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THE ARCHER




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A community newspaper for East Finchley run entirely by volunteers.

Locked out: Cherry Tree Wood kept locked

By Diana Cormack

Scores of park lovers were disappointed to find that Cherry Tree Wood remained locked throughout one of the sunniest days of the winter after a mix-up kept the keyholder away.

Saturday 3 February was a beautiful winter's day, sunny and bright and just right for spending some time in the park, but people who went to Cherry Tree Wood found their way barred because all three gates were locked.

The gates remained locked all day. Disappointed children had to be comforted and angry adults wanted to know why this had happened.

Some, particularly children without adult supervision, either climbed the gates or clambered over the fence. Others discovered that the recently completed reinforcement work to the Northern line's embankment had left a semi-hidden access. Though it would be difficult to get a

pushchair or a bike through, an *ARCHER* correspondent watched as those who were determined to gain entry negotiated the gaps adjacent to a firmly-locked park gate.

According to Barnet's Greenspaces, the security company responsible for opening the gates had been told that a road traffic accident in East Finchley would prevent them getting to the park and were not



If you go down to the Wood today you're sure of a big surprise...
Photo by Diana Cormack

informed by the police that the way was clear until 4pm.

At 2.30am there had been a hit-and-run fatality at Henly's Corner, which caused disruption to the North Circular and surrounding roads, but the traffic in and around East Finchley seemed normal once daylight came.

With three separate entrances to the park which can be approached from different directions, it is difficult to understand why one of them could not have been reached at some point during the day. The park keeper had called in sick that day, which further exacerbated the situation.

Barnet Council told us that it was road closures caused by the Henly's Corner accident that had prevented the security company reaching the park.

A spokesman said: "This is very unusual and the council always tries to keep the park open during its normal hours of operation. The council has contacted the security company to gather more information on the reasons behind the park remaining shut all day. The council is unable to give keys to non-council staff, on legal, health and safety grounds."

Let it snow...



James Conway with his snowman outside East Finchley tube station and helper Nardina Betts, who joined him, while waiting for tubes to start running. Photo by Jane Conway.

More of your pictures on page 8

Lincoln Parade finally to be redeveloped

By John Dearing

After a series of legal wrangling, the mainly disused shops and businesses on Lincoln Parade are to be demolished and town houses built in their place.

As reported in *THE ARCHER* in September 2006, the latest in a long line of planning applications to build town houses was rejected by the Finchley and Golders Green Area Planning Sub-Committee.

There were a large number of objections to the application but it was then referred to the main Barnet Planning & Environment by the Chairman of the sub-committee, Councillor John Marshall.

The main committee considered the application on 17 January, heard the objections, and then accepted it, subject to £16,750 (plus certain costs) being paid under a section 106 agreement.

Inside...
Kenwood concerts silenced after 55 years.
See page 9

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If you have a story for us, please contact us at the above address.

Comments to THE ARCHER may be published unless clearly marked 'Not for publication' within the text.

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Muswell Hill Odeon 0870 505 0007
Phoenix Cinema 020 8444 6789
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Coppetts Wood 020 8883 9792
Finchley Memorial 020 8349 6300
Oak Lane Clinic 020 8346 9343
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Crime

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Mus. Hill Police Stn. 020 8345 2148
CrimeStoppers 0800 555111
Victim Support 0845 303 0900
East Finchley Safer Neighbourhood Team 020 7161 9014



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

Face-to-face policing

Do you have a local concern that you would like to discuss with a member of your local police community team?

If so, you are welcome to put your concerns face to face with an officer from the East Finchley Safer Neighbourhood Team.

Surgeries will be held once a month at the Green Man Community Centre, Strawberry Vale, and the Community Flat at 1 Oak House on the Grange Estate.

The first surgery will be on Tuesday 27 March from 1-2pm at Oak House, and 6-7pm at the Green Man Centre.

The East Finchley Safer Neighbourhood Team can be contacted on 020 7161 9014.

Cigarettes stolen

Thieves broke into the sub Post Office newsagent in East End Road in the early hours of Saturday 10 February by smashing the glass door. A quantity of cigarettes was stolen.

Robbery at KFC

Police are appealing for witnesses to a knifepoint robbery at the KFC restaurant in the High Road.

On Monday 12 February at 7.45pm, a white man wearing dark clothing and a black motorcycle crash helmet entered the premises. He threatened staff with a knife and demanded money from the safe, having jumped the counter.

He made his escape as a pillion passenger on a moped that

was waiting directly outside the premises with a second suspect already on it.

Do you remember seeing a moped outside the KFC or do you know the two people who have committed this crime? This is a busy high street location on a main road and a number of people will have passed the premises during this time. Can you assist the police? Please call Detective Sergeant Gornall on 020 8733 4584 or, anonymously, Crimestoppers on 0800 555 111.

Daylight robbery

At 9am one Saturday in February a small red car drove up a local road, and stopped alongside a resident's Toyota. Two men got out of the car, swiftly removed the Toyota's new spare wheel from underneath the vehicle and then sped away.

Neighbours managed to take a photo of the incident but unfortunately the red car's number plate was not visible. This happened in full daylight while the postman was doing his round. Brazen or what?

Mugged for his mobile

A 19-year-old man had his mobile phone worth £150 stolen at knifepoint in Long Lane, Finchley. The incident happened on Saturday 20 January at 3.50pm.

The victim was standing opposite Finchley fire station waiting for his friend when two men approached him and asked if he had a mobile phone. The victim said he didn't but was told to empty his pockets by one of the men. One of them had a knife in his hand.

When the victim refused he was grabbed by the throat and pushed against a wall. Keeping one hand on the victim's throat, one of the men began to search his pockets and removed his mobile phone. The victim was then told to remove his diamond earring studs.

The first suspect is described as a black male, aged 20, 5' 8" tall. He was wearing a dark grey hooded top, black tracksuit bottoms and black trainers. The second suspect is described as a black male, aged 20, 5' 6" tall. He was wearing a light grey hooded top, black tracksuit bottoms and black trainers.

If anyone has any information about this incident please contact the Robbery Unit on 020 8733 4595 or Crimestoppers on 0800 555111.

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Planning Applications

Barnet

Former Herbert Wilmot Youth Centre, Eagans Close, N2
Temporary use of site by contractor for essential water main scheme. Office/storage of materials.

84 High Road, N2

Change of use from bank (A2) to Hot Food Takeaways (A5) and erection of flue on rear elevation.

Land rear of Hornbeams, The Bishops Avenue, N2

Erection of 2 two-storey detached houses with rooms in the basement and roof space with associated access road and altered vehicular access onto The Bishops Avenue following demolition of Hornbeams.

99 Durham Road, N2

Roof extension involving rear dormer. Ground and first floor extension.

Flat 2, Park Gate Mansions, Leslie Road, N2

Loft conversion and roof extension to include side and rear dormer windows.

32 King Street, N2

Use as two self-contained flats.

7 Church Lane, N2

Alterations to provide a 1 bedroom flat to the ground floor rear of the property.

99 Brim Hill, N2

Loft conversion incorporating roof extension to include side dormer and installation of rear conservation roof light. New front steps. New garage door and formation of rear window.

61 Ossulton Way, N2

Raised parapet walls and roof over converted garage and side extension (Not yet built). Single storey rear and side extensions.

Haringey

27 Fordington Road, N6

Tree works to include removal of one cypress tree from front garden

24 Twyford Avenue, N2

Erection of single storey rear extension (Certificate of Lawfulness)



ASK asks again

ASK Restaurants has appealed to the government's planning inspectorate after the Finchley and Golders Green Area Planning Sub-Committee rejected its planning application for 84 High Road, despite Barnet's planning officers recommending acceptance (*THE ARCHER*, January).

However, *THE ARCHER* has since learned that, despite ASK appearing as the appellant's name, the proposed take-away would be run by a member of the ASK group called Lupa and ASK might not be the name above the door. Lupa has a strategy to increase the number of its outlets in the south-east.

If permission is given, one result would be an increase in the number of motorbikes delivering orders. Access to the back of the take-away depot would be by the unadopted road that runs between the rear of Fairlawn Avenue and property on the High Road.

Entry would be from Fortis Green but, as Fairlawn Avenue is one-way, it would mean delivery vehicles having to go from the back alley all the way down the avenue to exit on to the High Road by the Phoenix Cinema. Some residents are concerned about the disturbance this will cause, not only in the form of

noise but also the possibility of encouraging vermin.

Although 11 letters objecting to ASK's plans were received, only one of the three objectors who asked to speak was able to attend Barnet's consultation meeting in December.

Those objection letters will be used again unless the writers withdraw them within six weeks of the starting date of the appeal (31 January 2007). Any further representations need to be made by 14 March, quoting the planning inspectorate's reference number APP/N5090/A/07/2035639/NWF and three copies must be sent to: Dave Shorland, Planning Inspectorate, Room 3/19, Eagle Wing, Temple Quay House, 2 The Square, Temple Quay, Bristol BS1 6PN. ASK has made another planning application. Written representations about this have to be made to Barnet Council by March 19 in addition to the Bristol appeal.

Air pistols are not toys

Police are asking people to learn from an incident when three men were arrested and later cautioned after being caught brandishing an air pistol.

On Sunday 11 February at 4.30am a driver who had just come off the M1 and was heading down the A41 towards Hendon saw three young men standing at the side of the road.

One of them stepped off the pavement and stood in front of the car, pointing what appeared to be a silver and black handgun at the driver. He held the gun outstretched in one of his hands. The victim ducked down and swerved around the suspect.

Police were called and arrested the men, two of whom were 18 and one 19. On interviewing the suspects it transpired that all had been drinking alcohol. They had taken an unloaded air pistol out with them and were using it as though it were a toy and role playing with it.

The three men were cautioned by police for an offence contrary to section 19 of the

Firearms Act 1968, but only after consultation with the victim, as normally this would result in a visit to the courts to answer serious charges.

Police say this is a word of warning for those who think guns are toys: they are not. If you point a toy gun or air pistol at someone else, it doesn't matter that you know it's only a toy, what matters is the fear you cause to that other person. This is the crime. Sadly three men now have criminal records for a game that should never have been played.

Luckily their offence ended without anyone being hurt. Armed police officers were also attending this incident, as they do for all incidents where guns are used and, two minutes later, would have dealt with these men as armed and dangerous criminals.



Father Laurence Hill has been at Holy Trinity Church for 30 years.

Thirty years at Holy Trinity

By Julia Lawrence

Father Laurence Hill is celebrating 30 long and happy years as priest of Holy Trinity Church in Church Lane.

Born in Perth, Scotland, Father Hill says his ambitions were clear to him from a very early age and he became deeply involved in the church from the age of nine. "I went to a cathedral school which had a profound effect on me." There was a brief moment, however, where he was tempted by another career path.

"My first great love was the theatre," he says. "I played Widow Twankey's dresser in the Scottish rep for a couple of seasons. A fellow actor advised me that I really should drop the Laurence and become a Larry."

A defiant Laurence (not Larry or Laurie) arrived in London aged 20. His first curacy was in Feltham, in west

London, site of the notorious borstal - or young offenders' institute as it's now known - where Father Hill struck up a rapport with the inmates. "I had a beard like Rasputin and hair down to my shoulders. I think they could see that I stood outside the authorities."

His first parish was in Hampstead where he spent five years before arriving in East Finchley in January 1977. Over the years, he says, he has watched the demographics of East Finchley shift away from a diverse mix of old, established families and businesses to the affluent, professional newcomers and young families of today.

"I have waited 30 years for the High Street to be transformed and to my delight over the last three years it finally has." He is also a big fan of the Phoenix Cinema and loves walking on Hampstead Heath.

His work with Holy Trinity

School in the past 30 years means he has watched generations grow, and he has christened the offspring of children he used to see sitting cross-legged in assembly on Wednesday mornings.

In 2004, he married Japanese professional pianist and teacher Atsuko and is adding to his Japanese vocabulary daily. Today, Father Hill is excitedly waiting to become a grandfather for the first time; his daughter, Una, 37, from his first marriage, is expecting a baby later in the year.

Now aged 63, Father Hill jokes that another career path may yet open up to him: "Maybe I could make my fortune advertising hair products as I still do not have a single grey hair."

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Making food balls for the birds. Photo by Ian Cormack

Our feathered friends

By Ian Cormack

The Friends of Cherry Tree Wood were pleased to have Sue Corson give an insight into the various birdlife that frequents the wood at different times of year.

