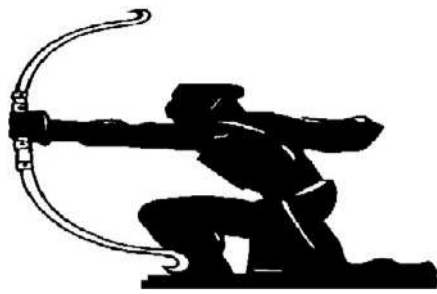


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A community newspaper for East Finchley run entirely by volunteers.

Charity Commission steps in at Old Barn

By Janet Maitland

The Charity Commission has intervened in the three-year battle over the management of the Old Barn in Tarling Road. They informed the trustees that an AGM planned for 21 July could not go ahead as proper procedures had not been followed. But the trustees held an 'AGM' regardless.

The battle for the community centre began when a group of new trustees led by Reverend Geoffrey Muhoro took over the centre following the resignation of the old trustees in 2010. Soon after, services such as the Monday Club Youth group found themselves homeless. In 2011, nearly 100 local people applied to become members of the Old Barn to ensure the trustees ran the services the community needs, but the applications were not accepted by the new trustees.

Membership forms requested

Both the council and the Charity Commission have been trying to resolve the issues. In February the Charity Commission directed the trustees to hold an AGM so that people from the local community could get involved in the running of the centre. In the run-up to the AGM, twenty two local residents contacted the Old Barn for membership forms but by less than a week before the meeting no forms had been received.

The Charity Commission wrote to the trustees to say

that it was not possible for the AGM to be held as they had been supplied with "no evidence that a membership had been established, nor that requisite notice has been given to interested parties/members".

Invalid AGM

Regardless, several local residents arrived at the Old Barn at 2.30pm in the hope of having an informal meeting with Rev Muhoro and other trustees to discuss ways that residents could get involved with the Old Barn and perhaps offer their services as trustees.

Local resident Helen Drake said: "We had also hoped to discuss a timeline for a future AGM. However Mr Muhoro insisted that an AGM would still go ahead that day and expressed disregard for the authority and advice of the Charity Commission. Residents present sat through the 'AGM' and asked questions but made it clear that they were there as observers and not as participants. The Charity Commission has been informed of the situation."



High Road shops sold

The High Road launderette A Heck of Wash and the Heart of N2 card, sweets and party goods shop (formerly Plummer's newsagent) have recently been sold.

Meanwhile the RSPCA is moving in to a new High Road home in the shop that used to be Teaching Trends. It is expected to be a charity shop combined with a drop-in animal clinic. Look out for more details in the next *Archer*.

Empty homes scheme

Owners of empty homes are able to apply for financial help to bring their property back into use in return for making it available to Barnet Homes tenants for at least three years.

The scheme allows owners to apply for up to £25,000 towards the cost of renovations if their property has been empty for at least six months. Currently, this applies to 2,000 homes in Barnet. For more information, visit www.barnet.gov.uk/emptyproperties.

Happy faces at hospice party

Dozens of families had a fun-filled day at the Noah's Ark Children's Hospice summer ball held at artsdepot in North Finchley. Brothers, sisters and parents of children with life-limiting conditions enjoyed Bollywood and carnival dance performances, face painting, arts and crafts, and plenty of cake and ice cream. The hospice supports children and their families across north London.

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THE ARCHER team wishes to thank all the generous people who give up their spare time, in all weather, to deliver the paper for us.

If you have a story for us, please contact us at the above address. Comments to THE ARCHER may be published unless clearly marked 'Not for publication' within the text.

Copy deadlines – **October:** 13 September, **November:** 11 October, **December:** 15 November

USEFUL TELEPHONE NUMBERS

Councils

Barnet Council:

Admin/Town Hall	020 8359 2000
Council Tax	020 8359 2608
Recycling & refuse	020 8359 4600
Primary Care Trust	020 8201 4700
Benefits Agency	020 8258 6500
Employment Service	020 8258 3900
Haringey Council	020 8489 0000

Leisure

Alexandra Palace	020 8365 2121
East Finchley Library	020 8359 3815
Muswell Hill Odeon	0870 505 0007
Phoenix Cinema	020 8444 6789
Warner Cinema	020 8446 9933

Transport

Nat. Rail Enquiries	0845 7484950
City Airport	020 7646 0088
London Transport	020 7222 1234
National Express	08705 808080
Heathrow Airport	0870 000 0123

Hospitals

Barnet General	0845 111 4000
Coppetts Wood	020 8883 9792
Finchley Memorial	020 8349 7500
Oak Lane Clinic	020 8349 7000
Royal Free	020 7794 0500
St Luke's	020 8219 1800
Whittington	020 7272 3070

