the growth of new trees.

Oak wilt

Although oaks are very durable – some grow to a height of 120ft with a girth of 50ft – they do sometimes succumb to Oak Wilt which occurs from a dangerous liaison between a beetle and a fungus; resulting in a problem similar to Dutch Elm Disease. This, once it has taken hold, can be very virulent, and is possibly the cause of the recent weakness of the trees around the playground in Cherry Tree Wood.

the best time for pruning is before new leaves or shoots appear, giving lighter and easier access to problem areas -also encouraging regeneration where necessary whilst the sap is rising.

Planting for the future

Seed Gathering Sunday this year is 9 October, when tree wardens everywhere collect seeds to grow into trees of the future. Perhaps we should organise a collecting team in Cherry Tree Wood to gather a few acorns, take them home to grow and eventually replant the young trees in a safe place in the Wood to replace those in danger of demolition!!

As with all other trees,

Coldfall Wood plans are taking shape

By Ann Bronkhorst

At their February meeting, the friends of Coldfall Wood and Muswell Hill Playing Field heard the latest news of the Heritage Lottery funding for the regeneration of the wood (see November Archer).

From April2006 funding will be awarded for at least two years. Current ideas include restoration of paths; proper information boards; a nature trail with numbered posts; talks; and guided walks. On 21 August this year a guided walk will be led by David Bevan, Haringey Conservation Officer and a key figure behind the movement

for the wood's regeneration.

Woodland views

Pollution of the stream has long been a concern but Thames Water believe the problem 'bad plumbing' has been resolved. Further measures to combat pollution will be tried, such as reed beds and strategic coppicing to allow in light to the reeds.

A group called The Sensory Trust will organise a survey of local opinion. So don't be surprised if, as you jog, dog-walk or bird-watch in the wood this spring, someone with a clipboard asks for your views on the future of Coldfall Wood.





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