The redwing is a winter visitor, whereas in summer there are blackcaps and chiffchaffs. There are also a few noisy wrens, song and mistle thrushes, and dunnocks (ground sparrows).

Habitat is very important and oak trees are probably the best as they house many invertebrates for bird food but

the hornbeams are good for tits. Chaffinches like shrubs, and brambles are very good cover for the smaller birds, as is ivy as a food source. There is competition for nesting sites, particularly from squirrels who are predators as are the growing number of magpies and the deadly crows.

There are both green and

greater spotted woodpeckers in the wood which can be differentiated by the former's croaky laugh and the stilted single note of the latter. Owls cause a shudder of fear in other birds and if you hear a "Twit Twoo" it means that there are two of them.

If you want to encourage birdlife water is most important, so ponds are good and different boxes with graded holes for the various size of birds can be effective. Long cables are necessary for feeders with domes to stop the ubiquitous squirrels from muscling in on the act and sunflower hearts (without husks) are a favourite.

Our own Ana Sanchez-Martin kept the children amused making food balls and a good time was had by all, although we might have hoped for a better attendance on such a pleasant February morning.

Long Lane Pasture

A piece of old Finchley, tucked away on the N3 side of the North Circular and recently under threat from developers, may soon become a wildlife site to be enjoyed by the community.

This is the plan of the Long Lane Pasture Trust, who hope to sign a lease for the land in the near future. However, they do still need to raise £1,100, plus stamp duty, and would be very grateful for any financial contribution. Cheques, made payable to Long Lane Pasture Trust, should be sent to the treasurer at 256 Long Lane, N3 3SN.

Practical assistance would be welcome too. Anyone feeling like a bit of work in the fresh air can join them on alternate Saturday mornings, between 10am and noon. Next work dates are 10 and 24 March.

For further information, please contact The Finchley Society's Derek Warren on 020 8346 5258.

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Neighbours get fired up

Everybody needs good neighbours. Reader Judy Leigh got in touch with *THE ARCHER* this month to thank her friends and neighbours for their help when an explosion rocked her home in Manor Park Road. Here's her letter in full:

Dear Editor,
I would like to let you know about an experience we had at the end of last year which, although stressful, really showed us what community is all about.

We had a small house fire in our kitchen on 17 December (late Sunday afternoon) while we were out (combination of me leaving hob on, and my husband putting plastic box containing shoe polish, and shoe cleaning equipment including aerosols ON the hob!).

We were called about 40 minutes after leaving the house, by the fire brigade, who were in our house. We didn't stop to buy the pot plants we had chosen at the garden centre, but bundled ourselves back into the car and came home. There had been an explosion, causing a window frame to crack and another window to leave the wall, and cracks all over the house from blast damage, where the house went "Whooomphh". There had been a fire; our neighbours on one side heard the explosion, then heard our smoke alarms going off, and saw the fire through the letter box, before dialling 999.

Our neighbours on the other side then helped us clean up and wash up. They escorted my mother-in-law to the tube station to return home and helped repair and secure the front door which had been cut up by the fire brigade to gain access.

There was smoke damage all over the place, and also water and mud from the fire brigade. Two local friends appeared within days with meals we could re-heat and we had supper at a neighbour's soon after.

Without our friends and neighbours we might not have a house at all; we wouldn't have been able to secure the house with a new front door; we would have been a lot more traumatised. We now have the builders in, creating a new kitchen for us, and the house has been deep cleaned, courtesy of the insurance company. We moved to East Finchley four years ago, and the BEST thing about it is that there really is a sense of community, a feeling that we look after each other when we need to. And we would like to thank the people of East Finchley and Muswell Hill who looked after us.

Best wishes,

Judy Leigh

Manor Park Road.

Vale of Health?

By Daphne Chamberlain

Is Hampstead Heath for walkers, or should cyclists rule OK? While you're pondering that one, do you know which of us may be unintentionally killing heathland plants?

The Heath and Hampstead Society's newsletter says that dog-exercisers who don't always scoop are over-fertilising the soil. Most dog owners, they say, are very conscientious on short grass and paths, but often leave things to nature in woodland and long grass. Apparently this means that the Heath now has soil nutrient levels equivalent to well-fertilised farmland, which can disturb the balance of naturally-occurring plants. Hastily reverting to cyclists, there is a Heath for Feet campaign against requests to build or designate more than the current four paths which cyclists may share with pedestrians.

These are just two of the issues being considered by the Heath's managers, the City of London, who were due to publish a consultation document on policies and priorities in February.

Meanwhile, why not enjoy one of the society's regular walks? "Birds of the Heath in Spring" starts from Burgh House, New End Square,

Hampstead Village, at 10.30am on Sunday 1 April. For further information, contact Thomas Radice on 020 8455 1025 / mobile 07941 528 034 / email Thomas@radice.clara.co.uk.

Raise a glass

There is nothing new about binge drinking, except the name. In earlier times, public houses catered for many activities. Graham Ives will describe the history of pubs and drinking in an illustrated talk to the Finchley Society.

Called "The Public House Before the Railways", the talk will start with the Roman taverna and Anglo-Saxon drinking halls, tracing the history of social drinking right through to more modern times.

It takes place on Thursday 29 March at Avenue House, East End Road, at 8pm. Entry for non-members is £2.

Going, going...

A host of fantastic lots will be up for grabs at Holy Trinity School's annual auction, being held on Friday 23 March at 8pm.

They include an Arsenal shirt signed by the Gunners' first-team squad, a print donated by a local artist, a Power League party, gym memberships, a host of vouchers for pubs and restaurants (including the Rainforest Café in Shaftesbury Avenue), family days out to Legoland and the Roald Dahl Museum, pampering treatments, yoga and much more.

Tickets for the evening, which also incorporates a Race Night, will cost £3 (including a complimentary drink) and be available on the door.



Finchley academy set for 2008

By David Melsome

A new secondary school for Finchley will open a first intake of pupils in 2008 while the school buildings are still being developed around them.

Architectural plans for the Wren Academy in Hilton Avenue, North Finchley, were shown to prospective pupils and their parents as part of a consultation process on 1 February.

State-of-the-art teaching and gymnasium blocks will be built or converted from existing classrooms on the site while the first 162 students are taken through year 7. All building work is then scheduled to be completed by the middle of 2009 ready for the next intake.

The Wren Academy will be a church school with a Christian ethos which will also serve children from all faith backgrounds. It will be a mixed school but pupils will be taught for the most part in single sex classes.

Uniquely to London, it will specialise in Design and the Built Environment – hence its link to Sir Christopher Wren – while offering the full national curriculum. The International

Baccalaureate will be available as an alternative to A-levels and there will be three or four vocational courses.

The admissions process begins in September and application details will be available from Barnet Council. It is proposed that 50 per cent of places will be on a foundation basis, related to attendance at church or a church school, and 50 per cent will be community places for students living within easy travelling distance.

Sustainability will be a key consideration for the new buildings and there are plans for the school site to have its own power sources.

Sylvia Duthie, former chair of governors at Holy Trinity School in East Finchley, is part of the team setting up the school. She was on the interview panel that has already appointed the academy's headteacher.

Further information on the academy can be found at www.wrenacademy.org.

A safer crossing

By Daphne Chamberlain

The Crossing, based at East Finchley, has been awarded Big Lottery funding to develop a pilot project with families affected by parental alcohol abuse. The project, which will receive a share of £1.2 million, is one of only three in the country, along with projects in Wakefield and Manchester.

All three recipients are part of Turning Point, a national organisation providing services for people affected by drug and alcohol misuse, mental health problems or those with a learning disability. Turning Point say this award is a result of last year's Bottling It campaign, which looked at the impact of parental alcohol misuse and called on the government to develop services for children and parents.

Although a 2004 report found 1.3 million children in the UK are affected by parental alcohol problems, The Crossing's service manager, Eon Butler, said there are few services dealing specifically with these children, and even fewer providing support for the whole family. The award will also help build on The Crossing's existing specialist work with families of drug-users, funded by Barnet.

These pilot projects will include children whose parents are not in treatment.

Started in 2000, The Crossing moved to its present home at 82 High Road in 2002, and last year welcomed more than 400 new clients. Senior administrator Zoe Matthews told *THE ARCHER* that its staff of 14 engage with a wide range of people, divided almost equally between the sexes, of all ethnicities, and ages ranging from 18 to over 65, though most are between 35 and 45. It is the community drugs and alcohol service for Barnet residents, and clients use a variety of substances, with the emphasis slightly on alcohol.

Clients can be referred, but most are self-referred. The Crossing offers a drop-in service, one-one and group support, including help with problems and projects, techniques against relapse, counselling and goal-oriented services, complementary therapies and



A staff member and client at The Crossing. Photo courtesy The Crossing

needle exchange.

The Crossing can be contacted on 020 8815 1800 or at info@thecrossing.org.uk or just drop in.

Footnote

Turning Point is compiling a dossier of testimonies from children of alcohol-affected parents, detailed on www.turning-point.co.uk/bottlingitup. Anyone wanting to contribute can e-mail bottlingitup@turning-point.co.uk or write to Bottling it up, Turning Point, new Loom House, Backchurch Lane, E1 1LU.

Martin Open Day

Parents are being given the chance to see learning in action at Martin Nursery, Infant and Junior Schools. Visitors will be able to see classes for three to 11-year-olds and afterwards meet with governors, teachers and members of the PTA.

The open afternoon takes place at the school in High Road on Tuesday 13 March from 1.30-3.30pm, with the first of five tours starting at 1.30pm.



The brick that did the breaking. Photo by Diana Cormack

Smash and grab

By Diana Cormack

Towards the end of January, Kokos shoe shop at 72-74 High Road was robbed during the night after a brick had been hurled through the window. Two expensive handbags were taken from the window display.

A previous robbery occurred last November when, despite surveillance cameras being used in the shop, thieves wearing hooded garments entered the premises and stole eight handbags. Since then the bags on show inside Kokos have been chained up.

The shop's front windows

now have laminated glass, which should deter any further attempts at a break in. Because he feels they will spoil the look of the High Road, the owner has resisted installing metal shutters and is hoping that Barnet's new CCTV (*THE ARCHER*, January 2007) will prove to be a useful aid in crime prevention locally.

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Romance is still alive!



Ben makes his feelings clear. Photo by Diana Cormack

By Diana Cormack

Ben Sassen travelled across London to prepare a unique Valentine's Day presentation for his girlfriend.

Having visited East Finchley in his youth, he knew that "cherry" featured in various place names here. Because Valentine's Day marked the eighth month of their relationship, 25-year-old Ben wrote a loving message on a card and got his mother Veronique Walsh to photograph him with it in front of eight different signs bearing the name of his girlfriend: Cherry.

Open to the community

Bishop Douglass School has opened its doors to meet the local community's need of a youth club in the area, as well as other activities for all ages. The initiative is funded by the East Finchley Development Fund and Servite Houses, estate management company for the Thomas More estate.

The following activities are held at Bishop Douglass: Youth Club, Tuesday, 6-9pm; Barnet Bull Dogs (basketball), Wednesday, 7-9.30pm; Ballroom and Latin American dancing, Wednesday, 7.15-11.15pm; Whetstone Wanderers (football), Thursday, 7-8.30pm; Salsa, Thursday, 7-11pm; Barnet Hindu Youth Association, Friday, 7-10pm; Ballroom and Latin American dancing, Friday, 7.15-11.15pm; Polish School (English and Polish studies), Saturday, 9am - 1pm; Jewish Sunday School, Sunday, 9.15am-1.15pm.

Bishop Douglass is also awaiting grant funding for employing trained staff for the fitness centre to enable members of the community to use it. It is hoped that this will be in place later this month.

Get composting this springtime

We throw away far more food and garden waste than packaging but by composting these materials we could cut down the rubbish we produce by over a third.

Composting is nature's way of recycling your garden and kitchen waste and Barnet Council is trying to make it easier for us all to do.

The council subsidises the cost of compost bins. Ring 08451 306090 or visit www.getcomposting.com/barnet to order yours.

Or you could get a wormery to compost your kitchen waste. Wormeries are great fun for children and good value for money. They are specially sealed bins housing an active colony of Tiger worms which naturally convert your kitchen waste into rich compost.

They are ideal for flats and properties with little or no garden space and can be kept either indoors or outdoors. Barnet Council subsidises the cost of wormeries as well. Order yours by calling 01884 841515 or visiting www.originalorganics.co.uk/barnet.