Health Advice

AIDSline	020 8363 2141
Alcoholics Anonymous	0845 7697555
Barndoc	0300 033 3777
Barnet MENCAP	020 8203 6688
Cancer Support	020 8202 2211
Drinkline	0800 917 8282
Drugs Helpline	0800 776600
MIND	020 8343 5700
NHS Direct	0845 4647

OAPs' Advice

Age UK	020 820 35040
Contact (N2)	020 8432 1415

Crime

Emergency	999
Barnet Police	101
CrimeStoppers	0800 555111
Victim Support	0845 303 0900
East Finchley Safer	
Neighbourhood Team	020 7161 9014

Help & Advice

Advice Barnet Project	0844 826 9336
CAB Money Advice	020 8201 7727
Carers' Line	020 8343 9698
Childline	0800 1111
Disability Info Service	020 8446 6935
Gingerbread	020 8445 4227
National Debt Line	0808 808 4000
NSPCC	0800 800500
Rape & Sexual Abuse	020 8683 3300
Relate	020 8447 8101
RSPCA Inspector	0300 1234 999
RSPCA animal clinic	020 8365 3910
Samaritans	08457 909090
Refuge Crisis Line	0870 599 5443

Emergency cover for carers

Ascheme has been launched to give carers peace of mind if an emergency prevents them from providing their usual care.

The free initiative allows people who care for a relative or friend to set up an emergency plan which can be set in motion should an emergency arise.

The plan should include contact details for up to three other people who would be able to provide support, along with other information such as the medical needs of the person being cared for. This is then logged

with 'Assist', a 24-hour community alarm response centre. Carers are issued with a pocket sized emergency alert card which includes the Assist telephone number and a unique ID number linked to the plan. The scheme has been designed to be used in circumstances such as a carer falling ill or unplanned changes to work routines which involve having to travel away from home. It is open to people who provide substantial and regular care to a friend or relative who has a disability, illness or is frail.

Peace of mind

Stella Henriques, a family carer and member of the Carers Forum, said: "Most of our family and friends live outside the Barnet area. As I care for my husband I have always had to rely on our children to get help if I am ill using an emergency list of contacts kept on the fridge. The new system will give me peace of mind."

Carers can create an emergency plan by visiting www.barnet.gov.uk/carers and downloading a form. Alternatively they can contact Assist on 020 8359 4841.

Catalytic converter thefts

By Janet Maitland

Police have issued a warning to the owners of Mercedes Sprinter vans, VW Sharans, Ford Galaxies and Seat Alhambras. The catalytic converters from these vehicles are highly desirable to thieves because of the precious metals they contain. Following a number of reports of theft in the Barnet area, police are advising people to park their cars in a garage or a well lit, busy area.

Police also advise drivers to property mark the metal shell of the converter, so if it is stolen it can be tracked back to the owner. You can do this by marking it with a UV pen. Alternatively, go to www.immobilise.com where you will find a range of products for registering and marking all your valuable possessions.

"We would urge members of the public to be extra vigilant," said DCI Gary Randall. "Look out for people working under cars. If you see anything suspicious, call the police."

Planning Applications

Barnet Council

48 Bancroft Avenue, N2

Single-storey rear conservatory.

11 Bedford Road, N2

Single-storey side/rear extension.

27 The Bishop's Avenue, N2

Time extension to demolish, and build single family dwelling.

37 Brim Hill, N2

Single / two-storey rear and side extension. Dormer to internal side roof slope.

44 Brim Hill, N2

Single-storey rear extension.

42 Church Lane, N2

Changes to approved two-storey rear unit, involving ground floor, first floor front balcony, and relocating door, window and refuse store. Removing first floor side windows.

59B Church Lane, N2

Converting upper floors to two self-contained flats. Accompanying internal layout alterations and roof extension, including rear dormer and front roof light, to facilitate loft conversion.

77 Church Lane, N2

Single-storey rear extension. Depth 4 m, eaves height 3 m, maximum height 3.3 m.

220 Creighton Avenue, N2

Single-storey rear extension. Depth 6m, eaves height 3m, maximum height 4 m.

220 - 222 Creighton Avenue, N2

Garage into habitable space, replacing door with front window. First floor extensions front and rear. Roof extension, with enlarged dormers and front rooflight to each house, to facilitate loft conversion.

264 Creighton Avenue, N2

Roof extension, including side/rear dormer and two roof lights, to facilitate loft conversion. Glass pitched roof at ground floor from main house to garage.

256 East End Road, N2

Roof extension, with hip to gable rear dormer and two front/side roof lights, to facilitate loft conversion.

23 Greenhalgh Walk, N2

Basement with side and rear light wells. Repositioning side gate.

