



Projectionist bows out after 50 years

By Sheila Armstrong

Peter Bayley MBE will never forget his last night at the Phoenix Cinema as he ended up having to mend the film when it broke half way through the classic *The Glenn Miller Story*, one of his favourite films. His benefit on 12 December was a great end to 50 years of working life at the Phoenix. Immaculately dressed in a dinner jacket, and accompanied by his wife, Peter reminisced about his career and answered questions from the audience about his early days as a projectionist. Happy retirement, Peter.

KALASHNIKOV KULTUR

By Ricky Savage, the voice of social irresponsibility

Passport, please

In the darkness of snow bound Britain as we sit ConDemned in the cold while all around us students are revolting, there is but one glimpse of light at the end of the tunnel. And no, it's not an approaching train, it's Pickles! Yes, the man named after the dog who found the World Cup is handing power back to communities.

So what does East Finchley want to do with it? If we're going to have our own budgets, take over local services and run the bits Dave wants to close, we need independence. So that means passport control on the North Circular and at the tube station, border controls on Fortis Green and signs on approach roads announcing that the 'Autonomous Republic of East Finchley welcomes careful drivers'.

In the peoples' republic there will be no library closures and Stanley Field will be opened up for a strange mixture of dog walking and football. We will take over meals on wheels, offering a full restaurant service, complete with wine list and waiters for all those that need it. All East Finchley students will be exempt from tuition fees in return for supporting the community by going to the Phoenix and drinking in local pubs at least once a week. A special East Finchley Education Allowance will encourage our 16-year-olds to stay at school and study something useful like X Factor studies or computer hacking.

How are we going to pay for this? How in a ConDemned world are we going to create utopia in north London? Simple, become an inshore tax haven. We need to think outside the box and not just try to attract hedge funds, but welcome everyone who works in the gardening and horticulture business. Soon we could be a shining light in the austere darkness of London. Soon we could become such a beacon of hope that we could bid for the World Cup. And, on the day that our victory is announced, we will unveil a statue outside the new East Finchley International station in honour of he who made it all possible. Yes, I mean Pickles. Pickles the dog, that is.

Conquer your anxiety in these hard times

Dan Roberts, a wellbeing coach based in East Finchley, gives his advice on coping with anxiety in this harsh financial climate.

We live in worrying times. Having barely recovered from the recession, we now face a series of harsh cuts that look set to increase unemployment, slash benefits and have a knock-on effect for people across the UK. It's only natural to feel worried but this worry can easily become disproportionate, especially if you are prone to anxiety.

Simple techniques

You can use some simple cognitive techniques to keep your worries in check. If you're anxious about an upcoming event, you are probably 'cata-

strophising': expecting the worst and thinking anxiety-provoking thoughts like: "I'm bound to lose my job."

These automatic negative thoughts (ANTs) act as a subliminal running commentary on everything we do, often provoking strong emotions like anger or fear. The first step is to make your ANTs conscious, so every time you feel anxious, note what you were thinking at the time in a journal.

Do this for a week, then pick out recurrent thoughts and start to challenge them. For example, when you catch yourself thinking: "I'm bound to lose my job," you could modify this to a more realistic thought like: "I am

worried, but so is everyone at work. And I'm good at my job, so I'd be one of the last to face redundancy."

When Panic Attacks: A New Drug-Free Therapy to Beat Chronic Shyness, Anxiety and Phobias, by renowned cognitive therapist Dr David Burns, provides dozens of similar techniques to help quell your anxiety. Yoga and meditation are also helpful, as is regular exercise like jogging or brisk walking. Exercise burns off the 'stress hormone' cortisol, which heightens anxiety.

For information about Dan's coaching and workshops, visit www.danroberts.com

From one archer to another...

Our congratulations to Roger Spellane from the Aquarius Archery Club, who was declared Sports Performer of the Year 2010 at the Haringey Celebration of Sports Award Ceremony at Alexandra Palace. Roger started at the club, which meets at the end of Southern Road, N2, as a beginner with his wife Sheila just four years ago. After learning and practising basic techniques he decided to specialise in the traditional long bow and the last two years have seen him achieve spectacular success, winning many competitions indoors and out.

In May 2010 he shot his way to victory at the prestigious Southern Counties Long Bow Championship at Winchester and more recently won a major national event at Coventry, qualifying him for elite Master Bowman status.

Care home help

The national charity, **Counsel and Care**, supported by the Department of Health, has published the **Care Home Handbook**.

The handbook, which is free to all Barnet residents, guides people through the options for funding care, gives advice on choosing a suitable care home, and clearly sets out the rights and choices involved. To obtain a copy of the Care Home Handbook call 0845 300 7585 or go to www.counselandcare.org.uk/helping-you.

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