Get a free green bin and have your compost collected weekly from the boundary of your property. To order your free green wheeled bin call Barnet Council on 020 8359 4600 or email first.contact@barnet.gov.uk.

Composting means we send much less to landfill, which is great news for the

environment because food and garden waste produces methane, a dangerous greenhouse gas that contributes to climate change.

Composting also provides you with a completely free and extremely effective soil conditioner, benefiting both your purse and your garden!

If you don't have a garden you can use home-made compost in hanging baskets or give it to green-fingered friends.

For a free copy of *Composting: An Easy Household Guide* contact Barnet Council's recycling team on 020 8359 7400 or email recycling@barnet.gov.uk.



Composted waste will feed your garden this spring. Picture courtesy Barnet Council.

In the Arsenal hot seat

By Daphne Chamberlain

I have sat where Arsene Wenger sits, and what did I see? Huge sci-fi type machines giving the turf at the Emirates Stadium what our guide described as a sunbed treatment. The turf (apparently the most expensive in the world) looked wonderful. Arsene's chair (no 13) was very comfortable and, in spite of its size, the word for the new stadium is cosy, all ringed round in red, secure and enclosed.

We visited the directors' box too, and the enormous press room and the even bigger room where working reporters connect their laptops. We stood in the players' tunnel (shorter than I expected), peered at the luxurious bathroom and treatment room, and tried out the benches in the dressing room, where each player's place is marked by a shirt with his name on it.

"It's all very nice", said my friend, "But it doesn't feel

lived-in. It's like going round a show-flat." That, our guide told him, is because the whole Arsenal ensemble only visit there on match days. The rest of the time they are all, Monsieur Wenger and his communications unit included, out at their London Colney training ground.

The place with most atmosphere is the club museum, where trophies, photos, letters, press-cuttings, videos and souvenirs bring back the club's history. A

very friendly and knowledgeable curator was happy to chat with us about anything to do with football, and proved that I'm not the only person in the world to support both Arsenal and Spurs.

There are tours of the Emirates Stadium every day of the week, excluding match days. Booking is by phone on 020 7704 4504, or by email at tours@arsenal.co.uk. Find out more at www.arsenal.com/stadiumtours.

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Thanks for loving me

By Betti Blatman

On 12 February, a CD was released for The Jack Brown Appeal called *Thanks For Loving Me* by singer and songwriter Phil Ryan.

Five-year-old Jack, who lives in Barnet, suffers from a rare form of cancer and his parents are raising funds to make sure he gets the treatment he needs, largely in the United States. The following letter from Phil sums up why he got involved.

"In late 2006, I was asked to play at a benefit concert on a Saturday afternoon for Jack Brown, a little boy I'd never met or heard of. It was a favour to a friend so I went along and played. I met Jack and his parents. Jack played and ran around despite the fact that he was having treatments and procedures so painful that they would stop a grown man in his tracks. It was clear to me he really was a very special little boy. I spoke to his parents as he played and I mentioned that if

it would help the appeal I could write a special song and donate it to the Jack Brown Appeal.

"And so in January, I sat down and wrote the song one wintry Sunday morning. I wanted the song to be from Jack to his amazing parents and from them to their beautiful little brave boy and finally for anyone who has someone fighting their corner - mothers, fathers, brothers, sisters, friends and lovers.

"It's the most difficult song I ever had to write. Although it's just a song, some chords and words, it's important. I hope you like it and buy it to give Jack and other children a chance to continue being loved the way you were and are by your parents, the way I was loved by mine."

For more information, please contact: The Jack Brown Appeal, c/o The 2Simple Trust, Enterprise House, 2 The Crest, London NW4 2HN, email: jackbrown@2simple.com or telephone 020 8732 3373. The charity number is 1113954 and the website is www.jackbrownappeal.org.



Andrew Fyfe, Brian Lenane and Cormack McCormack. Photo by Diana Cormack

Mastering the marathon

By Diana Cormack

Three local teachers are in training for this year's Flora London Marathon, to be held on Sunday 22 April. Andrew Fyfe, Brian Lenane and Cormack McCormack work at Bishop Douglass RC School in Hamilton Road and it is the first time any of them has tackled this distance. However, they are all determined to finish, whether or not they cross the line together.

Their chosen charity is The Anthony Nolan Trust, which provides life saving donors for patients in need of a bone marrow transplant. Its logo is "taking back

lives from leukaemia".

Anthony Nolan was born in 1971 and was in desperate need of such a transplant at a very young age. His mother Shirley

was amazed to discover that no immediate process existed for finding a person with matching bone marrow, so she set out to change this situation. In 1974 the first register of volunteers ready to donate bone marrow was set up and this has since helped save thousands of lives all over the world. Sadly, a match was never found for Anthony, who died in 1979.

With a target of £4,500, Brian told *THE ARCHER* that they are hoping to add to the amount raised during the six weeks following the marathon. They will hold a series of events to include such things as a dinner with a raffle offering valuable prizes, for which they are still seeking donations. Students at the school are supporting the teachers' efforts by running their own fund raising activities.

If you would like to help, details are available on www.justgiving.com/bishopdouglass3. Cheques made out to Bishop Douglass School with Anthony Nolan Trust written on the back should be sent to Brian Lenane, Bishop Douglass School, Hamilton Road, East Finchley, London N2 0SQ

Giving life

By Sue Holliday

When I heard about the teachers running to support the Anthony Nolan Trust, it brought memories flooding back.

In the late 70s I registered to be a donor for the Trust while at a blood donating session. Several years later I received a phone call from St Bart's Hospital asking if I would attend a platelet donor session. At that time I did not realise that the Trust was also involved in this type of work. Like most people I thought it was just for bone marrow, but it was explained to me that the platelets could help people with cancer. So of course I went off for the appointment.

Out one arm... and in the other

The friendly nurses at the hospital explained the procedure to me. Basically blood is taken from your arm just like when you give blood; then it is whizzed through a machine (I don't know the scientific name for it). The required platelets are extracted using centrifugal force and then the blood is fed back into your other arm.

These kind nurses sat and talked to me most of the time and gave me a number of coffees and even toast. After they had run five pints of blood through the machine I was feeling a bit strange. It's a very odd feeling having blood pumping through you as you lie still on a bed. At this stage I asked if I could stop, but the nurses said to finish the last pint to complete the programme.

I was told to rest for a further 30 minutes before I was allowed up, then fed more coffee and toast before leaving to go home. I had no ill effects, just a warm glow at the thought of helping someone. It was maybe four years later that I was asked to do another session, which of course I did. However, now I am too old. Shame!

The Anthony Nolan Trust provides life-saving donors for patients suffering from leukaemia. Since 1974, it has helped to give more than 4,000 children and adults a new chance of life.

If you are interested in becoming a donor, visit their website www.anthonynolan.org.uk or telephone 020 7284 1234 during office hours. For more details about blood, platelet and other donations, call 08457711 711 or visit www.blood.co.uk.

An Eyebrary for East Finchley

By Daphne Chamberlain

The East Finchley Library Users Group has unveiled its suggestions for Barnet Libraries' Big Lottery Fund bid. If accepted, library visitors could find an upper floor buzzing with activity, acting as a community hub and featuring an "Eyebrary".

Adam Gee, the group's chairman, said the "Eyebrary" would be a specialist centre for dyslexia, said to affect over 33,000 people in Barnet. As dyslexics are often visually creative, this is how the centre would be oriented, with the overspill of clear and colourful signage for all library users.

It would also house printed and online information about dyslexia, and provide space for performance artists, support group meetings and one-to-one use by dyslexia specialists and practitioners.

Other learning activities

Other suggestions EFLUG have passed on to Barnet include extending groups such as the existing library-based Kumon maths classes, developing homework clubs, and providing a meeting place for home tutors and their pupils, who often feel very isolated.

Co-operation with conventional schools is seen as a vital factor, but Professor Stephen Heppell, the man behind the Notschool initiative for excluded students, has promised input if part of the space is used for marginalised or disadvantaged students.

Others definitely wanting to be on board include The Institute, now based in East Finchley, who are keen to use the space for community adult learning activities, including book and film and television clubs.

Contact, the good neighbourhood scheme for the elderly and disabled, are quoted as saying the upper floor space would be ideal for some of their workshop groups, with similar interest shown by other voluntary groups

at the EF Neighbourhood Centre in Church Lane.

The vital lift

Implementing these schemes depends on making the library's upper floor fully accessible.

EFLUG says that architects and specialist lift engineers are confident that a lift could be added to the building within the terms of its Grade 2 listing, and at a viable cost.

Also on the agenda are a disabled toilet, more substantial café facilities, and a part-time community development worker to help co-ordinate and focus volunteers. For a fuller account, and a chance to comment, go to www.eastfinchleyqol.blogspot.com.

Mick

Rayner

THE ARCHER heard with shock of the sudden death of Mick Rayner. Mick, 40, who lived in Creighton Avenue, had become a well-known figure on the High Road in the two years since he and his wife Lek opened their Thai restaurant *Nahling*.

More recently, Mick continued to put East Finchley on the map with the launch of the Monkey Face bar and restaurant, which he ran with his brother Johnny.

The funeral took place on Sunday 18 February at the Western Synagogue, Cheshunt. The enormous number of people who attended gave testament to Mick's popularity.

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Hospice desperately needs fundraisers

By Betti Blatman

Staff at North London Hospice have been surprised by a survey which found that many people are unaware of its work and how much it depends on donations to survive.

The hospice, in Woodside Avenue, North Finchley, hand-delivered 1,000 questionnaires to local householders. Most of those who replied were aware that the hospice is a registered charity but more than two-thirds didn't know that it has to raise over £3 million a year from voluntary giving such as donations and legacies. That's the bulk of its budget: only a quarter of the money needed comes from the Government through the NHS. Even among known hospice supporters, only half realised how much it needs from donations.

Another finding took staff by surprise. Well over half the respondents did not know that two-thirds of patients are looked after not in the hospice itself, but in their own homes. The same proportion, however, were aware that the care is free to patients.

Every year, throughout Barnet, Enfield and Haringey, the hospice cares for more than 1,300 people who are terminally ill and their families.

Deborah Mosdall, of the hospice's fundraising office, said the survey had been an interesting exercise. "People see the word 'hospice' and tend to think of a place where you go to die. Our aim is to ensure

that those with a life-limiting illness have a better quality of life and the best medical care possible".

Fundraising ideas

How can you help raise much-needed money to support the hospice? Well, the annual Big Fun Walk takes place on Sunday 25 March, setting off from East Finchley tube station and covering almost eight miles through north London's green parks to Westminster.

Fancy a faster pace? On Sunday 24 June, you could get on your bike and ride the 20 miles from St Albans to Hampstead Garden Suburb in the annual Fun Bike Ride. Or get out your running shoes for the British London 10K Run in central London on Sunday 1 July. The hospice has 30 guaranteed places.

And there is a new and exciting women-only sponsored Midnight Walk under the stars on Saturday 30 June, taking a circular route from Enfield to North Finchley and back. Men are also wanted for marshalling the route.

Details of these and other fundraising events can be found at the hospice's website www.northlondonhospice.org or from the fundraising office on 020 8343 8841.

Heroes of the people

By Dawn Powell

According to recent reports, Gordon Brown looks to Mahatma Gandhi for inspiration. Apparently, the Indian political and spiritual leader inspires our would-be Prime Minister to stick to his principles.

The Archer decided to ask some local luminaries who inspires them and why.

Rudy Vis, MP for Finchley and Golders Green:

"Niccolo Machiavelli. What makes him a hero to me is that my interpretation of 'The Prince' [Machiavelli's most well known book] is that he argued for a formal separation of the Church and State. If one thinks about that logically it would, if observed worldwide, have prevented many wars and atrocities, although, of course, not all."

Harish, owner of the Galaxy Drug Store:

"Personally, I have never tried to follow anyone in particular but I do admire people who have done well; for example, Alan Sugar. He had an idea, worked hard and achieved his goals. I don't have a lot of time for people who expect good things to come to them without making any effort."

Amanda, staff member at the Phoenix Cinema:

"I am a big indie music fan, so

I suppose my idols are people like the Animal Collective and Joanna Newsom but I doubt that many people in East Finchley would have heard of them! They inspire me because they make distinctive music, which is a rarity these days."