42 Hamilton Road, N2

Single-storey rear extension. Depth 6m, eaves height 3m, maximum height 3.79 m.

131 High Road, N2

Time extension for single-storey extension to rear of nos. 131 and 133, with altered first floor access.

154 High Road, N2

Two fridge condensers and one air-conditioning condenser unit to replace existing.

Holy Trinity School, N2

Two-storey front and single-storey rear extensions. Canopy to cover play space to side.

Islington and St Pancras Cemetery

Environmental impact assessment screening opinion.

97 Leslie Road, N2

Extending permitted single-storey rear extension to right boundary wall.

Ground Floor Flat, 31 Lincoln Road, N2

Single-storey rear/side extension.

305 Long Lane, N2

Single-storey side extension.

4 Market Place, N2

Single-storey rear extension. Depth 3.7 m, eaves height 3m, maximum height 4m.

16 Oakview Gardens, N2

Garage into habitable space, replacing door with window to match existing, altering front and rear fenestration.

Stanley Road Playing Fields, N2

Environmental impact assessment screening opinion.

92 Summerlee Avenue, N2 (Cherry Tree Wood)

Change of use from Pavilion to A3 (Cafe), including glazed windows and doors. Incorporating landscaped area for tables and chairs.

5 Sylvester Road, N2

Single-storey rear extension, with pitched roof and four roof lights. Roof extension, with rear dormer plus Juliet balcony and two front roof lights, to facilitate loft conversion.

43 Trinity Road, N2

Single-storey rear extension with raised roof terrace. Roof extension, with rear dormer and three front roof lights, to facilitate loft conversion.

41 Wilmot Close, N2

Two-storey building, creating 16 one bedroom self-contained flats for sheltered housing, six parking spaces, eight cycle spaces, and bin refuse.

Haringey Council

Aquarius Archery Club, Fortis Green Reservoir, N2

Temporary replacement clubhouse

33 Springcroft Avenue, N2

Garden building to rear.

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Award-winning minicabs

East Finchley-based minicab and courier firm GLH has received further recognition that its commitment to sustainability has not gone unnoticed by being awarded the coveted Business in the Community Big Tick Award in the Santander Responsible Small Company category.

Managing director Robert Scott and sales and customer relations director Zoe Powers met Prime Minister David Cameron and Marc Bolland, CEO of Marks & Spencer, when collecting the award at the Responsible Business Ceremony held at the Royal Albert Hall in July.

Zoe Powers, who spearheads the company's sustainability work, won the Young Sustainability Executive of the Year title at the businessGreen Leaders Awards the following day.



David Cameron, Zoe Powers and Marc Bolland at the Santander Responsible Small Company Awards.

Holiday couple come home to find garden stripped

By Janet Maitland

There's a lot to worry about when you go on holiday. Have you left the iron on? Did you close the bathroom window? Will something go wrong with the timer switches and burn your house down? But the last thing you're likely to worry about is whether someone will dig up all the paving in your front garden while you're away. But that's what a couple living in Hampstead Garden suburb discovered when they returned home at the end of July.

"This stuff weighs a ton," said Paul Hammond of Barnet Boroughwatch. "It would have required at least two people to commit this theft. They probably used a flat-backed truck of some sort."

York stones have also been stolen from the steps leading from Hill Close, NW11, to immediately adjacent to Dame Henrietta's residence.

