



## YOUNG ARCHER



### Ally Pally gymnastics

The east wing of Alexandra Palace is the venue for new dance and gymnastic classes for children aged three and a half to 11. Sessions run on Saturdays from 9am to 2pm, with further classes expected to be added throughout the year.

Classes are run by the London Academy of Gymnastics and Dance. Founder and director Jessica Shenton, a professional dancer who trained with the Royal Ballet, said: "Gymnastics is not only fun but really good for children's general health and fitness." To reserve places, visit [www.lagad.co.uk](http://www.lagad.co.uk) or call 07887 367171.

### Reunion of 8<sup>th</sup> West Finchley Guides

The 8<sup>th</sup> West Finchley Guides are celebrating their 50<sup>th</sup> birthday with a reunion of all the ex-Guides they can contact. Brenda Deas, known as Leo, would like to hear of anyone who wants to come to the party on Friday 18 October. Contact her on 020 8445 6294. The guides are still flourishing under the leadership of Julie-Ann Watson and they plan to put on entertainment to make the evening go with a swing.

### Howls of success

By Catherine Ling

Over one weekend in the summer, a group of Bounds Green-based scouts, the Wild Wolf Explorer Scout Unit, raised an incredible £2,200 when 30 of them performed a bag packing marathon at Sainsbury's Muswell Hill to help fund their international Scout Centre in Switzerland. Their politeness and dedication really impressed the customers who gave generously to help them on their way to a character-building holiday, an opportunity that many might not otherwise have been able to afford.



### The Met needs you

By Janet Maitland

The Metropolitan Police has started a campaign to recruit 400 extra cadet leaders aged 18 to 65 to support a drive to increase its Volunteer Police Cadet (VPC) programme by 4,000 cadets.

The VPC is a uniformed voluntary youth organisation, supported by the Metropolitan Police, which is open to 13 to 18 year olds. The cadets help and assist in the community in a variety of ways, including

working with Safer Neighbourhood Teams, taking part in problem solving projects and stewarding at events such as Trooping the Colour and Remembrance Day.

Cadet Leaders, who are also volunteers, support cadets by helping them to develop life skills, including assisting them as they take part in the Duke of Edinburgh's Award scheme and weekend and school holiday camps.

To find out more, go to [www.met.police.uk/cadets](http://www.met.police.uk/cadets) and for details on how to apply, go to [www.metpolicecareers.co.uk/cadets](http://www.metpolicecareers.co.uk/cadets) or call 0845 434 9519 for an application form.

#### PARENT & BABY/CHILD ACTIVITIES

- **Baby & U baby massage.** Contact Ruth at [babymassagewithruth@gmail.com](mailto:babymassagewithruth@gmail.com), [www.facebook.com/baby-andubabymassage](http://www.facebook.com/baby-andubabymassage)
- **Dads' Club:** Get-togethers for dads looking after young children in East Finchley. Adam 07957 441435.
- **EF National Childbirth Trust** contact Ruby Yang or Patrizia Canwell at [east-finchleynct@googlemail.com](mailto:east-finchleynct@googlemail.com)
- **Muswell Hill Toy Library** story time, singalong and other events. 8444 0244/ 8489 8774, [www.muswellhilltoylibrary.com](http://www.muswellhilltoylibrary.com)
- **Parent & Toddler Group,** Green Man Centre, Sajni 8359 3460/Julia 8444 2276
- **Phoenix Cinema activities,** Bringing up baby screenings, Weds, 11am; Kids Club, Sat, 12pm; Toddler Time, Tues, 11am. Full details from box office on 020 8444 6789.
- **Stepping Stones,** interactive play session for under 3s. Karen 07957 278860.
- **Teddy Bears' Music,** singing for 0-3s in Holy Trinity Church, N2; Thursdays 9.45am & 10.45am. Liz 07836 284538.

### How to be the cat's whiskers

By Orca the cat, of Leopold Road, dictated to Linda Dolata

Miaow wow wow. Sitting on a nice warm paper on the table, I happened to read an article from young Harry the cat (The Archer, February 2013), so as an older adoptee I thought I'd give him the benefit of my experience.

I came from Cats' Protection with my name, a mug shot and a description: 5 years old; huge (over 8kg and no fat); black and white; fierce to cats. I lived wild and used to enter cat flaps to steal food. My name suits me. I'm so famous that they've named a white wine after me, and even a type of killer whale.

Now I have a slave I call 'That Stupid Linda'. I can make her do whatever I want. After a few weeks a cat flap was put in so I have the freedom of the manor. I'm gradually sorting out the local cats. I let the obedient ones join my choir; we'll put on an opera (AAAIEEEED-AAAA) eventually. But I'm just as happy lazing around doing nothing, now that I've trained T S L to pay proper regard to my comfort.



Here are some tips, Harry. I got TSL to put up indoor bells on the kitchen door, and when I feel peckish I simply swipe them with my tail. She soon responds.

If she gives me less-than-the-most-delicious food, I simply refuse to eat it, giving her a wounded look as if she's trying to poison me. It always works and there's no wastage as the rejected packets go to the Animal Aid shop on the High Road. I often send her there to find nice presents for me. Recently I made her buy me a new bed (see photo). Everyone smiles when they see me in it. I like to kip in other places, too: beds, cupboards, sofas, carpets... I'm good at sleeping.

Harry, just suck up to your new slave Jen. Give her a bit of attention, purr when she strokes you, come when she calls, look at her (avoid looking too contemptuous) as if you adore her, pretend to enjoy TV... you get the idea! I promise that in no time at all you can mould her to perfection.

Let me know how you get on.



archer  
ACADEMY

**OPEN EVENING**  
Wednesday 9th October  
6pm - 8.30pm

**OPEN MORNINGS**  
Thursday 10th to Thursday 17th October  
9am - 10.15am and 11am - 12.15pm

**THE ARCHER ACADEMY IS A NEW SECONDARY SCHOOL IN EAST FINCHLEY. IT OFFERS 150 PLACES EACH YEAR AND AIMS TO PROVIDE AN OUTSTANDING, AMBITIOUS EDUCATION FOR LOCAL CHILDREN.**

To find out more call **020 8365 4110** or visit [www.thearcheracademy.org.uk](http://www.thearcheracademy.org.uk)

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Realising potential. **Inspiring creativity.** Engaging with our community.