Gill and Liz, staff members at Animal Aid and Advice charity shop:

"Nelson Mandela and Archbishop Desmond Tutu are both inspirational. Mandela virtually broke apartheid by himself, while Tutu just exudes goodness."

Sue, co-owner of the Cherry Tree gift shop:

"I suppose I admire women who are entrepreneurial and manage to maintain a family life. Anita Roddick from the Body Shop is a bit obvious, but I do admire the way she has kept her ethical stance."

Judging by these East Finchley residents, inspiration takes many forms and guises but, ultimately, it seems our heroes are people who stand out from the crowd.

Let it snow, let it snow!

Commuters faced a difficult journey to work and schoolchildren got the day off when four inches of snow fell on East Finchley on 8 February. The white-out came just two weeks after the winter's first fall of snow on 24 January.

Thanks to all ARCHER readers who sent us pictures of snowmen and snowy scenes. Here are some of our favourites.



Sophia & Annie kept their snowmen well wrapped up in Prospect Ring. Picture by Ivana Sharp



Ella Taylor, Markha, Mariam, Hannah and friends with their five foot tall snowman in the county roads.



Giant snowmen in Cherry Tree Woods. Picture by Frances McGrane



"I absolutely froze waiting for that 143 bus!" Picture by Rita Landeryou

The silent disease

By Nicky Sharp

Osteoporosis, the 'silent disease', is increasingly prevalent, especially in urban areas of developed industrial countries. Approximately three million people in the UK suffer from osteoporosis, with many unaware of having it until they have a fall resulting in a fracture.

Osteoporosis means 'porous bone' and is an imbalance between the cells that break down bone and the cells that build new bone, leading to the inner mesh of bone becoming porous, brittle and susceptible to fracture.

The expected future growth of the disease is partly due to lifestyle factors, especially during adolescence and teenage years when bone integrity is determined.

Early osteoporosis has no visible signs or symptoms. However, mild to severe mid back pain, loss of height or development of an exaggeratedly curved upper back may be indicators.

The good news

Bone is living tissue and, given the right environment, reduction in bone density can be slowed and even reversed. Lifestyle changes such as avoiding

controllable risk factors and taking regular weight-bearing exercise can significantly reduce the risk.

A nutritional supplementation of calcium and magnesium can prevent and treat osteoporosis. Consume a diet high in fresh leafy green vegetables, nuts, seeds, pulses, sardines, fresh fruit and wholegrain cereals (all rich in calcium and magnesium) and low in animal protein.

Physical therapy such as osteopathy, physiotherapy, chiropractic and massage therapy can help relieve back pain and reduce and correct postural changes.

Risk factors for developing osteoporosis are:

- Being a white or Asian woman.
- Being post-menopausal (oestrogen reduces the amount of bone broken down).

- Having had an early menopause (before age 45).
- Having ceased menstruating for a period of six months or more, because of dieting or over-exercising.
- Having had a hysterectomy.
- Being a man with low levels of testosterone.
- Having a family history of osteoporosis.
- Having used steroidal anti-inflammatories, thyroid or seizure medication for a prolonged period.
- Eating or drinking animal protein, salt, caffeine or soft fizzy drinks to excess.
- Being a heavy or binge drinker.
- Smoking.
- Having a sedentary lifestyle.

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



Kenwood concerts fall silent

There will be no concerts at Kenwood House in Hampstead this summer for the first time in 55 years. English Heritage says the summer entertainment season is no longer financially viable.

More than 60,000 people came to Kenwood every year for the weekend concerts which were once a way of hearing classical music in an open air setting but in recent years have more often showcased popular music stars.

Last year, Camden Council ordered the number of concerts to be cut from 10 to eight, in response to complaints from some local residents about noise levels, parking, litter and traffic congestion.

English Heritage said that meant the season no longer made enough money and it was forced to take the decision to cancel the series altogether.

Rebecca Kane, Visitor Operations Director, said crucial income for the upkeep of



Kenwood and the estate would be lost.

She said: "The Kenwood concerts have been running for 55 years and have given huge pleasure to hundreds of thousands of people, so this is a very sad day for those who enjoy coming to a beautiful setting to enjoy music on a summer's evening. Unless Camden can be persuaded to reverse their decision, concerts may never

return to Kenwood."

A group of residents living near Kenwood, among them actor Warren Mitchell, led a vocal campaign to end the concerts, saying the area suffered badly from the sheer number of visitors every time a concert was staged.

English Heritage has set up an online petition for those who support the concerts and would like to see them return. It can be found at www.petitiononline.com/Kenwood.



Inside the new extension at The Old Barn. Picture by John Dearing

Connexions open at Old Barn Centre

By John Dearing

The new multi-agency centre at the Old Barn was officially opened on Tuesday 13 February. Connexions is a government-backed organisation that grew out of the Careers Service. They got together with the Old Barn Community Centre and a number of other local agencies, including Barnet Council and the Police, to build the new extension last year.

There is a full programme of activities using the centre, in particular, on Wednesdays and Thursdays between 3-7 pm when the Youth and Connexions drop-in provides young people between the ages of 13 and 19 access to services on one site, for advice on education, employment and training, health issues, counselling, housing and benefits, or just the company of other young people.

The Rolling Base bus, which will be at the centre every Thursday afternoon, provides young people with an opportunity to become involved with multimedia projects such as computer-based music and animation.

Those present at the event to celebrate the opening included

Barry Rawlings, Manager of the Community Centre, Councillor Alison Moore and other members of the Old Barn Management Committee, Flo Armstrong, Head of LBBC Youth & Connexion service, Lenny Kinnear, Chief Executive of North London Connexions and DCI Stephen Kavanagh, Borough Commander of Police, plus a full house of parents and young people from the locality. Outside, the Rolling Base bus provided a noisy but happy distraction from events inside the centre.

Barry Rawlings told *THE ARCHER*: "The involvement of Connexions with the Old Barn Community Centre is a natural progression of the work we are already doing."

Farewell, Charlie, at the Meze Bar

By Sue Holliday

Yes, it is true, Charlie and his wife are selling the Meze Bar. Sadly for us but happily for them they are retiring and going back to Cyprus after a six-week holiday visiting many exotic places, finally ending up in Australia.

As some of you may know, their daughter has already returned to Cyprus and is enjoying her life there. Their son has also told them that when he finishes university he would prefer to go home, so then the whole family will be together in the sun. Lucky them.

Charlie told me that the new owner, also from Cyprus, will keep all the staff, so hopefully not a lot will change at the High Road restaurant.

Charlie's last day will be 1 April. After that the Meze Bar will close for about two weeks so the new owner can get organised and maybe put his own stamp on the place.

As I chatted to him Charlie asked me to say that he will not miss the hard work of running a busy restaurant, but will sincerely miss all of his customers. He wishes to say a big thank you to all of them.

Well, Charlie we will miss you. After quite a short time in East Finchley you have certainly made yourself known in the best of ways. I am sure everybody would agree that you have brought a ray of sunshine to the High Road. We wish you and your family the best of luck in your new life.

Fit for the future

Barnet Council has announced a review of all the borough's sports facilities. The Best Value Review: Making Barnet Fit For the Future will seek to match resources to what residents want from sport and recreation. Barnet's leisure centres are currently run in partnership with the not-for-profit company Greenwich Leisure.

Easter Services

East Finchley Baptist Church

Good Friday 10.30am-11.30am; Easter Sunday 11.00am-12.15pm.

All Saints' Church

Palm Sunday 1 April, Solemn Mass with Blessing of Palms, Procession and Sung Passion 10am; Maundy Thursday, Mass of the Lord's Supper, 8pm; Good Friday, Sung Celebration of the Lord's Passion, 3pm; Holy Saturday, The Easter Vigil, 8pm; Easter Sunday, Parish Mass of Easter Day, 10am.

St Mary's Catholic Church

Friday 30 March, 8pm, Parish Hall, A Celebration of the Feast of Passover: All welcome.

Passion (Palm) Sunday, Vigil Mass, Saturday, 6.30 pm; Sunday 1 April, Masses 8.30am, 10am and 12 noon; Monday, Tuesday and Wednesday of Holy Week, Morning Prayer and Mass, 9.50 am; Wednesday 4 April, The Sacrament of Reconciliation, 7.30pm; Holy Thursday, Office of Readings and Morning Prayer, 10am, Mass of the Lord's Supper, 8pm and watching at the Altar of Repose until midnight; Good Friday, Office of Readings and Morning Prayer, 10am, Children's Stations of the Cross, 11.30am, Solemn Liturgy of the Passion, 3pm, Stations of the Cross, 7.30pm; Holy Saturday, Office of Readings and Morning Prayer, 10am, The Easter Vigil Mass, 8pm; Easter Sunday, Masses 8.30am, 10am and 12 noon; Easter Monday and throughout Easter Week, Daily Morning Prayer and Mass, 9.50am.

East Finchley Methodist Church

Palm Sunday, 10.30am, Family Service; Good Friday, 10.30am, Service of Reflection; Easter Sunday, 10.30am, Family Service.

Holy Trinity Church

Palm Sunday, 10am, Parish Communion and Blessing of Palms; Monday, Tuesday, Wednesday of Holy Week, Holy Eucharist, 7pm, Maundy Thursday, 8pm, Eucharist of The Last Supper and Vigil until 10pm; Good Friday, 10pm, The Liturgy of Good Friday; Easter Sunday, 10am, First Eucharist of Easter and the lighting of the Paschal Candle.

Improving anti social behaviour

The headteacher of Bishop Douglass School has highlighted a major increase in youth-on-youth crime, particularly connected to the theft of mobile phones and iPods.

In a recent meeting with *THE ARCHER*, Angela Murphy said the amount of crime committed by young people on other youngsters was on the rise and approximately 25% of such crimes were muggings for phones and other electronic gadgets.

Barnet Police have identified "hot spot" places, particularly after school hours, in Tally Ho, North Finchley, and Archway. The need to provide children with mobile phones for security purposes has raised levels of fear

and created more incidents.

By contrast, school-related crime is down. Angela Murphy said that since mobile phones were banned in schools six months ago, police have reported a 20% drop in school-related incidents.

A police presence in schools is also a contributory factor to this improvement. A uniformed police officer is at Bishop Douglass two days a week, working in areas of shared concerns.

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The street children of Bucharest desperately need the support a day centre can offer. Picture by Kit Friend.

Doing it for the kids

By Dawn Powell

“When you see a kid who has had two of his limbs amputated by his family so that he can get more sympathy and therefore, more money - that’s when it hits you,” says Kit Friend, explaining why he feels it is important to help the street children of Romania.

Kit, who grew up in East Finchley, is creative director of the charity With Feeling. As first reported in *THE ARCHER* last year, he is currently working on a project to develop a day centre for the street children of Bucharest.

He says: “It’s going to provide life skills, communications and connections so that they can get their legal papers if they want to go back to school. Also, it is going to show there is an alternative to living on the street.”

Kit is working on the project with students from St Martin’s College, where he is currently doing a degree in Art, Design and Environment. He adds that he got more help from them than he’d ever imagined.

“We were hoping to get 10 students for a couple of weeks, but the course director was so impressed by our ideas that he gave us an entire year group for two terms.”

Realistic designs

The project is now in its second term, and they are currently narrowing down their designs for the day centre, a process that was helped when Kit and the students took a recent trip to Romania.

Kit says: “That had a dramatic effect on the students’ ideas. Going out there really changed their thinking as it showed just how harsh the conditions were. It focused their minds on what was needed rather than what was going to look good or fashionable.”

In the near future, Kit and the rest of the team at With Feeling will start to approach potential backers for the project. He says: “We will bid to financial and pharmaceutical companies: we have got a fundraiser working with the charity on that side of things.”

For more information, see www.withfeeling.org.uk.

When a relationship breaks down

A group that offers support to people who are experiencing divorce or the breakdown of a long-term relationship is running a series of workshops in Muswell Hill.

DRW (Divorce Recovery Workshop) established since 1992, uses video material as a catalyst for group discussion between participants in small groups each of about six to eight people. The discussions are led by volunteers, all former participants.

Spokeswoman Morfa Jones said many people can benefit from the six-week workshop and find ways of facing their new situation.

She said: “We get feedback like ‘I feel accepted as a worthwhile person’ and ‘To hear someone on a video talking about things that crop up every day is a source of comfort’.”

The next local workshops will be held in Muswell Hill once a week starting on 18 April. Residents of East Finchley are very welcome. For details of the venue and charges, contact Morfa on 020 8815 0069.

