



Regular Events

Sport & Fitness

- **Badminton** Weds eves 8-10pm all abilities, contact George 8349 0170 or John 8444 7163.
- **East Finchley Flyers running club**, Tuesdays 7pm at the tube station, 7k run and socialising. Nick 07593 361134.
- **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** on Wednesdays, Christ Church N12. Call Bridie 8883 5269
- **Muswell Hill Bowling Club**, Kings Ave, N10. New & experienced bowlers welcome. Tel: 8883 0433.
- **Pilates** in East Finchley, qualified teacher. Contact Dee on 8883 7029
- **Pilates class** Weds 3.30 & 7pm at Ann Owens Ctr, N2. Call Penny 8444 2882.
- **Pilates Beginners Classes** Tue 9.30-10.30am, Holy Trinity Church Hall. Michelle 07767 804 564
- **Tae Kwon Do** for children & adults at Finchley Lido Mon & Fri 7-9pm 07949 612 706. www.taekwondo-uktd.co.uk
- **Tai Chi** class at EF Methodist Ch, Weds 1pm. James 8883 3308 or james@taiji.co.uk
- **Tennis club** with four clay courts off Southern Road. Call 8883 7723.
- **Yoga, breathing & relaxation**. Weekly drop-in classes - N3, N6, N10. Phone Judy on 07956 375607.
- **Yoga**, pregnancy yoga, meditation classes. Call Sunnah 07941 321 772 www.stretchingpeople.co.uk.

Music, Dance & Creative Arts

- **Art Classes**. Call Henry on 8888 5133.
- **Ballroom Dance Classes**, Wednesday eves for beginners & improvers. St Mary's Church Hall, N3. 8444 0280.
- **Ballroom & Latin American Dance Classes** - beginners & improvers. Wed & Fri eve, Bishop Douglass Sch. 8207 2323.
- **Creative writing classes** in informal, friendly atmosphere. Tel Sallie Rose 020 8444 7217.
- **East Finchley Writers Group**, Weds at the Old White Lion. Contact Carola 8883 5808 or Lilian 8444 1793.
- **East Finchley Poetry Writing Workshops**. Monthly on Saturdays. Contact Dennis Evans 8346 9528.
- **Ladies Keep Fit** Class for over 50s. Tues 10.30-11.30am at Tetherdown Hall. Sheila 8444 0084.
- **Memory Lane Singing Club** - friendly singing club meets every Friday in Finchley. Call Valerie 8458 4508.
- **Over 50s Tea Dance** at Christ Church, North Finchley. Every Weds, 1pm. 020 8444 0280.
- **Learn to sing** at Finchley Methodist Church, Ballards La. Call 8888 4412.
- **Symphonic Wind Orchestra** Contact Caroline Egan 8340 2706
- **Traditional music** at TOC, Highgate Hill on 1st & 3rd Tue each month from 8.30 pm. Free. All musicians welcome. 07958 282898.

Clubs & Social

- **Bingo evening**, 8pm Sundays, at the Constitutional Club, The Walks, N2.
- **Bingo Club** Mondays 7-9 pm, Green Man Centre, Contact: Jan 8815 5452
- **Contact Lunch Club** Tuesdays at the Green Man. Call 8444 1162 to book.
- **French conversation** in small friendly group with native speaker. 8444 9395.
- **Friends of Cherry Tree Wood** www.cherrytreewood.co.uk or 8883 7544.
- **Haringey Recorded Music Society** informal meetings locally. Call David Moldon on 8361 1696.
- **LGBT?** 1st Weds every month in a local pub. Welcoming atmosphere. Email efinchleylgbt@hotmail.com
- **Muslim Ladies Lunch Club** 1st & 3rd Weds, Ann Owen Ctr., Oak La. Call 8432 1415 to book.
- **North London Bridge Club**, Muswell Hill. Contact 8348 3495
- **Northside Bridge Club**, EF Methodist Church, Thurs 7.30-11pm. 8346 8145.
- **Jewish Friendship Club** for over 60s, Tues 1-3 pm at Muswell Hill Synagogue, Tetherdown. Anita 8886 6140.
- **Muswell Hill Tetherdown Bridge**, contact 8883 4390



The Fortismere Community Orchestra in full flow.

A musical feast from Fortismere

Review by Barbara Palczynski

Fortismere Community Orchestra treated its audience to another evening of wonderful music on Saturday 6 July. The ethos of this orchestra is very much about 'community', welcoming talented musicians from Fortismere students and staff, parents of students, and local good amateurs from beyond the school.

Coordinating a rehearsal schedule for such a disparate group is no mean feat, and with an ambitious conductor programming a repertoire that demands dedication and time in its preparation, the orchestra delivers an astonishingly high standard of music.

Previous concerts have included big works such as Dvorak's *New World Symphony*, Beethoven's *Symphony No. 7* and most recently a collaboration with the Fortismere Community Choir performing Fauré's *Requiem*.

This latest concert opened at a brisk pace with Mozart's *Overture to Don Giovanni*. This was a refreshingly unusual opener, and the orchestra set out its stall with sparkling energy. The brooding, dark colours of this piece were an apt prelude to Beethoven's gargantuan 'Emperor' *Piano Concerto No. 5*, performed by Sophia Lisovskaya. Despite a

few nervous errors she demonstrated her technical prowess; St Andrew's Church echoed with her lyricism, and the orchestra accompanied sensitively. It was a treat to hear this giant of giants and the piano was given an excellent workout.

Brahms' *Symphony No. 1* did not disappoint and the soaring tunes in the strings and harmonies in the brass and wind were always measured and musical, thanks to the consistently calm and shapely conducting of Thomas Gregory.