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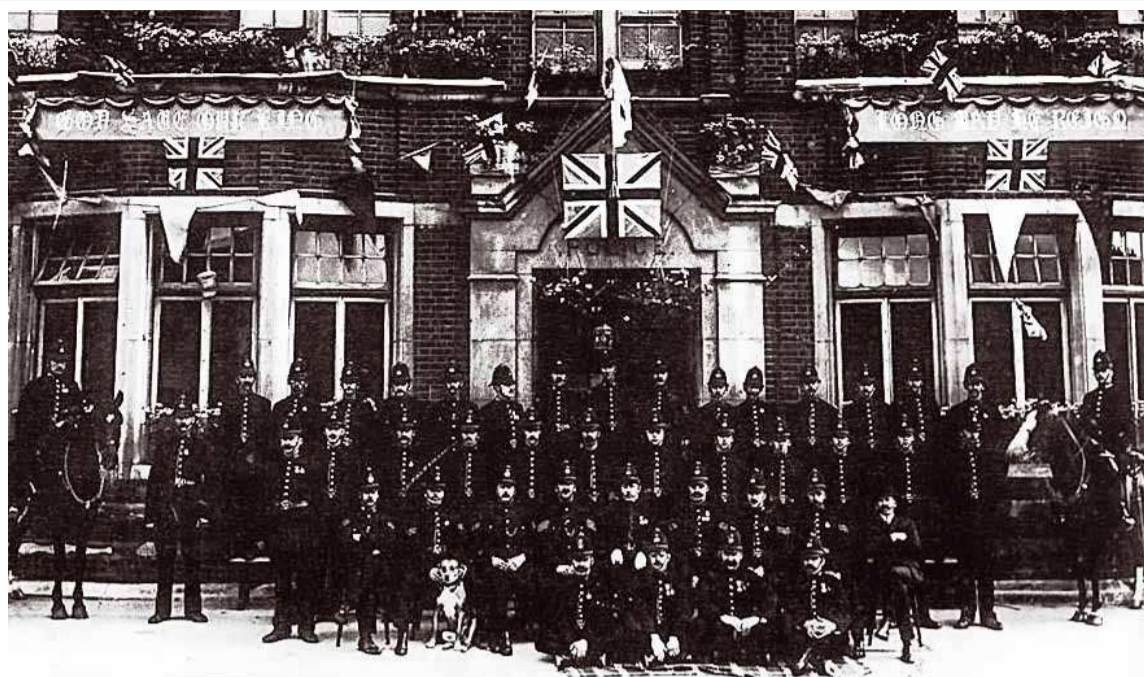
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Out in force at Fortis Green for the coronation of King George V (22nd June 1911). Photo courtesy John Hajdu

Where's our local police presence?

With the closure of Fortis Green police station, residents are fighting to keep a police presence in the area. John Hajdu, chair of Muswell Hill and Fortis Green Association and of Fortis Green Safer Neighbourhood Ward Panel, explains.

The police station in Fortis Green opened in 1904 and has served the local community ever since. Recently it was home for various branches of the police and had an active front counter, manned every weekday by volunteers from the local community. It was also home

to the Safer Neighbourhood Teams of Alexandra Ward, Muswell Hill and Fortis Green.

The local community did everything it could to persuade the Mayor's Office for Community Policing and Crime (MOPAC) to keep the station open but, aware of the drive to close police stations all over London, we were not surprised when it closed a few months ago.

Promise and reality

We were told that the Met had to save £500 million over three years, and the reorganisation of policing was an essential part of this plan. In return for closing police stations and front counters, we were promised extra officers on the streets and "contact points" within easy reach of residents.

What this means now is that the nearest police station for residents of Muswell Hill and Fortis Green is Hornsey, where the three Safer Neighbourhood Teams are now based. It is not within easy access to residents, nor is it easy for the police to commute to Muswell Hill. We have certainly seen a reduction in visibility of officers on the beat since the police station closed.

ers on the beat since the police station closed.

As far as the promised local Contact Point is concerned, the only one listed on the recently distributed leaflet is the East Finchley (Barnet) office in the High Road: not very visible, to date not open to the public and only to be open on Wednesdays and Thursdays between 7-8pm and on Saturdays between 2-3pm.

Our campaign

We are actively campaigning for a Contact Point in the centre of Muswell Hill with more frequent opening times. This facility must be easily accessible and regularly publicised. Overall, we are very disappointed in the outcome of the whole exercise and are worried that our residents are not getting a fair and safe deal.

Do you own an electric car?

Barnet Council is keen to hear from owners of electric cars about where they would most like charging points to be located in the borough.

The council will use part of a £200,000 grant from the Mayor of London to install four electric charging points. This will give the council an idea of the public demand for more electric charge points in the borough.

Motorists are invited to contact Kim.Wynne@barnet.gov.uk with their suggestions for future locations for electric charging points.

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An arts festival for everyone

By Daphne Chamberlain

It's Arts Festival time again. Saturday 28 September to Sunday 6 October. For the 17th year, musicians, writers and artists of all ages are performing at All Saints Church, Durham Road, and The Phoenix is in on the act too.

One of the cinema screenings is *Fantasia*, through which Disney intended to bring classical music to people who had "walked out on this stuff". Now, 73 years on, it's still being shown.

So come on, East Finchley! You have a choice of old favourites, brand-new and rediscovered work, international performers, veterans and rising stars. And they're all on your doorstep. Come and enjoy yourselves, and benefit The Harington Scheme and Noah's Ark Children's Hospice. (We'll tell you next month about The Harington Scheme, which supports and trains young people with learning disabilities for employment.)

The full programme below is also being delivered through letterboxes and is available in shops and online.

Saturday 28 September, 7.30pm

RENATUS, a young orchestra promoting new and underperformed music. *Janacek, Vaughan Williams, Reger, Dvorak*, and accordionist Milos Milivojevic with the first performance of Festival Director Geoffrey Hanson's new work, *Accord*.