A taste of Brazil

In last month’s ARCHER we featured Pizzico, the new small café-restaurant at 289 Regents Park Road, where authentic Brazilian food is cooked by the owner Edir Oliveira da Cunha, of Tarling Road. Below we present the first in an occasional series of Edir’s recipes.

You can taste the real thing daily from 11am-6pm (Sundays 4.30 pm). For weekends, especially Saturday lunchtimes, reservations are recommended. Phone 020 8371 1999. Enquiries are welcome for evening meals for parties of eight or more.

Edir’s Haddock Bahia (Moqueca de Peixe) (serves 6-8)

1 kilo fillets of haddock
2 medium onions (sliced)
2 red peppers (seeded & sliced)
3 medium tomatoes (chopped)
1 clove garlic
4 tablespoons lime or lemon juice
4 tablespoons dende (palm oil)
2 tablespoons fresh coriander (chopped)
Salt to taste
Coconut milk (optional)

Method: Place fish in large bowl. Sprinkle with salt to taste. Add lime or lemon juice. Leave to marinate for 1 hour.

Heat dende (palm oil) in saucepan. Add onions and after 2 minutes, garlic, peppers, tomatoes, and half a pint of cold water. Do not cover saucepan. Simmer on medium gas until vegetables are cooked. Do not overcook vegetables, just al dente.

Add marinated fish. Cook and simmer on medium gas for about 8 minutes until fish is ready. Again keep saucepan uncovered.

Transfer onto a serving platter. Sprinkle with coriander. Serve with plain white rice, small boiled potatoes or stir-fried vegetables.

This is one of Brazil’s best-loved traditional dishes from Bahia in the north-east. Any white fish, preferably in fillets, can be used. Coconut milk, unless you are allergic to nuts, is optional and poured into the saucepan (4 tablespoons maximum) after the vegetables are cooked and before adding the marinated fish.

March at the Phoenix

By Phoenix manager Paul Homer

The Phoenix is proud to have a screening as part of the Polish film festival this month. On Friday 23 March we’ll be screening *Retrieval*, a hard-hitting story of a young man who enters the world of illegal boxing to fight for the right of his girlfriend and her child to stay in Poland.

Poland has produced some great directors in the past, including of course Krzysztof Kieslowski, who made the Three Colours trilogy which used both France and Poland as a backdrop. Poland has long been recognised as a centre for film excellence and now you have a rare opportunity to see one of the best films made there in recent times.

We have a great Billy Wilder double bill on 18 March: *Double Indemnity* and *Sunset Boulevard*. Wilder was a director whose films have a wide range of subjects and even styles.

Double Indemnity was at the time a shocking portrayal of sex and greed in modern America but it secured his reputation as a

director of stature, while *Sunset Boulevard*, his satire on Hollywood, reflects the end of one era and the start of another.

Also showing this month is a film unlike any other. *Into Great Silence* is a three-hour study of life in the Grande Chartreuse Monastery. The rhythm of the monk’s daily life is reflected in that of the film.

You may think that this may make the film soporific but, quite the opposite, it is calm and quiet but deeply interesting. It took the directors over 15 years just to gain permission to shoot the film and they have created a window into a world that is unlike any other.

I hope to see you at the Phoenix over the next few weeks.

A forgotten film star

By Dawn Powell

In a tense scene, three men get their cruel revenge. They tie up the man who has tried to con them and force him into a coffin shaped box. After nailing the lid down, they throw the box down a flight of stairs

No, it’s not the latest film by Quentin Tarantino – but the work of forgotten cinema pioneer RW Paul, who was recently the subject of a retrospective at East Finchley’s Phoenix cinema. A prolific film maker during the early years of British cinema, Paul made several films in and around his Muswell Hill studio, including *Is Spiritualism a Fraud?*, which features the coffin scene and looks at what happens when a supposed spiritualist is found to be a fake.

Paul was a pioneer of stunning visual effects in collaboration with magician Walter Booth. In his 1906 adaptation of Dicken’s *A Christmas Carol*, he conjured up a terrifying image of Marley’s ghost. In another

film, *The Magic Sword*, a brave knight has to battle a huge ogre to save his fair maiden.

According to film expert Professor Ian Christie, who presented a talk about Paul at the Phoenix event, Paul should get more recognition. Christie explained that most people, if they give any answer, would say William Friese-Greene was the founder of British cinema but Christie said: “Friese-Greene was a fraud – he didn’t make one film. Paul deserves to be better known.”

Christie, added that Paul was a shy man but would have been pleased that his films were still being shown. He said: “He would have been very chuffed if he knew people were watching his films in 2007.”

Talks among friends

By Daphne Chamberlain

East Finchley Library tea and coffee mornings are back! The monthly Friday morning talks about practically anything under the sun were always popular, but disappeared last autumn. The plan was to transfer talks from South Friern, while that library was closed for redevelopment, but in fact South Friern remained open until December.

Now Friends of Barnet Libraries, who organise the events, want to make sure everyone knows normal service has been resumed.

Ian Harvey, Chair of the Friends, ran through an intriguing list of recent talks for us, including palm-reading, bee-keeping, poetry, allotments, waterways and reminiscences of a jazz band drummer. Councillor Susette Palmer is booked for April, with an illustrated talk on monumental brasses.

Ian Harvey told *THE ARCHER*

that some of the topics are suggested to him, while others are the result of a bit of head-scratching. He hopes to include a talk on dyslexia in the near future.

Whatever the subject, he says: “Why not come if you can? You will be among Friends!”

East Finchley Library talks are on the first Friday of each month (except 13 April, due to Good Friday the previous week), 11am-12 noon, with refreshments. For further information, contact Ian Harvey on 020 8444 9406.



Peabody pays compensation to estate residents

By Andy Shirlaw

Peabody Trust has paid compensation to residents of Strawberry Vale as a result of a central heating breakdown between October and the end of December.

Pensioners and families with small children suffered from the cold and damp, resulting in fears of a public health risk on the estate.

Faith Milsom, age two, was hospitalised twice as a result of asthma and was put on a nebuliser and an oxygen mask. Her sister Rebecca, who is three, caught pneumonia in October and did not recover fully until after the heating came back on in January.

Another resident, Nicola Lucey, said the heating was tepid and then stopped altogether on Christmas Eve. She said: "My son, Joe, who has asthma, has been on his pump a lot more than usual and my two year-old baby came down with a cold on Christmas Eve."

Gerald and Deirdre McCann are leaseholders on the estate and blame management for the heating problems. Gerald said: "A lot of people did not have heating during the winter. I asked Peabody what procedures they had put in place if the heating system went down over Christmas but I did not get a satisfactory reply. We pay £120 per month in service charges."

A spokesperson at Peabody confirmed that £115 has been credited to residents' accounts, for the lack of heating and the inconvenience. The trust will also reimburse people for additional electricity charges incurred from fan heaters. A new CCTV and intercom system will be installed in the summer.

Eat for your blood type

By our nutrition expert Judy Watson

We may all have health weaknesses due to our blood type. If the long drag through winter is making you feel under the weather then eating for your blood type may perk you up. Here's a run-down:

• **Type O:** the most common blood type, needing a 'hunter gatherer' diet.

Health weaknesses: you may be prone to excess stomach acid, arthritis, diabetes and allergies such as hayfever.

Dietary factors to consider: eat more protein and fewer carbohydrates. You should eat more meat and fish, berries and some nuts while keeping wheat to a minimum. Eat more starchy vegetables such as sweet potato, parsnips and swede. It is vital you don't skip meals. Avoid caffeine, which increases stress and can upset blood sugar levels. To keep your diet realistic, change white bread and rice for small portions of the wholemeal varieties including oats.

• **Type A:** mainly vegetarian.

Health weaknesses: you may be prone to low stomach acid, gallstones and an underactive thyroid.

Dietary factors to consider: Eat pulses but not kidney beans. Try aduki beans, black-eyed peas and lentils. Avoid traditional cheeses such as Cheddar. Eat more mozzarella, ricotta and goat's cheese; eggs are all right. Increase fish, particularly oily fish such as salmon and mackerel, plus cod. Avoid shellfish such as shrimps and crab.

• **Type B:** mix of meat and vegetarian.

Health weaknesses: you may be prone to urinary tract infections and flu.

Dietary factors to consider: most meat is all right but avoid chicken. Instead, try turkey, lamb, beef and venison. Have plenty of natural yoghurt and

berries to combat infections. Avoid shellfish and bass but you can eat cod, haddock, halibut and oily fish. Dairy products are mostly all right but avoid ice cream and blue cheese.

If you don't know your blood type check with your doctor or ask your chemist for a test kit. For more advice on this diet contact Judy on 07904 335763.

In search of a long-lost father

A woman who left East Finchley to go back home to Australia is searching for the father of her daughter after losing touch more than 15 years ago.

Deborah MacGillivray, originally from Brisbane in Queensland, was 19 when she came to England and ended up making a close group of friends in East Finchley.

It was with those friends that she met Kieran Bates, from County Wexford in Ireland. They started a relationship and Deborah became pregnant.

The relationship did not last and Deborah decided to move back to Australia to be close to her family. After 12 months, she lost touch with Kieran.

Their daughter Jayde was born on 30 January 1991. Now 16, Jayde has never met her father and Deborah is desperate to put the two in touch with each other.

She said: "My daughter would love to meet her father. She is very similar to him with dark hair and blue eyes. Unfortunately, I lost touch with Kieran many years ago."

Deborah lived in Chambers Gardens and used to meet

Philip King: 1946 – 2007

By Daphne Chamberlain

Philip King became known in East Finchley for his work to save Stanley Field, but he could have been famous in the film world. In his teens, he was making comedy films with his friends.

One, a parody of James Bond, was shot in a Finchley park. A National Film School student, tutored by Robert Kitts, Philip wrote and directed a Western, "Gundown", in 1973, which is held by the British Film Institute.

However, though a successful film and television editor, he never felt comfortable in the media culture, abandoning it for his brother's computer firm.

In 1995, Philip moved from Harrow to Oakridge Drive, East Finchley, to be with Isabelle, his future wife. Both of them became committed members of The Walks Residents Association, and Friends of Cherry Tree Wood.

Isabelle told *THE ARCHER* that they were disturbed by the progressive overcrowding of East Finchley, vandalism by young people, and cutbacks in support services to channel youthful energy. They were appalled by the deterioration of Stanley Field, which Isabelle remembers as a functioning sports ground. She says, "We couldn't believe what was happening under our noses. We felt we had to do something."

Philip contacted local councillors, the Football Foundation and the National Playing Fields Association. This impetus led to the formation of the Stanley Field Committee, which included already concerned representatives of East Finchley Community Development Trust and Holy Trinity School.

Philip worked extremely hard, approaching the National Playing Fields Association and



exploring successful examples of community-run sports centres. With the help of local architects, the Committee drew up plans for Stanley Field, which they have taken to Barnet Council.

Development Trust Chair Roger Chapman says: "Philip will be very sorely missed. He inspired us to keep fighting for Stanley Road Playing Field, even when it would have been so easy to give up. He was a tenacious fighter, and we will make sure that we keep up the pressure to keep the ground in sports use."

Family, friends and colleagues agree that determination, thoroughness, and finding a constructive way to put things right were typical of Philip, as was his love of nature, great kindness, generosity and gentleness. A loved and loving husband, son, brother and uncle, he was described by his brother Michael as "there when a helping hand was needed, and a quiet and moderating voice when passions flared".

Isabelle says: "There was never a day when we didn't laugh", and remembers the fun

they had flying his collection of kites.

At his funeral in January, one sentiment was repeated so often among the many mourners that it stands as a fitting epitaph: "He was such a lovely man".

Isabelle King wishes to thank everyone who contributed towards a fund for vital signs equipment at the Royal Free Hospital, Luck's the undertakers for their sympathy and understanding, and her neighbours for their continuing support.

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YOUNG ARCHER

Shakespeare in school

By Diana Cormack

A week before Valentine's Day, six actors from the National Theatre entranced Years 5 and 6 at Martin Junior School with a superb production of Romeo and Juliet.

A version of the play specially adapted for younger audiences by Carl Heap was performed in-the-round in the school hall, which had been transformed into the ancient town of Verona. So as soon as they entered the room the children were made to feel part of the scene, where they were met by the skilled team of actors singing, dancing and playing musical instruments.

