



## The power of pilates

By Fay Sanders

A new business has opened its doors in Church Lane and its fully-equipped studio has been piquing the interest of local residents. Pilates Nation group founder Alison Goodman says: "People have been popping their heads in and asking what it's all about. Several sign up, while others just call by to welcome me to the community."

In full view of the main window lies a giant, bed-shaped contraption, curiously named the 'Cadillac', decked with a bewildering array of paraphernalia. Further into the studio, rows of 'towers' (the apparatus) and 'mats' (for floor exercises) stretch into the main room where classes take place.

Alison put your *ARCHER* representatives through their paces in a series of carefully explained exercises, which were surprisingly challenging for two physically fit girls in their early 30s.

Improved strength, stability and flexibility, better posture, flatter stomach,



Alison Goodman with the 'Cadillac'. Photo by Fay Sanders

stress relief, as well as relief from joint and back problems are just some of the many proven benefits of the practice invented by German-born Joseph Hubertus Pilates in the early 1900s.

### Meeting different needs

"Everyone's needs are different," explained Alison. "Three years ago I worked with a client suffering from a brain tumour, who had lost the feeling in one side of his body." She is considering putting on a special class for men, whose needs are different to those of women. "Men tend to be less flexible than women, but have greater physical strength," she said.

For more information, visit [www.pilatesnation.co.uk](http://www.pilatesnation.co.uk) or telephone 020 8444 5244.

### Bar / Waiting Staff Required

The Bald Faced Stag are looking for an enthusiastic & dedicated person to join our team. A minimum of 1 years experience in a similar role is a must, as is knowledge & passion for good food & wine. Opportunity to progress within a company that recognises potential. Send a CV FAO Laurie.

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## Fortis Green junction: changes ahead

Our article last month on Barnet Council's proposed alterations to the junction of High Road, Fortis Green and East End Road provoked a flurry of letters and comment from *ARCHER* readers.

Many remain to be convinced that reducing the size of the pavement outside Domino's Pizza, removing the Fortis Green pedestrian island and removing guard rails on all corners of the junction will improve pedestrian safety.

Others called on the council to use this opportunity finally to introduce a right-turn traffic

### Junction bollards were there for a reason

Dear Editor,

Regarding the report in *THE ARCHER* about proposals for safety improvements at the junction of High Road N2 with Fortis Green and East End Road, I have lived in East Finchley for 35 years so know the junction and its physical limitations well. I have spent some time in the past discussing problems with council traffic engineers. I hope the information below will be helpful.

The article says the council is proposing to remove the steel bollards from both sides of Fortis Green. The reason the bollards were put there was to stop pavement parking on both sides. Motorists had a regular habit of parking on the pavement to visit businesses.

At a later stage the bollards were extended towards Fairlawn Avenue to stop motorists driving on the pavement to get into the left turn lane when the lane was partially blocked by stationary traffic in the right hand lane.

I hope the other measures proposed will make improvements. The problem of heavy vehicles turning at the Domino's Pizza corner is long standing (the traffic signals have been demolished many times and the pavement continuously damaged). All pedestrians using this junction will be concerned with moving the kerb line. How much pavement are they proposing to remove?

Yours faithfully,  
Peter Hale  
Springcroft Avenue, N2.

### Junction traffic should be filtered

Dear Editor,

The one most obvious improvement not listed in the proposals for improving the junction of the High Road, East End Road and Fortis Green is the installation of a filter traffic light for the traffic going north on the High Road and turning right into Fortis Green. This would certainly improve the flow of traffic at that point.

I would also question the wisdom of removing the guard-rails on the corners of the junction. If the kerb lines are being moved back, the guard-rails should be replaced on the new corners as this is a safety factor for pedestrians.

Yours faithfully,  
Joyce Arram  
Summerlee Gardens, N2

light filter arrow for northbound traffic turning into Fortis Green, and to increase the time given for pedestrians to negotiate the junction.

In correspondence seen by *THE ARCHER*, Barnet Council has promised to review the junction's signal operations in the next financial year. They will investigate the possibility

### Not enough time to cross

Dear Editor,

Thank you for the informative article in the February issue regarding the High Road and Fortis Green junction. I have noted the list of the proposed changes, which seem appropriate.

I am disappointed that there is no mention of altering the duration of the green traffic lights for pedestrians. At present the green lights are too short in duration for pedestrians to cross the roads.

Yours faithfully,  
Natasha Butler,  
Leicester Road, N2.

### A bridge would be better

Dear Editor,

Thanks for highlighting the changes proposed at the junction of Fortis Green and the High Road, which I use several times daily. In my opinion, these combine to raise the danger level to pedestrians at this crossing by a significant degree. On my first reading of the proposals, I was fully expecting the inclusion of a footbridge, so dangerous does it all seem.

Yours faithfully,  
Prem Stasopoulos,  
Diploma Avenue, N2.

### Don't miss this chance

Dear Editor,

While changing this junction so radically (for the better as far as I can tell) no doubt at considerable expense and with considerable disruption, please can we incorporate a small but enormously important change to the traffic light sequencing at the crossroads to incorporate a short but hugely effective right-turn filter for traffic heading north up the High Road? For years, drivers have had to wait patiently for two or three cars at best (or one bus) to turn right at each light sequence.

I know every motorist I have ever asked about this agrees. It has infuriated locals like myself for years. We even have to take ridiculous measures like u-turning and going past the junction then to turn right down the narrow county roads just to avoid the usual minimum of five or six changes of light.

This is an opportunity to help bus passengers and motorists no end, yet at marginal cost. Please let's not miss it.

Yours faithfully,  
John Mcknight,  
Fortis Green, N2

of a right-turn arrow and will assess the adequacy of crossing times for pedestrians.

Meanwhile, in a *Letters Special*, here is a selection of your comments and reaction to the council's plans. You can write to us at *THE ARCHER*, PO Box 3699, London N2 8JA or email [the-archer@lineone.net](mailto:the-archer@lineone.net)

### Junction changes will threaten safety

Dear Editor,

I am very worried about the changes planned for the junction between the High Road and Fortis Green. The pavement is already very narrow coming to Domino's Pizza from Fortis Green. I have three children under six years old so removing the guard-rails at such a busy junction seems criminal to me. The more space, the faster the vehicles go.

The trouble for pedestrians is that the crossing time is not currently long enough, which is a safety hazard for toddlers and pre-schoolers, disabled or older people. If pedestrian safety is the reason for these changes, they have been very poorly planned.

How about making the crossing time longer for pedestrians, keeping the guard-rails and having a safe crossing from one side of Fortis Green to the other before the junction so that people in Fortis Green feel they can safely go shopping?

If this becomes more unsafe, then people will have to revert to using their cars to go shopping which I don't think is the right thing for the area or the environment.

Yours faithfully,  
Isabelle Roberts  
Address supplied.

### Filter required

Dear Editor,

Having just read about the proposals for the improvements to the crossroad at Fortis Green and High Road, in all this proposed work and dislocation the vital thing that is missing is a filter light to help northbound traffic on the High Road to turn into Fortis Green.

It would be of great help in easing the traffic jams and long waits there. This suggestion has been brought up at numerous public meetings since Baronsmere Road was closed to northbound traffic. I hope Barnet Council will now give this serious consideration.

Yours faithfully,  
Stanley Price,  
Address supplied.

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