Sunday 29 September, 1.30pm.

Doors open 1.15pm

AMADEUS at the Phoenix

Eight-Oscar-winning 1984 film, directed by Milos Forman. The story of Wolfgang Amadeus Mozart, as told by rival fellow composer Antonio Salieri, who is languishing in an asylum.

Sunday 29 September, 7.30pm

POPULAR ORGAN AND CHORAL MUSIC

International organist Jennifer Bate and Choir of All Saints; Bach, Mozart, Boellman. Ave Verum, Panis Angelicus, "I was glad", Jesu, joy, Greater love, Hear my prayer, Ave Maria.

Monday 30 September, 7.30pm
EAST FINCHLEY WRITERS' GROUP

A selection across many styles and genres to move, amuse and surprise you. Admission free with bucket collection for festival charities.

Tuesday 1 October, 7.30pm

PAPRIKA

Last year's show-stoppers. Traditional Eastern European, Balkan, Gypsy and Classical music. Violin, accordions, guitar, bass and percussion.

Wednesday 2 October, 7.30pm

4 YOUNG ARTISTS, North London Music Festival winners; Steven East – Bass/Baritone, Marisol Lee – Violin, Miriam Nerval – Recorder, Rebecca Leung – Piano.

Thursday 3 October, 7.30pm

POP UP OPERA

Another hit from last year. Pop in and enjoy Arias, Duets and Ensembles from Opera.

Friday 4 October, 7.30pm

TRIO GOYA

Kati Debretzni – violin, Maggie Cole – fortepiano, Sebastian Combetti – cello; Haydn, Mozart, Storace, Beethoven, Schubert.

Saturday 5 October, 12.30pm

LUNCH HOUR ORGAN MUSIC

Robert Munns, 80 this year, with a programme of *Bach, Mendelssohn*, and *Geoffrey Hanson's* Soliloquy, written for him. Snack lunch available.

Saturday 5 October, 7.30pm

HAYDN CHAMBER ORCHESTRA

Conductor: *Thomas Blunt*, Mozart, Stravinsky, Beethoven. HCO was formed to bring classical music to North London.

Sunday 6 October, 10.30 am.

Doors open 10am.

FANTASIA at the Phoenix.

Award-winning 1940 Disney film. Animated episodes set to classical music played by the Philadelphia Orchestra, conducted by Leopold Stokowski. New York Times review of premiere: 'Motion picture history was made last night'.

Sunday 6 October, 7.30pm
FINCHLEY CHILDREN'S MUSIC GROUP

Musical Director: Grace Rositer. Nationally famous group and Festival favourite. Choral and solo items.

Booking opens Monday 2 September.

Concert tickets £10 to £20 reserved, £8 to £10 unreserved. £1.00 for 18s and under. £50 season ticket entitles holder to one ticket for each event.

Book online at www.eastfinchleyarts.ticketsource.co.uk, in person at Black Gull Books, 121 High Road, tel. 020 8444 4717, by post using form in programme. Tickets at the door, according to availability. Credit cards not accepted at Ticket Desk on night of event.

Phoenix tickets (£9.50, concessions £7, under-15s £6) direct from the cinema. Tel. 020 8444 6789.

Festival Art Exhibition

Local and national artists. Open on event evenings and from 12 noon at Festival weekends. Paintings, ceramics, jewellery, sculpture and prints on sale. £50 - £500 with 40% donated to the two charities being supported. Further information from Pauline Treen 020 8340 5643.



Paprika, who were a huge hit last year. Photo by Marian Harris.

Photographer found dead in Hampstead pond

By Janet Maitland

Police are appealing for witnesses following the death of Sussie Ahlburg, a 50-year-old photographer from Holborn whose body was found in the Ladies' Pond on Hampstead Heath on 5 August.

Sussie was a regular at the pond and had gone there for a swim the day before. She was reported missing by her family when she hadn't returned by 9.30 in the evening. Police searched the area and her body was recovered by officers from the Marine Policing Unit.

At the time of going to press, Sussie's death was unexplained. An inquest was opened at St Pancras Coroner's Court on 9 August after an inconclusive post mortem examination.

"We are keen to speak to anyone who may have seen her around the Ladies' Pond during Sunday 4 August," said Detective Sergeant Trevor Plumb. "Sussie was 5'10" tall,

slim, with greying hair. She was wearing a navy and black two piece swimsuit, a white Speedo swimming hat and blue prescription swimming goggles. She would have travelled to the pond using her folding black Brompton bicycle. Anyone who has any information or who was in the area at the time is asked to call police on 101."