This involvement continued throughout the performance, with the youngsters being encouraged to take sides, read letters and even answer questions. With only six actors playing all the parts, there were constant changes of costume, gender and accent, but the pupils kept up with the pacy production with great enthusiasm (only the kissing seemed to meet with their disapproval!)

In a question and answer session at the end, one of the boys wanted to know if the kissing was real. Other queries were about such things as whether the props were real, rehearsals, rapid costume changes and how to act out various emotions. Class 5M were particularly attentive at this point as, after workshops with the company, they are to perform their own version of part of the play.

The cast enjoyed this interaction with their audience and realised that they had already learned a lot about Shakespeare through the National Theatre's Education Department scheme. One of them told the children:

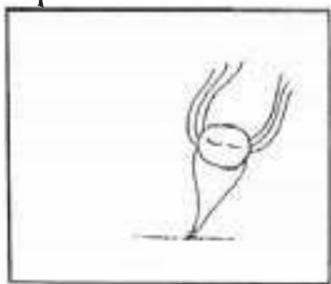
"You are the most concentrated audience we have ever had. You are amazing!"

Kids get fit for £1

By Andrew Shirlaw

Children and teenagers under 16 are invited to learn to swim and get fit for just £1 at swimming pools across Barnet. The initiative, dubbed "Kids for a Quid", is run by the council and Greenwich Leisure Limited.

Spiderama by Ashley



Ballerina spider

Mother's Day competition

Mothering Sunday is on 18 March and to help celebrate, The Cherry Tree gift shop is holding a competition for children of 10 years and under. All you have to do is a drawing, painting or collage of mum on an A4 sheet of paper. Please provide your name, date of birth and telephone number when you enter.

There will be a first prize of a £20 Cherry Tree Gift Voucher and Gift Vouchers of £10 for the two runners-up. All the pictures will be exhibited in the shop and shop window. The Cherry Tree is at 172 High Road and entries need to be handed in there by Friday 16 March.

Strictly Footloose

By Sheila Armstrong

A glamorous and glittering crowd of enthusiastic young dancers gathered at Bishop Douglass School on Sunday 4 February to take part in a day-long freestyle competition organised by the Finchley Footloose Dancing School.

It was a great day and good to see so much young talent. Ten children's dance groups

from all over the south east took part in the three-yearly event organised by Maureen Rose and her daughters Karen and Tanya, who run the dance school.

Competition categories included Rock and Pop, Street Dance and Freestyle Disco. Children from five up to 16 plus competed. It all operated under the auspices of the Asso-

ciation of Dance and Freestyle Professionals, who sent three adjudicators along to do the judging.

The Footloose School of Children's Dancing, now established for over 20 years, runs classes in Street Dance and Freestyle Disco in Barnet and Finchley. For enquiries, contact Tanya on 07956 481243.



Footloose Dance Group. Photo by Sheila Armstrong

PRIMARY SCHOOL NEWS

By Diana Cormack

Holy Trinity

Special Achievement postcards designed by the head and deputy head teacher are being given to children in recognition of the fact that they have done something they can be proud of.

As part of their fund raising for the charity LEPPRA this term the children took part in a fun work out.

A group of parents has been making and selling cakes, thus helping the school to purchase much needed items for African school children through Oxfam Unwrapped. The training of a teacher, 100 school dinners, 12 text books, a school desk and a chair have recently been funded by their efforts.

Pedestrian improvements under the School Travel Plan will start with the replacement of the safety railings outside the school.

Planning permission is being sought to use the site of the demolished Herbert Wilmot Centre, which borders the school grounds, for temporary office and storage use by a contractor carrying out an essential water main scheme.

Martin Schools

Four Year 6 children have been selected to attend the Gifted and Talented programme for primary

school pupils held weekly at Fortismere School. They are enjoying the sessions extending their skills in ICT, Science, Maths, English and have even embarked on learning Mandarin.

Mathematically-talented Year 5 and 6 children were entered for the National Primary Maths Challenge. Few from the whole country reach the final, but yet again Martin Junior has been successful, with Yonatan Suissa achieving this by solving a range of challenging investigative problems.

A member of the London Fire Brigade's education team visited Year 6 to tell them about the dangers of fire.

Year 3 thoroughly enjoyed a visit to the British Museum, which enhanced their knowledge of the Ancient Egyptians.

The school received a plaque and certificate marking its accreditation under the National Healthy Schools Scheme. Saracens Rugby Club has contributed to the health and fitness programme with rugby sessions throughout the school. Alex Austerberry has led two assemblies on keeping fit and eating healthily.

Sports results are looking good. Year 6 football teams are doing well, with the girls' team in the finals. Year 4 footballers narrowly missed

becoming champions in a local tournament. After a shaky start the cricket team has reached the finals of their league.

To mark the second National Bug Busting Day at the end of January every child was given, courtesy of the PTA, a special bug-busting comb along with a leaflet to help encourage families to work together to beat this persistent problem.

The infant school has received a generous anonymous donation, much of which has been used to buy role play equipment to encourage development in speaking, listening and literacy as a whole. Extra resources to support learning in reception and nursery classes have also been ordered.

Training for volunteers in the "15 Minutes a Day" reading support programme took place. There was also an information session for parents of Foundation Stage children. A parents' group meets in the art room at 9.00 am on Wednesdays and has been making very useful resources for the school.

The project to create an allotment on the school field is under way. It will provide infant children with the opportunity to plant, nurture and harvest their own home grown produce.

A special assembly was held to celebrate the Chinese New Year.

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Contact Geoffrey Hanson on 020 8444 9214.

<http://www.allsaints-eastfinchley.org.uk>



First aid for children

The Hampstead Garden Suburb Institute, in its new campus at East Finchley, is pioneering a course to support the government's proposal for good quality childcare. A First Aid Course for Children and Babies is being run on two evenings from 7.30-9.30 pm on Monday 19 and Tuesday 20 March.

At a cost of £28 you can ensure that the person who looks after your child, whether parent, grand parent, child carer, au pair or nanny, is trained in life saving skills (including CPR and resuscitation) and knows how to deal with choking, unconsciousness, bleeding and fractures. Some common childhood conditions will also be covered. There will be practical work on child and baby manikins and students will be taught to use basic first aid equipment.

There are no special entry requirements, and the course is open to everybody. The Institute can also give on-going support with writing and English skills through its popular literacy and English classes. Register at 11 High Road or call Ruth Smith on 8829 4133 for more information.

High Road drama

By Francis Atkinson
At Finchley Youth Theatre in the High Road there are Tuesday and Thursday groups. The Tuesday group mixes young children with disabilities and those without. It is run by workers from Inclusive Play Opportunities Project which is a group doing many activities like this.

The group is for 8-10 year olds and runs from 4-5:30pm. It works well in giving children of every ability a chance to do drama in a good environment.

The phone number is 020 8883 9957 or you can visit at 124 High Road or e-mail at theatre@FYTheatre.org.

See next month's ARCHER for news of the Thursday Group and a performance of *Alice In Wonderland*.



Kate Grant (on the right) talks to teaching assistant Fay Jenkins, an experienced "Fifteen Minutes a Day" practitioner. Picture by Helen Drake.

Nurturing young readers

By Helen Drake

At the end of January, parents and teaching staff from Martin Infant School gathered to be trained by Kate Grant, author of *Supporting Literacy*, and the originator of the 'Fifteen Minutes a Day' reading scheme used in 340 schools throughout London.

Aimed at children who are in the earliest stages of learning to read, the 'Fifteen Minutes a Day' structured programme supports emerging literacy skills in a fun way, using a wide range of books from different publishers.

By playing the Word Card game daily, at the beginning of each session, children become familiar with seeing and writing the high frequency words they need to know to extend their reading, and gain confidence.

Acting Deputy Head Janine Waterman, who manages the scheme for the Infant School, commented: "Often I find a child only needs this 12-week intervention to boost their reading and start them on the road to fluency and a love of books. I am grateful to our wonderful team of parents and teaching assistants who, over the years, have made such a difference to so many children".

Alice Arohanson, whose youngest child currently benefits from the scheme, enthused: "My daughter looks forward to her fifteen minute session and it has become a very important part of her day; she sees it as her 'special time'. We were doing as much as we could at home but she was really struggling with her reading and becoming despondent. Since starting on the programme her confidence has increased and she is now enjoying books both at home

and at school."

To become a 'Fifteen Minutes' volunteer, contact Janine Waterman on 020 8883 1455.

If you are interested in helping slightly older children with their reading, Martin Junior School would like to hear from you. Maggie Driscoll, Head Teacher, said: "Although our English results are above the national average, all children benefit enormously from sharing books with adults, one-to-one, on a regular basis. If you have time to spare, please contact us." Phone the Junior School office on 020 8883 7404.

KALASHNIKOV KULTUR

By Ricky Savage, the voice of social irresponsibility

Wild Youth

Hi there, welcome to teenage wasteland, welcome to the rubbish tip of life, welcome to the worst country in Europe to be young in. Welcome to teen pregnancy, binge drinking, drug-taking teenage Britain. Welcome to Asbo central, full of anti-social, depressed teenagers oozing like toxic slime across the country - and, guess what, I love it; it's what makes Britain great.

Unlike the terrifyingly polite Germans and Dutch teens with their buttock-clenching sincerity, growing up here has always been about being stropic and awkward. It's in the blood, along with booze and drugs and attitude. It's never going to appeal to number-crunching pollsters from Brussels or anywhere else because they just don't understand.

Call it rock'n'roll attitude if you like, but toxic Britain has done more for music than the rest of Europe put together. Can you think of a French rock band? Gong don't count, they just sang about teapots, and France's answer to punk, Plastique Bertrand, was Belgian. The big star in France's rock'n'roll universe is Johnny Halliday, a kind of pensioned-off Cliff Richard without the god bothering.

Germany's no better - clean streets, clean cut kids and the closest thing to rock'n'roll is a bunch of nerds fiddling with computers. And what have the Dutch contributed? Sweet nothing. The Scandinavians aren't much better, all they can offer is the squeaky cleanness of Abba and Aha and I don't call that rock'n'roll.

Britain's different, Britain's where kids spent the 50s slashing seats to the sound of Bill Haley, the 60s screaming to the Beatles and the Stones, the 70s going from glam to punk, the 80s chilling out, the 90s... Well need I go on.

Unicef may reckon that this is toxic central, but where are the Dutch version of Arctic Monkeys? Has anyone seen the German Razorlight? What's the French for Kaiser Chiefs? And has anyone ever said to some polite Euro-teen: 'I didn't fight in the war so that you could listen to that'? I think not.

Let's get real, let's get stropic, let's tell Unicef to get lost, while we get stoned and make rock'n'roll mean something. You just know it still makes sense.

Fix your fashion sense

By Viviana Lotti

Brent Cross Shopping Centre has just signed up Finchley fashion stylist Denise Pia's company, The Fashionfix, to offer a dedicated personal styling service to shoppers.

Denise (pictured), who featured in THE ARCHER's September issue, has more than 20 years' experience in fashion and will provide a complete and personalised styling service, ideal



for men and women who need advice or simply lack time to hunt for the right clothes.

Denise will research all the stores based on the client's needs and preferences, then go shopping with them, saving the client time and providing them with the perfect outfits.

The Fashionfix is offering three personal styling packages: four-hour shopping at £175, six hours at £260 and eight hours at £350. Corresponding gift vouchers are also available (valid for six months).

For further information call Denise Pia on 020 8346 1486 or mobile 0798 0408181, or visit www.thefashionfix.co.uk.

Three burials and a mystery

By Ann Bronkhorst

In the late autumn a heavy black holdall was dumped towards the western side of Coldfall Wood. No surprise there: people drop and dump litter constantly. Then some brave soul investigated, partially opening the holdall and revealing a dead black dog.

Haringey Council was told and local people understood that the dog would be buried in situ or removed as 'clinical waste'. The holdall and its contents remained above ground for several weeks, however, naturally attracting the attentions of foxes, flies and passing dogs.

After two unsuccessful shallow burials and re-appearances the poor dog was finally buried deep enough. Logs were piled on top of its grave to deter the

foxes. The sad little episode was over.

It leaves several questions, however. Whose dog was it, and how did it die? Why wasn't it buried properly or taken to a vet for disposal? Who was so callous about the dog, and so impervious to the feelings of people walking in the wood?

And how quickly and effectively would Haringey have dealt with such a health hazard if it had happened in, say, July?