Musically led by Rebekah Allen throughout, this concert gave food for thought about how best we can nurture musical talent within our community. The next concert is on Saturday 23 November, with Mozart's *Sinfonia Concertante* and Sibelius *Symphony No. 2*. To find out more about the orchestra's concerts and vacancies, visit www.fortismeremusiccentre.co.uk

Jewish Lives, Britain 1750-1950

Book review by Marian Bunzl

Melody Amsel-Arieli is an Israeli-American amateur genealogist and professional writer. Her book tells the stories, over two centuries, of nine young men and one young woman from Europe and the Russian Empire, who came to Britain to start a new life.

Some were fleeing persecution: the Inquisition in 18th Century Portugal, the pogroms in 19th century Bessarabia, the 20th century Holocaust. Others left to avoid other problems of anti-semitism and poverty.

Ms Amsel-Arieli provides an object lesson in researching family history. Pieced together from personal memories, family papers and official records, these young people's experiences spring to life vividly as we learn about their individual origins and the particular socio-economic forces that pushed them to leave.

They all faced early struggles in their new country: overcrowded housing, menial jobs, sweatshop working conditions, before the eventual founding of their families and the gradual growth of prosperity and adaptation to life in Britain. Some left lasting businesses, others handsome public buildings.

These personal stories trace the growth of today's Anglo-Jewry: quietly following their religion as well as taking full part in the society of the country that welcomed them. Although this is a story of Jewish immigration and integration, it will resonate with the rest of contemporary British society.

Jewish Lives, Britain 1750 - 1950 by Melody Amsel-Arieli is published by Pen and Sword Family History, priced £12.99

A teenager's search

Muswell Hill crime writer Lawrence Estrey has published a second novel, this time delving into the dark and desperate world of a teenage boy searching for the father who abandoned him.

Last summer, Lawrence (pictured right) self-published his first book *Secrets*, an adult psychological thriller. The new novel, called *EggHead*, is targeted at a young adult audience.

Lawrence said: "I completed *EggHead* in about nine months and found that my previous experience with my debut novel helped when it came to structure and planning.

"However, I found the writing process draining at times, particularly when it came to depicting the bleak and lonely coastal surroundings that make up some of the setting,



and I would sometimes consider abandoning the story."

Again self-published, *EggHead* is available on Amazon and Lawrence is already planning to release another novel for young adults.

Clinic marks 10 years in business

By Linda Sansom

Doing business in the High Road is a clinic that is celebrating 10 years helping customers with their skin problems.

Sk:n clinic recently had a revamp to bring it into line with the country's 40 clinics within a company that has been in existence for over 20 years. One of the smaller branches, it nevertheless employs highly experienced doctors and staff who use the latest clinically proven technology and products.

Manager Katie King explained that the focus is on the medical rather than the beauty aspect. It is no good going to Sk:n for a massage, facial, or a manicure or pedicure, because they don't provide them. But if your skin is looking tired or dull, or you are troubled by scars or acne, then they can help.

"Much of our work is with mole removal and checks, and we are really trying to promote that," said Katie. "We work

with the British Skin Foundation and Cancer Research, and we abide by the policies of the Care Quality Commission and are on the 'Treatment you can Trust' register of the Independent Health Advisory Service."

This particular branch of the company also treats clients from the age of 16, and therapist Dawn explained that they have a lot of teenage customers as well as those in their thirties and forties, although all ages and ethnic groups are among the clients.

All treatments start with a very detailed consultation that includes a study of the client's skin using a special scanner. *ARCHER* readers can receive a 20% discount on all courses and treatments until the end of September on production of the newspaper.

What's On... E-mail your listings to: the-archer@lineone.net

Wednesday 7 to Friday 16 August

• Shooting Stars Theatre Company presents William Shakespeare's **A Midsummer Night's Dream**. Fresh contemporary version with Puck as central puppetmaster and lovers are teenagers with attitude. The Tea Lawn behind Lauderdale House, Highgate Hill, Waterlow Park, London N6 5HG, 7pm (ends 9pm). Chairs: £14 (£12 concs) or Picnic Lawn: £12 (£10 concs). Box Office: 020 8348 8716 and <http://www.lauderdalehouse.org.uk>

Saturday 10 August

• **Battle of Barnet**: guided walk with City of London guide Paul Baker. Meet at junction of Great North Road and Hadley Green Road at 11am. Contact Paul on 020 8440 6805 or www.barnetwalks.talktalk.net

Sunday 18 August

• **Finchley Outward Bound, The Walk**: fascinating walk exploring disused railway around Mill Hill. Meet outside Mill Hill East station at 11.45am for 12 noon start. Distance to lunch stop 1.8 miles, total

distance to finish 4.2 miles. All welcome but £3 donation requested from non-society members. Details: 020 8346 5503 or email: mikegee1968@gmail.com

Saturday 24 August

• **Tree Walk in Coldfall Wood**, led by Iain Loasby, local woodsman. Meet 2.0pm, middle gate to wood, Creighton Avenue. Free but £3 donation appreciated. Booking advised: Krishna, 020 3411 5376 or info@coldfallwoods.co.uk

Sunday 1 September

• **Fabulous Finchley: guided walk** with City of London guide Paul Baker. Meet Finchley Central tube station (Ballards Lane exit) at 2.30pm to stroll through history, including East Finchley. Contact Paul on 020 8440 6805 or www.barnetwalks.talktalk.net

Sunday 8 September

• **Muswell Hill Festival**, Cherry Tree Wood, in aid of The London Centre for Children with Cerebral Palsy, 12-6pm. Stalls, rides, games, donkey derby and lots of family fun.