Found dead - Sussie Ahlburg

Free Wi-Fi service on the streets

Barnet Council has announced that it will sign a contract with Arqiva Limited to provide public Wi-Fi across the borough offering 30 minutes free internet access a day.

Arqiva will set up Wi-Fi boxes and 4G cells on Barnet Council's street lighting and CCTV columns for a period of 10 years and make these new networks available for mobile phone operators to lease. A Wi-Fi network will be rolled out over the coming year at various locations across Barnet, with particular focus on the borough's town centres. It is not yet known when the service might come to East Finchley.

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All Saints' also has a strong musical tradition and an enthusiastic choir of both adults and children.

Experienced singers are always welcome. Contact Geoffrey Hanson on 020 8444 9214.

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Rene Bell with the Reverend Michael Giles. Photo Robert Alderman

Happy birthday, Irene, on your 100th

By Daphne Chamberlain

Last year, Mrs Irene (Rene) Bell asked us if she was our oldest East Finchley-born reader. Nobody has disputed this, and last month Rene gained another distinction by reaching her 100th year. The Sunday after her birthday, East Finchley Methodists celebrated this milestone in their morning service. It was a happy family occasion, with people of all ages congratulating Rene in the church where she has been a lifelong member.

"I was almost born there," she told me, "and when I was very young I used to walk all the way to the church from Ingram Road by myself." Her sister took a Sunday School class, and later on Rene became a Brownie. ("In those days all the churches had Brownies"). Later still she ran the Brownie

pack herself for many years.

Her fellow worshippers made birthday cakes, bought giant "100" balloons, and presented her with a big bouquet and an album of tributes and photos. Rene chose the hymns herself.

Unfortunately she missed the first bit of the service through a mix-up with her cab, but was greeted with cheers and applause when she arrived. Activities Manager Paul at The Meadows, where she lives now, wheeled her from Muswell Hill to the church. "It was a bit bumpy", she said. Picking out Rene's special qualities, the Reverend Michael Giles emphasised fun, and smiles were the order of the day.

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Residents can claim £2million in parking refunds

By John Lawrence

Our front page last month reported on the High Court victory of campaigners in East Finchley protesting against enormous increases in residential parking charges in 2011. The cost of a controlled parking zone permit had risen from £42 to £100 and the cost of visitor passes from £1 to £4.

Appeal fears quashed

There were worries that Barnet Council would waste more time and money by appealing against the court's ruling. Shortly afterwards, however, the leader of the council put those fears to rest by announcing that there would be no appeal and that residents could now apply for full refunds. It is believed this could cost the council around £2million.

David Attfield, of Summerlee Avenue, who spearheaded the legal challenge against the parking charges, said he hoped the money could be paid back without an impact on council services.

"The truth is that the council is the author of its misfortune and shunned every opportunity along the way to resolve this issue at considerably less inconvenience and cost to it," he said.



People's champion, David Attfield

Council leader's response

Here is the statement from Barnet Council leader Richard Cornelius: "After taking legal advice, we have decided not to appeal against the court's judgement that the charges for CPZ were increased without going through the proper process.

"I am sorry that this was done in the way that it was. The Court has ruled that the increase was wrongly implemented and so we will go back to the old charges. Any change to these will have to go through the proper process."

How to claim

To secure a refund, fill out a form on the council's website www.barnet.gov.uk, or email CPZParking-Refunds@barnet.gov.uk or write to Parking

Team, CPZ Parking Refunds, London Borough of Barnet, Building 4, North London Business Park, Oakleigh Road South, London N11 1NP.

The council says it aims to complete the refund process by the end of September.

New rescue service for children takes to the air

By Diana Cormack

The Children's Air Ambulance is a new service which aims to provide vital neonatal and paediatric hospital transfers for critically ill children.

It is not meant for the victims of accidents, an area which is already covered by the Air Ambulance Service, but for the 5,800 or so youngsters per year who need to be moved to a more specialised hospital. Instead of a long and arduous road journey, they can be transferred quickly in a specially equipped helicopter with an on-board team of clinicians. This can

mean reaching life-saving care sooner, giving a better chance of survival and recovery.

The service is free and relies totally on voluntary contributions. To help raise funds, its first charity shop opened in Crouch End earlier this year and in May another shop

opened at 58-60 Fortis Green Road. This boutique-style shop needs donations and volunteers, so if you are interested in becoming involved, pop in and see them.

For more information visit www.thechildrensairambulance.org.uk

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Ally Pally at 150

By Genevieve Krieff

The sun shone brightly to commemorate Ally Pally's century and a half. It was opened 150 years ago by the landscape architect Alexander McKenzie as a Victorian leisure park and place for education and entertainment. The free birthday festival ran between



150th anniversary cake made by The Alexandra Woman's Institute.
Photo by Diana Cormack

11am and 4pm on 21 July.

