



Shoes, Trainers, Sandals, Bags and Luggage

Complete Repair Service by a craftsman
Same day if required

Key Cutting

1 Manor Park Rd. N2, behind 88 Church Lane, opposite Trinity Church
Tel: 07956 329 150 Open 12-7pm



Bridgegale victorious

By Nathan Franklin (centre back)

Young football team Bridgegale Rovers is celebrating its most successful season since forming six years ago, after gaining promotion in the Watford Friendly League and reaching the Spring Cup Final. Boys from Brooklands Primary School put the team together originally and still make up the core of today's team.



Bridgegale Rovers celebrate winning the Spring Cup.

The Cup Final game against Alexandra Park West (AP) was a tense, end-to-end affair with AP opening the scoring and then scoring again ten minutes later, leaving Bridgegale down 2-0 at half-time and the mood low.

In the second half, no matter how much they pressed, Bridgegale couldn't break through AP's well-organised defence. Then, with just six minutes to go, Kaan finally grabbed a goal and gave

Bridgegale hope.

When James darted into the box, he was brought down by the keeper. Kaan calmly placed the ball on the spot and slotted home again. Phew, 2-2! Collective minds turned to not letting in a late goal, yet the opposite happened! A free kick outside the box floated in, and Tyler headed another goal for Bridgegale.

Into added time and desperate not to concede, Kaan

was on the ball again. Out of nowhere, a wonder strike: he'd scored again. 4-2 Bridgegale! A dramatic turnaround in the last six minutes, and surely one of the quickest hat-tricks on record? What a game!

Bridgegale's (proud) team manager, Steve Vincent, deserves much praise and a big thank you for organising and motivating a team of 14-year old lads every Sunday morning.



Year 2 pupil Jessica Groom and her sister Isabelle, who is in nursery, enjoying an ice-cream at the summer fun day. Photo by Rachel Ellis

Summer fun licked

By Rachel Ellis

Hundreds of parents and children turned out to enjoy the sunshine and activities at Martin Primary School Summer Fun Day. Stalls ranged from hook-a-duck and beat-the-goalie to craft activities, face-painting and temporary tattoos.

M-bay, where visitors bid for items donated by local shops and businesses, was a massive success, raising over £2,000 alone for the school, and to keep everyone entertained there were performances from street dancers, a Year 6 band and local musicians who had children dancing to numbers

from Elvis to Amy Winehouse and Stevie Wonder.

Headteacher Helen Morrison said this year's Fun Day was 'fantastic' and paid tribute to the hard work of the Parent, Carer and Teachers' Association, which organised the event. The event on 12 June raised £5,000 for the school.

Every little helps

By Adam Justice-Mills

Something about British summers means strawberries and cream. Possibly global warming? I'm in Tony's Continental and drawn to the punnets at the front, only to be faced with a choice: English or Spanish strawberries?

Now, I aim to "do less harm" wherever I can, weighing up emotional, financial, gustatory, economic and even ecological factors.

There's the "buy British" influence, fashionable when I was


growing up. British strawberries tend to have more of the flavour I remember from then, too. Then there's price ... they're very similar, amazingly. How come fresh berries can be flown 1,000 miles in air-conditioned luxury, all year round, and still be the same price as ones from (somewhere) up the road? Last on the list of things to think about is the "carbon footprint" of those tender morsels...

Least harm option

Problem is, I don't really know how strawberries are grown commercially. I guess some are "organic", meaning no nasty chemicals used in the growing. When I see the tiny "wild" strawberries in our garden and the queue of slugs, I start thinking nasty chemicals might be a good idea. Perhaps coffee grounds instead?

Apparently the UK strawberry market is close to 60,000 tons per year, of which 85% is from UK suppliers. The UK season is May to mid-Autumn, due mainly to growing in poly-tunnels (plastic greenhouses) using new varieties. Poly-tunnels used to mean 70 tons of water used for every ton of strawberries; modern methods can reduce that to 10 tons of water. Outside the UK season, fresh strawberries have to come from overseas.

So ... I think I'll buy British, since my preferred taste seems to be the "least harm" option, and I'll just have to wait for strawberries to be in (UK) season. As for the cream ... that's another story.



SECUREBASE

DOMESTIC COMMERCIAL INDUSTRIAL SECURITY

Est 1988

CCTV


Access Control

Intercom Systems

Intruder Alarms

Locks Doors

Safes Grilles






WHY NOT HAVE

Your Security Problems Solved!

A FREE ALARM SURVEY

+ EMERGENCY LOCKSMITHS

020 8442 0660

112 High Rd • East Finchley • London N2

www.securebase.co.uk

STEWART DUNCAN OPTICIANS

126 HIGH ROAD, EAST FINCHLEY, LONDON, N2 9ED TEL. NO: 020 8883 2020



DESIGNER PRESCRIPTION SUNGLASSES FOR £149.00

WITH SINGLE VISION ONLY.
BRANDS INCLUDE GIVENCHY, FENDI, PRADA.
UPGRADES AVAILABLE. WHILE STOCK LASTS.

020 8444 0666

ACTIVE CHIROPRACTIC

HEALTHCARE CLINICS
98 HIGH ROAD EAST FINCHLEY LONDON N2 9EB

CHIROPRACTIC CARE . SPORTS INJURIES . ACUPUNCTURE
MASSAGE . REFLEXOLOGY . REIKI . YOGA . PILATES . FELDENKRAIS

INTRODUCING OUR NEW ASSOCIATE CHIROPRACTOR,
BRIONY GEEKIE, DC,
Member of the British Chiropractic Association.
Registered with the General Chiropractic Council.

CALL US FOR DETAILS ON OUR SPECIAL OFFERS!

www.activechiropractic.org.uk email: info@activechiropractic.org.uk