



Zayd Idrissi, captain of Phone City team. Photo by Paul Chapman

Goals Galore triumph for Phone City team

By Paul Chapman

East Finchley football team Phone City achieved success this season in the Mobile Goals Galore Five-a-side football competition.

The shield trophy and a Goals Galore magazine report on their success can be seen in the shop window at Phone City on the High Road.

Legendary football manager Ron Atkinson was present to commentate and award the trophies for the tournament.

Phone City's successful squad has a very international flavour and competed against other teams from the UK as well as an experienced team, Avenir from Belgium.

Phone City was the only team to emerge undefeated from their

encounter with Avenir. Other draws in their group games put them in the plate competition but wins over four teams including Avenir put them in the final against MoCo.

Penalties went Phone City's way and they were eventual winners of the Goals Galore Plate for 2005.

Team captain Zayd Idrissi said next season's competition was scheduled for autumn 2006. Perhaps by then Arsenal will be European Champions and England will be World Cup winners?

Phoenix tribute to Mike Cohen

By Diana Cormack

The brand new seats at the Phoenix were filled to capacity for the screening of two films shown in tribute to the late Mike Cohen, of Talbot Road, who died last September. For more than ten years Mike chaired the cinema's Board of Trustees and this seating, along with the new foyer and disabled access, are visible evidence of Mike's devotion to the development and survival of the oldest operating cinema in the country.

Alan Richardson, Chair of Phoenix Cinema Trust, told the audience on 12 March about Mike's invaluable input, not only his financial skills but also his far-sighted views about giving and sustaining people's access to film. Mike's brainchild of a café bar at the front of the community-based cinema will be their next major project.

Another plan of which Mike would have been proud is to return this listed building to its original glory, said Gerry Turvey, vice-chair of the Trust. In a brief history of the Phoenix he emphasised the threats of closure the cinema had survived and spoke of Mike's unstinting work. "He is certainly proving a hard act to follow," Gerry declared.

This opinion was echoed by Dennis King, who replaced Mike as Chair of St Mungo's,

the charity for the homeless with which Mike was involved for many years. A fund to help the homeless participate in sporting and cultural activities has been set up in his name. All takings from this screening of two of Mike's favourite films, *L'Homme du Train* and *A Bout de Souffle*, for which the distributors did not charge, will be split between St Mungo's and the Phoenix Cinema Trust.

Mike's widow Jenny summed up this special man who was so much involved in helping others when she said of him, "He was selfless, he didn't expect any thanks."

There can be no doubt that Mike would have echoed her closing words to the audience. "The Phoenix is a gem that needs to be treasured." For that is what Mike did, and he is sorely missed.

Myths and marvels

By Helen Drake

Pupils at Martin Infants enjoyed a morning of storytelling when local author and illustrator Jane Ray visited classes on Tuesday 8 March as part of the school's celebrations for World Book Day.

Unicorns, mermaids, centaurs and other mythical creatures sprang to life in the imaginations of the young audience as Jane read from her books and talked to the children about how she writes her stories and what inspires her illustrative work.

Opening up her "special box" Jane showed everyone the scraps of unusually-patterned paper, textured paper and gold leaf she collects for her collage work. Inspiration also comes, she explained, from her notebook in which she sketches images when she sees them for later use in her paintings.

Displaying some of the original artwork from her books *Can You Catch a Mermaid?* and *Jinnie Ghost*, Jane drew attention to the subtle differences between her original paintings and the images which were eventually reproduced on the printed page. The children were also able to see where she had left space in her paintings for



Jane Ray explains how dreams can inspire creative writing. Photo by Helen Drake

the writing.

Teacher Wendy Diamant, who organised the visit, said: "It was a privilege to have Jane in the school. The children were very inspired by the stories and drawings she shared with them. It helped to motivate their crea-

tive writing and imaginative thinking."

Jane Ray has illustrated numerous books including *The King of Capri* by Jeanette Winterson, as well as painting book jackets, posters and greetings cards.

Let's get personal

By Diana Cormack

If you have considered joining a gym but were put off by the image of Lycra-clad fitness fiends pumping weights and pushing pedals, The Health Zone could be just what you are looking for. Recently opened by Hampstead Garden Suburb Institute on the top floor of the McDonald's building next to the tube station, this modern, fully-equipped, air conditioned gym has excellent changing facilities for both men and women, along with a beauty therapy treatment room. And there is a fantastic view!

Manager Dylan Karger told *THE ARCHER* that their aim is to welcome clients of all ages, some of whom may never have used a gym, and for them to feel relaxed and happy in a friendly atmosphere. Although correct footwear is important, he said people could wear suitable clothing in which they felt comfortable.

There are a number of exercise classes, plus fitness programmes designed specifically for the individual and supervised by trainers to ensure safe and correct techniques. A Health Zone Journey eight-week weight management programme, created to be effective for all ages and fitness levels, is available and has a stunning example of its success in the shape of one of the Institute's senior managers, Gaye Ruse.

Admittedly her journey has been much longer, for 18 months ago Gaye was a size 24.

"I spent 17 years yo-yo dieting," she said, "but this time I have taken it slowly, watching what I eat and exercising to get rid of the flab." Having lost well over four stone and now a size 14, Gaye says people walk by without recognising her! She insists she could never have done it without the sup-

portive training from Dylan, with whom she is continuing her journey to fitness and well-being.

The Health Zone prices are competitive for members and non-members. For an explanatory leaflet call in at the Institute or phone the gym office on 020 8829 4140.



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For more information please call Margaret for a friendly chat on 020 8883 4916.