Mayor of Haringey Sheila Peacock officially opened the festivities by cutting a commemorative cake. Londoners were invited to activities like cricket or tree climbing for the more sporting. Kids could enjoy face painting and the fun fair while parents relaxed on pedalos. There were also local entertainers and musicians. Other celebrations featured free ice skating, a farmers' market, and more...

WI isn't all 'jam and Jerusalem'

Finchley Women's Institute was started in May 2009 by a group of friends who wanted to bring local women together from Finchley and the surrounding area.

WI Finchley is a friendly group with over 40 members from their mid-20s to the golden years who meet once a month to hear interesting speakers, learn something new or just meet new people.

Doing, making and learning In the last six months members have learnt how to run a smallholding, seen how jam making helps fund one WI member's sidecar racing, danced their hearts out to the Charleston and tried on a shoe collection to rival Imelda Marcos when designer Einat Adato came to visit.

The group's craft club shares and learns crafting skills such as knitting, crochet, sewing, jewellery-making, painting, drawing and sloc-gin. Bringing along a current or long suffering unfinished project is encouraged!

There is a bi-monthly book

club and, for the more energetic there is also a walking club which takes in some beautiful scenery and usually a lovely pub lunch.

The pinnacle of the WI year is a Frost Fair at Avenue House just before Christmas, which brings together local crafters and designers to provide the perfect pre-Christmas shopping opportunity. And with a WI tea room who can resist a cuppa and a slice of homemade cake?

Finchley WI meets on the second Wednesday of every month at 8pm at Finchley Golf Club, Frith Lane, Mill Hill, NW7 1PU. Visitors are always welcome. For more information visit www.wifinchley.blogspot.co.uk

Ally Pally group

Another WI group near East Finchley is The Alexandra (Crouch End and Muswell Hill branch). They meet on the first Tuesday of the month at 8pm at CUFOS, the old Ally Pally Station, N10 2QE, near the end of Dukes Avenue. True to WI tradition, they made a fabulous cake for Alexandra Park's recent 150th birthday celebrations. Visit www.thealexandrawi.webs.com to find out more.

Buy or sell baby jumble

Baby Jumble is coming to East Finchley, where parents book a stall for a fixed price, bring along their good quality baby and children's items to sell and keep 100% of their profit.

The East Finchley event is taking place in Holy Trinity Church, Church Lane on 21 September. There will be plenty of stalls to browse, a free baby sensory taster session by Hartbeeps (as seen on BBC3), a talk on babies' and children's sleep by local consultant Maryanne at Child Sleep Works, vintage music, tea, cakes and face painting.

Tables are £25 (with some £20 early bird tables available on www.babyjumble.com and entrance is £2 per family, with 25% going to local charity, Noah's Ark Children's Hospice. There is also a 'leave behind' service where sellers are welcome to donate any leftover items to Noah's Ark Children's Hospice at the end of the sale.



Carolyn Pickles. Photo by Diana Cormack

Just missing out on the family fortune

By Diana Cormack

Local actress Carolyn Pickles featured in a recent edition of the ITV show in which celebrities and their families compete to raise money for a chosen charity. Carolyn, her daughter Hettie and partner Jason, plus a niece and nephew were up against actor Perry Fenwick who plays Billy Mitchell in East Enders.

All Star Family Fortunes opened with a sequence introducing the families, showing scenes in Bedford Road. Carolyn's team impressed from the start. They raced ahead of their opponents, who scored nothing despite Jason kindly handing play over to them at one point. However, the game gives an opportunity for opponents to steal from one another and, even though they were well ahead, Carolyn and family suddenly found themselves overtaken. Perry's team went on to win £30,000 for Cancer Research.

As they bowed out, host Vernon Kay described Carolyn's team as "the best family ever". They raised £2,750 for InterAct, the charity supporting stroke recovery. It has a reading service that uses professional

actors to deliver a live, interactive reading service to stroke victims in hospital or at stroke clubs. Visit www.interactreading.org/

Support our theatre

Carolyn Pickles will headline the next Friends of Finchley Youth Theatre meeting on Wednesday 2 October.

Carolyn has a long association with Finchley Youth Theatre and will talk about the theatre, her involvement with it and the importance of retaining the theatre and youth drama.

This Friends of Finchley Youth Theatre meeting is open to all and will start at 8.15pm at the theatre at 142 High Road, East Finchley N2. For more information contact Roger Chapman, Chair of Friends of Finchley Youth Theatre on 07855 304 488.

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Police warning on fake charity collectors

By Janet Maitland

It is estimated that £147 million is lost to charities through fraud each year. Police campaign Project Killdeer is raising public awareness that some of the people collecting money on the street are not working for charities at all, but for commercial organisations.