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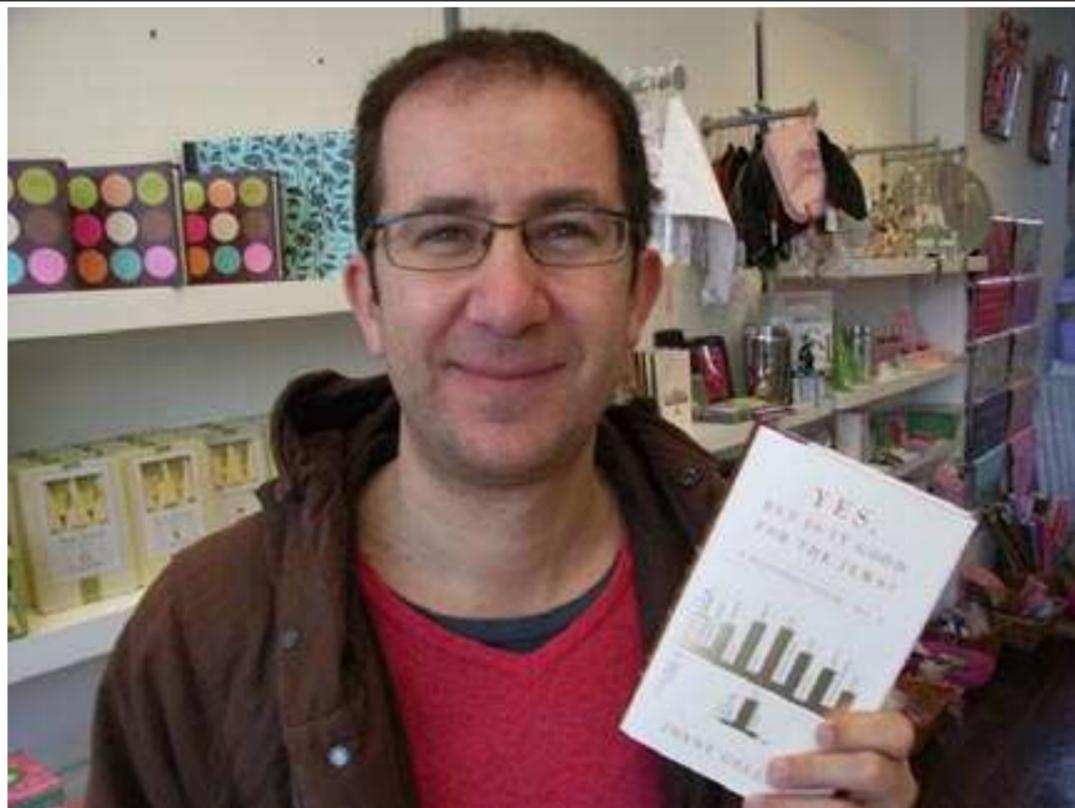
- ❖ **Finchley & Hornsey Ramblers Group** Call Vivien 8883 8190
- ❖ **Glebelands Indoor Bowls Club**, Summers Lane N12. New and experienced bowlers welcome.
- ❖ **Keep fit for the Retired** Wednesdays Christ Church N12. Ring Bridie 8883 5269
- ❖ **Muswell Hill Bowling Club**, Kings Ave, N10. New & experienced bowlers welcome. Tel: 8883 1178.
- ❖ **Pilates** in East Finchley, qualified teacher. Contact Dee on 8883 7029
- ❖ **Pilates class** Wednesdays, 2.15-3.15pm at Youth Theatre, N2. Ring Penny Hill 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.
- ❖ **Tennis club** with four clay courts off Southern Road. Call 8440 6953.
- ❖ **Wood Walk**, meet 10am at Cherry Tree Wood cafe on 1st & 2nd Mon of month for 1 hr walk, Call 8883 8750.
- ❖ **Yoga, breathing & relaxation.** Weekly drop-in classes - N2, N6, N10. Phone Judy on 8444 7783.

DANCE, DRAMA, ART & MUSIC

- ❖ **Art Classes.** For info call Henry on 020 8888 5133.
- ❖ **Ballroom dancing classes**, beginners and improvers. Phone 01707 642 378
- ❖ **Club Dramatika** drama club for kids. Call 8883 7110.
- ❖ **East Finchley Writing Workshops.** Creative writing, poetry and prose Contact Dennis Evans 8346 9528.
- ❖ **Finchley Jazz Club** - 19 Mar, 2, 16 & 30 April at 8pm, Wilf Slack Cricket Pavilion, East End Rd, N3. New members welcome
- ❖ **Line dancing** Tuesdays from 8.30pm at The Constitutional Club. Call Maureen 8440 8530.
- ❖ **Memory Lane Singing Club** - a communal singing club. Call Idit Gold 8458 4508.
- ❖ **Over 60s come dancing** at Ann Owens Centre 8346 8736
- ❖ **Pottery Class** at The Green Man, Call Celia Holmes 8349 9315
- ❖ **Learn to sing** at Finchley Methodist Church. Call 8883 4070 for info.
- ❖ **Street Dance** every Tuesday at Old Barn for children of various ages Contact Lorna 07976 203669.
- ❖ **SwampRock** events feature a different band each month. See www.swamprock.org.uk or call Carole 8810 7454 or Neil 01727 830280
- ❖ **Symphonic Wind Orchestra** Contact Caroline Egan 8340 2706
- ❖ **Tap Dance** for children beginning at Old Barn every Monday, Contact Sharon 8349 4613

CLUBS & SOCIAL

- ❖ **Contact Lunch Club** Tuesdays at the Green Man. Call 8444 1162 to book.
- ❖ **East Finchley National Childbirth Trust**, contact Phoebe Oldrey on 8343 0003
- ❖ **East Finchley Writers** meet weekly at The Old White Lion. Call Lilian 8444 1793
- ❖ **Finchley & District Philatelic Society**, Contact Brian 8444 3251
- ❖ **Friendly Rubber Bridge** at The Old Barn. Contact 8349 4613
- ❖ **Haringey Recorded Music Society** informal meetings locally. Call David Mouldon on 8361 1696.
- ❖ **Highgate Film Society**, contact Admin Office 8340 3343 or email: admin@hlsi.net.
- ❖ **North London Bridge Club**, Muswell Hill. Contact 8348 3495
- ❖ **Muswell Hill and Highgate Pensioners' Action Group** Call Bob Cottingham on 8444 7635.
- ❖ **Muswell Hill Tetherdown Bridge**, contact 8883 4390
- ❖ **Old Barn pre-school club**, contact 8349 4613/1961
- ❖ **Parent & Toddler Group**, Green Man Centre, Julia 8444 2276
- ❖ **Probus Lunch Club** for retired professionals. Call John 8883 8114.
- ❖ **Stepping Stones**, interactive play session for under 3's. Karen 07957 278860.



Jonny at The Cherry Tree Shop. Picture by Andy Shirlaw

Bagels good, cheesecake bad

By Andy Shirlaw

The secrets of the ancient art of Judology are revealed in a hilarious A-Z of world history and popular culture written by East Finchley author Jonny Geller in his book *Yes, but is it Good for the Jews? - A Beginner's Guide*, which has sold 20,000 copies in the US since its publication in November.

Jonny reveals, with the help of his newly created 'Judological Institute of Spiritual Mathematics', based in Cockfosters, the mathematical formula that determines whether someone or something is 'Good for the Jews'.

Jonny said the title of his book is a common phrase in the Jewish community. He said: "Jewish humour is about extremes, understanding the roller coaster of Jewish history and getting the punch line in first."

According to his maths formula, cheesecake is not good, neither is cholera, colonic irrigation, *Desperate Housewives*, Jews for Jesus or Ken Livingstone.

Bagels, as you would expect, are good, as are *Big Brother*, complaining, the

Eurovision Song Contest, Fox News Channel, Google, ice cream and jeans.

As for George W Bush, he has been dreadful for the Jews. "He has made the situation in the Middle East a lot worse, for everybody."

Jonny was inspired by American comedians such as Seinfeld and Woody Allen, and especially Larry David of TV series *Curb Your Enthusiasm*. "I realised on my book promotion tour of the US that there's a need and hunger to take the book seriously, but most people do get that it is supposed to be humorous."

Penguin has bought the rights to the book in the UK and has already sold 6,000 copies here. The book is available at Cherry Tree Shop, on the High Road.

Home of the harp

by Betti Blatman

The wonderful strumming sounds of Kike Pedersen playing the Paraguayan harp could be heard at East Finchley Methodist Church on Sunday 11 February, with music ranging from Paraguayan folk music to classical music. In addition to being an accomplished musician, Kike is also an artist, and has painted his harp very decoratively.

Kike began learning the harp at 12 and is an extremely accomplished musician at 22. He is closely involved in a project in Paraguay called Arpa Roga which is an attempt to foster and develop the values of Paraguayan culture through art and music, both nationally and internationally, all in a family atmosphere.

Arpa Roga means the Home of the Harp. Regular events are organised throughout the year, including concerts and dinners for visitors from abroad seeking authentic Paraguayan food and music. Arpa Roga can also arrange conducted trips to visit some of the most beautiful tourist's spots in the country.

A trip from the UK is being organised for 17 October to 3 November 2007. For further details please phone 01865 861791 or visit www.paraguay.org.uk.

Carnival party

By Pam Kent

Families and friends of Polish students at Bishop Douglass School organised a carnival party in the main hall of the school on Saturday 3 February.

The beautifully-decorated tables held plenty of good Polish food and drink, which was provided by the students' parents.

DJ Roberts played music from all over the world and more than 100 guests, including many members of the school's staff, were dancing until nearly midnight. As carnival is traditional around Lent time in Poland, all the guests are hoping that this will be repeated next year.

What's On...

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

Saturday 10 March

Barnet NCT Nearly New Sale - lots of bargains for pregnancy, baby and young children, 10.15am - 12 noon (10am early entry for NCT members with card), Finchley Sea Cadets Hall, 184A Long Lane, Finchley N3. Admission £1 (children free). Sorry, prams and pushchairs must be left outside the hall. For information, please call 07960 521271.

Sunday 11 March

An Evening of Noel Coward presented by Amici del Arte, East Finchley Methodist Church, High Road, 8pm. Free admission with a collection in aid of Great Ormond Street Hospital for Children. The venue is fully accessible to people with disabilities.

Monday 12 March

Sing along to tunes from Broadway and West End shows with **'Singing in Highgate'** in Lauderdale House, Waterlow Park, Highgate, N6. Weekly sessions on Mondays at 8pm. To book your free session contact Idit Gold on 020 8444 8511, mobile 07717 834095, or email info@bwworkshop.co.uk.

Wednesday 14 March

Hampstead Garden Suburb Horticultural Society's Spring Lecture: 'From Spuds to Chelsea - Vegetable Growing and Gardening in Suburbia', an illustrated talk by Cleve West, The Independent's 'Urban Gardener' and 2006 Chelsea Gold Medallist, 7.30pm, Free Church Hall, Northway, NW11. Non-members £3.50. Refreshments available (020 8455 0455).

Saturday 24 March

London Ripieno Singers in a concert of **Music for Passiontide** at All Saints Church, Durham Road, N2. Music by Vivaldi, Handel, Rossini, Tuccapsky and others; 7.30pm. Buffet Supper Concert is available but must be pre-booked. Concert-only tickets at the door. For bookings and information, contact 020 8444 9214.

Thursday 29 March

Illustrated talk to the Finchley Society by Graham Ives on the history of social drinking, entitled **'The Public House Before the Railways'**, Avenue House, East End Road, 8pm. Entry for non-members £2.

Saturday 31 March

Hampstead Garden Suburb Horticultural Society's Suburb Centenary Spring Flower Show, 2-4pm, Fellowship House, Willifield Way, NW11. Contact 020 8455 8741.

Sunday 1 April

Hornsey Historical Society is leading a **local history walk** round Tetherdown and Fortis Green, on Sunday 1 April at 2.30pm, £1 each. Meet beside the Highgate Counselling Centre, Tetherdown, N10, opposite the URC church. For more information, telephone 020 8883 8486.

Wednesday 4 April

Haringey Recorded Music Society hosts **'A Celebration of Dance'** by Dennis Evans, 7.15 for 7.30pm. For details on the venue, contact 020 8361 1696.

Friday 13 April

Friends of Barnet Libraries hosts a talk by Susette Palmer on **'Monumental brasses'**, East Finchley Library, 11am - 12 noon. Talks are held on the first Friday of each month (second Friday in April). Refreshments are provided. Everyone is welcome. For further information, please contact Ian Harvey on 020 8444 9406.

