



How well do you know East Finchley?

Our 10-question challenge, set by David Tupman, is designed to test your local knowledge. Find out how much you really know about the place where you live. Answers are on page 9.

Q1: When did London Underground start operating at East Finchley?

- a. 1914
- b. 1936
- c. 1939
- d. 1945

Q2: What was the Phoenix Cinema called when it opened in 1910?

- a. The Plaza
- b. The Rex
- c. The Picturedrome
- d. The Odeon

Q3: The famous singer Gracie Fields once lived in N2. In which road did she reside?

- a. Winnington Road
- b. The Bishops Avenue
- c. Creighton Avenue
- d. Leslie Road

Q4: Who sculpted 'Archie', the impressive statue on top of East Finchley station?

- a. Eric Gill
- b. Eric Coates
- c. Eric Idle
- d. Eric Aumonier

Q5: In which year was the first block of The Grange estate completed?

- a. 1938
- b. 1946
- c. 1951
- d. 1964



The Phoenix cinema - photo by David Tupman. See Q2.

Q6: The A504 is a busy East Finchley road. By what name do most of us know it?

- a. High Road
- b. Fortis Green
- c. North Circular
- d. Aylmer Road

Q7: Who of the following has NOT represented East Finchley as its MP?

- a. Rudi Vis
- b. Hartley Booth
- c. Margaret Thatcher
- d. John Marshall

Q8: What was the name of the store in Viceroy Parade now called Iceland?

- a. Bejam
- b. Home and Colonial
- c. Co-op
- d. Fortnum and Masons

Q9: Which is the oldest church in East Finchley?

- a. All Saints
- b. Holy Trinity
- c. Methodist
- d. Baptist

Q10: In which year did The Archer newspaper first appear in East Finchley?

- a. 1987
- b. 1990
- c. 1993
- d. 1996



Rudi Vis MP. See Question 7.

A great place for a festival

By Daphne Chamberlain

"It's a great place to come to. Yeah, Cherry Tree Wood opposite East Finchley Station." The teenager talking on his mobile was one of the estimated 9,000 people who turned out for the Muswell Hill Festival last month. Acknowledging some help from the returning summer weather, organiser Gerry Alexander said that this was almost certainly the best-attended Muswell Hill Festival yet.

At least £6,000 was raised for the Hornsey Trust, a charity for children with cerebral palsy.

About £500 came from the efforts of the teddy bears parachuting from St James's Church the day before. They received awards for valour, while next day in Cherry Tree Wood two East Finchley dogs won awards: Snoopy for agility, and Tobby

(sic) for the waggiest tail.

The donkeys were in good form for their derby, with at least one deciding to aim for the start line rather than the finish. "I always look forward to this," one child told his father.

A rather older person went home with an invitation to tea at the House of Commons with Haringey MP Lynne Featherstone.

That was one of the prizes bid for in the auction, which raised £895.

As I strolled around with my ears flapping, I heard praise for the well-planned arrangement, with stalls and children's amusements nicely integrated, and also for quiet intervals alternating with the music. Our neighbours' festival seems to be settling happily into our local park.



Enjoying the festival in Cherry Tree Wood

Is your bed the cause of your back pain?

By Nicky Sharp

A vital part of pain management is ensuring you get sufficient sleep. Many different physiological processes occur during sleep and for back pain sufferers the most important are the three Rs: tissue re-hydration, regeneration and repair. However, getting adequate sleep, which promotes healing, is no good if you are counteracting the benefits by sleeping on a mattress that places undue stress and strain on the body.

Here are some top tips for choosing a bed:

Choose a mattress that supports your body weight without sagging. If you are used to a very soft mattress don't suddenly change to a very firm one, as you will find it difficult to adjust to it. However, the mattress should be firm enough to allow you to change position easily during the night. It is much easier to move around on a firm mattress than on a really giving one. Changing position during sleep lessens fatigue and relieves the prolonged stress on soft tissues.

Your mattress needs to be comfortable to lie on, yet provide sufficient 'give' to support and cushion your body's bony curves. The most vulnerable areas that need support if lying on your side are under the ankles, knees, waist and neck.

Always try before you buy! Don't just buy from a catalogue or on recommendation. Don't be embarrassed to lie on a bed for 20 mins or so in the showroom to get a good idea of its comfort.

If you and your partner are of significantly different weights, consider a zip and link bed. This

method allows you to have a bed with separate mattress types to suit each of you. Don't forget that no two people are the same shape.

Don't judge a bed purely on price. The most expensive might not necessarily be the best but the lowest priced may not last as long. A good bed should last about 8-10 years.

Finally there is the option of a waterbed. Manufacturers claim that they support the body without distorting the spine and will last for years without sagging. These beds have no pressure

point areas so are comfortable. Again, do try before you buy because some people find them hard to relax in.

The best position to sleep in is on your side with a pillow between your knees and a pillow or rolled up towel supporting the curve of your neck. This position helps to keep the spine in the most neutral position

Registered osteopath Nicky Sharp practises at Nova Dental Care centre in East End Road. To make an appointment, contact her on 020 8815 9433

OBITUARY

John Hatfield

THE ARCHER regrets to announce the death, on 7 September, of John Hatfield, aged 84, of Durham Road, East Finchley.

Though a modest man John experienced and achieved much in his lifetime. He travelled widely, spoke many languages, read avidly and was actively involved in economics and politics.

Two years ago John was awarded the Legion of Honour (Chevalier) for wartime liaison between the Royal Navy and

the Free French (*THE ARCHER*, August 2004).

His last six months were spent in hospital after post-operative complications left him seriously ill, but he remained positive and courageous.

We send condolences to his widow, Sandra, and his children, stepchildren and grandchildren.

Ethical, co-operative and democratic

Savings invested in local area

Free Life insurance



Finchley Credit Union

**Green Man
Community Centre
Strawberry Vale
N2 9BA**

Opening Times

Monday	10-8.30pm
Tuesday	10-4pm
Wednesday	10-4pm
Thursday	5-8.30pm
Saturday	10-4pm

**Find out more:
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