Every Wednesday

Creative Writing Workshop, a fun inspiring class of creative writing activities. No previous experience necessary, St Mary's Hall, Hendon Lane, Finchley N3, 7.30 - 9pm. £7 per class. For details, contact Julie on 07877 267180 or email kinsella1@hotmail.com.

Coming up at artsdepot, North Finchley:

Wednesday 7 March, 8pm, **Natalie Haynes, Watching the Detectives**;
Thursday 8 March, 8pm, **Protein Dance**;
Thursday 8 March to Sunday 8 April, 12pm-4pm, **The Dual Muse**;
Saturday 10 March, 8pm, **Spice, featuring Tom Allen**;
Sunday 11 March, 7.45pm, **Classical & Klezmer**;
Thursday 22 March, 8pm, **Moving Parts**;
Saturday 24 March, 3pm & 7pm, **Fold Your Own**;
Friday 30 March, **Folk in the Foyer**;
Sunday 1 April, 7.45pm, **Warren Mailley-Smith**.



Letters to the editor

Arts Centre parking problems

Dear Editor,

So, the Principal of the Institute did not anticipate any parking problems arising from the opening of the Arts Centre. What nonsense!

Since the Arts Centre opened its doors to the public, the eastern end of The Bishops Avenue becomes inundated each week day evening, after the CPZ time restriction lapses at 6.30pm, by cars stretching from the Deansway junction with The Bishops Avenue right up to the High Road. Those of us who reside in that part of The Avenue arriving home after 6.30pm have no hope of parking our own vehicles, and furthermore, any visitor or guest may as well come on foot.

Cars are now parked beyond the Institute's walkway, meaning others can only approach the High Road in single file, turning left or right. This causes considerable congestion and a traffic hazard.

What has the Council done about this problem? Nothing.

**Dr M R Sheridan,
The Bishops Avenue, N2**

Station stairway struggle

Dear Editor,

I live near East Finchley station. How many millions are being spent on refurbishing the station, taking down and replacing wall tiles etc? Yet in order to access the platforms there is a steep set of stairs.

Why in heaven's name in this day and age cannot a simple lift be installed for people who cannot use the stairs? Doesn't all the legislation about access apply to significant areas, or is it just supposed to be applied to small businesses which can't afford these things? There is an increasingly elderly population. Is the idea to keep them off the trains in case they cause problems? Is it a case of 'the buses are there for the elderly' (provided they can withstand being thrown around by the over-enthusiastic use of the brakes by many drivers)?

**Yours faithfully,
Harriet Copperman,
Diploma Avenue, N2.**

My top three spots

Dear Editor,

I know I am late with my opinion of the popular places of East Finchley but here they are:

1. Amici's coffee shop in the High Street - run by the gregarious and friendly Maurizio and staff, it serves fantastic coffee and foods, plus excellent service. Its main highlight to me is its openness to families, babies, toddlers, parents, the elderly; all are welcome. It is superbly family-friendly and my top spot in East Finchley.

2. The Phoenix. Best films at great prices. And what a cool atmosphere. A real treasure of East Finchley.

3. Cherry Tree Wood. Unspoilt and wonderful. It could be improved slightly, but it is just great for families (and for jogging).

My pet hate though in the High Road is the amount of disgusting betting shops. And, of course, a new one opposite Budgens is another blemish on the East Finchley landscape. Get rid of them all.

**Yours faithfully
Richard Devey
Huntingdon Road N2**

Boom or bust

Dear Sir

Perhaps all the residents who write to *THE ARCHER* every month bemoaning the glut of new betting shops, potential takeaways, residential developments and so on could club together and open a shop or business that they would like to see grace our High Road. I think, however, we may have to wait some time to see this happen. What would they prefer - derelict and empty shops or someone trying to make a go of a business?

Name and address supplied

Feeling positive

Dear Editor,

I was very excited to read the last issue of *THE ARCHER*. So many positive developments for the neighbourhood. Two of the main reasons I moved here with my family three years ago were The Phoenix Cinema and the wonderful library. I was happy to read in the last issue worthwhile plans for both of them in the renovation and further restoration of The Phoenix, and plans by the East Finchley Library Users Group to install a lift in the library and make better use of the upper floor.

I hope everyone in the community who values these two treasures will become engaged in supporting them whether politically or financially.

**Yours faithfully,
Gareth Brown
Beresford Road, N2**

Is this stealing?

Dear Editor,

A couple of issues back, it was reported in *THE ARCHER* that some local charity shops had been the victim of shoplifters. Whilst I personally would never steal goods from a shop, I have often found discarded items that could not be disposed of outside the shops. I do not feel that looking through these is the same as theft.

Donations that one of the High Road shops cannot sell are put in blue bags outside the premises. I often buy stock and donate to them, and seeing as unwanted stock probably goes to a landfill or an incinerator I find it illogical that a charity might object to passers-by scavenging these things. If anything we are helping to reduce waste by doing this.

They insist it is council property. However, one evening some council dustmen arrived to collect the bags and they weren't bothered by me taking things out. I understand a shop only has so much room for what it can sell but what right have they to complain if people take items they have discarded?

**Yours faithfully,
Name and address supplied**

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

Letters without verifiable contact addresses will not be reviewed or printed. Contact details can be withheld, however, on request at publication.

Shanghai surprise

ARCHER writer Sheila Armstrong recently travelled to China for a choir performance in the Forbidden City. Here, she recalls her impressions of this fast-changing country.

The chance to go to China with *Concerts from Scratch* was too good an opportunity for me to miss. With only two rehearsals, Brian Kay (ex-Kings Singers) managed to create a choir with singers from around the UK. They gave a great performance of *The Messiah* in the Concert Hall of the Forbidden City late last year, accompanied by an orchestra of accomplished young Chinese musicians.

Arriving in Beijing, it is hard to believe you are in China. The Olympics are to be held in Beijing in 2008. The amount of building work has meant many of the old districts have been swept away and replaced by high-rise blocks. Of the old China, there is little to be seen. There are now six ring roads round the city and the traffic is ferocious.

Very few bikes are in evidence compared with the old days; the car dominates. We had a police escort to get us through the traffic to The Great Wall. Beijing seemed to be disappearing under a cloud of pollution.

Its railway station is reputed to be the biggest in the world with good reason. It was nearly impossible to find the platform for the train to Xi'an, the old seat of political power, to see the Terracotta Warriors. But once we were there we were lucky enough to see the farmer who discovered the Terracotta Warriors, taking a chow mein break having just signed multiple copies of a new book.

For the tourist there are many wonderful heritage sights to be seen in Beijing, Xi'an and Shanghai: the Emperor's Summer Palace and the Forbidden City, the Great Wall, the Terracotta Warriors, as well as Buddhist temples and Mosques.

Evening entertainment is the Peking Opera, the world-famous Shanghai Acrobats and jazz in the bar in the Peace Hotel on The



Seen on the Great Wall of China, Photo by Sheila Armstrong

Bund where something of the atmosphere of the 1930s still lingers.

China has taken to tourism in a big way, and facilities have improved. It is a fascinating holiday destination, but we didn't see many of the

ordinary people, cocooned as we were in a sort of tourist bubble. Apparently the Great Wall is the only man-made thing visible from space, but how long will it be before a cloud of pollution obscures even that?

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Chaos and Carreras

The North London Chorus was invited to join other London choirs to sing with world-famous tenor José Carreras at the Royal Albert Hall. The concert was recorded and broadcast on BBC Radio 2. Our insider, Marian Bunzl, takes us behind the scenes.

Our choir had quite an adventure singing with José Carreras but the rehearsals were chaotic. The music was distributed in advance but, on arrival, we found that while the other choirs knew of cuts and changes, we did not.

The conductor then changed the changes and cut the cuts, so that everyone was completely confused. No one bothered to ensure we were singing from the same hymn sheet, which we weren't.

Repeatedly, at a climactic moment of one number, there was a horrid dissonance between the choir and the orchestra. The conductor took no notice. Being Spanish, maybe he thought English singers were like that.

Finally, a brave bass asked for clarification, a misprint was identified and corrected, and harmony was restored. In the end it didn't help. When we sang this number, the lights failed to come on and we had to guess at our music in a sort of red mist.

The rehearsals were not only frustrating, but exhausting. The conductor frequently kept us standing while he had long discussions with soloists or the orchestra. Mutters of 'What did your last choir die of?' were heard in the ranks.

More than all right on the night

The concert experience, however, was amazing. The winners of the Young Choristers of the Year were a choir of angelic little boys in white robes. Hardened orchestra players used to doing the crossword in the rests had tears in their eyes. Then there was a glamorous soprano with

long blonde hair and a different frock for each number.

And, of course, José himself, who gave his rapturous audience a truly generous performance: aria after folk song after carol at full and glorious throttle, and at least four encores.

The conductor had numbered the encore list, and was to hold up the requisite number of fingers to tell us which to sing, but No 1 was to be a surprise Happy Birthday to José. The Maestro duly gave us the finger (they clearly do things differently in Spain). As this is a family newspaper, I won't tell you what he did with No 2.

When we had finished, the hall erupted and numerous small gift bags were handed up to Carreras by ladies of a certain age. We wondered if they contained telephone numbers.

We shall long treasure the memory of singing the last 'Christ the Lord' of the carol *Adeste Fideles* and facing the thunderous applause from an Albert Hall packed to the rafters.

Our next concert is a collection of psalm settings from five centuries: great music for the run up to Easter. Anyone (and partner) presenting a copy of *THE ARCHER*, or this article, will be welcome to a free glass of wine at the bar in the interval. It takes place at St Michael's Church, Highgate, on Saturday 24 March at 7.30pm.

The North London Chorus rehearses on Thursday evenings at Martin School, East Finchley. For more details, visit www.northlondonchorus.org.uk or telephone Norman Cohen on 020 8349 3022.



Michael Palin at the Phoenix. Picture by Paul Homer

Michael Palin and the Holy Grail

By Sue Holliday

What a very pleasant way to spend a Sunday afternoon at the Phoenix for the Michael Palin fund raising event. It began with a rare big screen showing of *Monty Python and the Holy Grail* followed by a chance to ask Michael questions about his time with the Python team.

The afternoon started with an introduction given by Tas, a trustee of the Phoenix, then a short funny speech given by Mark Steel, who was later to reappear to chair the question and answer session.

Then it was the showing of the film, to a near full house. I was surprised to see a very wide range of people from different age groups, not just people like me who remember the original

television shows. There were lots of laughs from the start, most of them aimed at the credits where there are some very witty comments that hold up even today. As the film progressed there were even more laughs. It's amazing how this humour has stood the test of time.

After the film, Mark introduced us to Michael and started with a friendly relaxed chat, then opened up the session of questions. Michael appeared to be very relaxed and enjoying

himself. He answered all the questions put to him, even those about his travel programmes, of which he is making another one set in the emerging countries of Eastern Europe.

The afternoon drew to a close with Michael signing copies of his diaries, which were on sale. As I mingled in the foyer on the way out I felt I had to say thank you to the folks from the Phoenix for organising an enjoyable event. And thank you to Michael, who is a patron of our special cinema.

Home is where the heart is

Londoners come top of the league for the amount of money we lavish on our homes. On average, we're said to spend £42 a week, or £2,180 a year, on home improvements.

Homeowners in the Midlands (£38) and North East (£37) come second and third respectively, whilst propping up the bottom of the league come Scottish homeowners spending only £26 a week.

The figures come from Rated Tradesmen, an online service that matches tradesmen to customer-submitted jobs.

University of the Third Age

East Finchley Library will be visited by representatives from the University of the Third Age, which celebrates its 25th anniversary this year.

With more than 620 groups in the UK, the University is a place for all to go where they can share and enjoy lifelong learning and is specifically aimed at all persons no longer in gainful employment who wish to continue with Adult Learning

U3A does not concern itself with qualifications, exams or testing and all can share in pursuing common interests.

North London U3A was formed in 1994 and has over 50 diverse groups which include history (local and ancient), architecture, learning a new language, discovering computers, painting, poetry and Shakespeare, and many more.

To find out more go to East Finchley Library on Wednesday 14 March from 2 - 4pm or Church End Library on Monday

12 March from 2 - 4pm where friendly volunteers will be on hand to answer questions.

If you are unable to get to either of the libraries, contact the U3A membership secretary Barry Davies on 020 7226 7658.

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