Police advise you to check that the charity collector's bucket or tin is sealed and that it displays the name of the charity. The collector should also have written authority from the charity and a police permit. If they don't have a police permit, they're committing an offence.

If you see the same person collecting on the street for the same charity more than once a month, they probably don't have a permit. Each charity is only allowed to collect once a

year in any given local authority area.

To find out more, go to the police website www.met.police.uk/charities, which also covers other types of charity fundraising, such as house-to-house collections and clothing collections. But the main police advice, in a nutshell, is that if you're not sure, for any reason, that the person collecting is genuine, don't donate anything. Then if you do want to give to the charity send them your donation directly.

Share a meal with the Casserole Club

By Culainn Shanahan

Casserole Club is a new free food sharing project which connects those who love cooking and want to meet more people in their area to others who would appreciate having a home cooked meal delivered by a friendly neighbour. At the moment diners are usually over the age of 75. Volunteer cooks sign up online via our website www.casseroleclub.com where they go through our safeguarding process including a criminal records check and food safety questionnaire. They are then invited to get in touch with a local diner who has the same food preferences, using us as a mediator.

After this initial message, phone numbers are exchanged, and a meal share is organised between the cook and diner, while keeping us in the loop. Usually the cook delivers this meal to the diner's home. Diners are usually signed up through a referral and are also able to get in touch with us directly via Hello@casseroleclub.com or by phone on 020 3475 5471. Then, usually, we meet them in person to make sure they understand and feel safe with Casserole Club. We only ask for one meal share to take place initially between a cook and a diner. After this has happened we speak to both of them to see if they would like another to take place, if they would like to meet someone else or if Casserole Club isn't for them. Although we're new to Barnet, we've already gathered con-

siderable support across the borough and are constantly looking for new ways to sign up new cooks and diners to the project. See more on Facebook. com/CasseroleClub



The Archer Academy students settle into their new uniforms. Photo courtesy The Archer Academy

New uniforms around East Finchley

From this month, we'll see a new set of uniforms around as the first pupils start at the Archer Academy in Beaumont Close, behind the tube station.

The Archer Academy uniform was designed in collaboration with parents and teachers to be smart, distinctive, practical, simple and inclusive. First day of term is 9 September so when you see these blazers around, you'll know where they belong.

WisP: your voice and your choice

WisP stands for Wishes and Preferences. Most people have strong views about what they want and what they don't want, but when it comes to death and dying it's not always easy to think or talk about, especially with our loved ones. So we often leave it too late to discuss and make plans.

Gentle Dusk and Advocacy in Barnet have trained a small army of volunteers to help local people discuss their wishes and preferences, and to support them to put plans in place. These plans can involve any, or all, of the following: your future care and support; registering as an organ donor; telling your loved ones your wishes; making a will; organising a Power of Attorney; and recording funeral wishes.

WisP volunteers will support individuals in the general public, GP patients, and residents of care homes. They can also help community organisations by delivering workshops, making presentations, convening group discussions, or raising awareness at community and special events.

This is a free, confidential and independent service for all Barnet organisations and

individuals.

If you would like to find out more, to book a WisP workshop, or to refer an individual for one to one support, please contact: WisP (Advocacy in Barnet), The One Stop Shop, 4-5 The Concourse, Grahame Park, London NW9 5XB. Tel: 020 8201 3415 Fax: 020 8205 3618. Email: admin@advocacyinbarnet.org.uk. Website: www.advocacyinbarnet.org.uk

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New sixth form centre at Wren Academy

By Daniella Ekundayo

Wren Academy, a Church of England secondary school based in Finchley, opened its doors to students just five years ago. The Academy has now opened its sixth form centre, following its completion in late 2012.

The Academy has been branded and endorsed by its history of "Outstanding" Ofsted reports. Huge progress in moulding the Wren's sixth form and its curriculum into meeting the high standards of its reputation is already under way.

The new sixth form will offer places to 300 students, a total of 150 students in Year 12 and 13, inclusive of existing Wren pupils and those coming in from other schools.

The sixth form centre is noted as the F-block, which ties in with all the alphabetically named buildings on the school

grounds, and is just a few metres away from the school field.

Year 11 students were given opportunities to play a part in forming the new sixth form, including conducting surveys for other students to take part in, leading assemblies, informing and promoting the sixth form and the design process, in line with Wren's specialism in design and the built environment.

The block was blessed and opened by the Bishop of London last November and the new sixth formers are moving in this month.

Twilight walk

Women are being urged to take part in a new charity walk in aid of North London Hospice. The Twilight Walk on Saturday 21 September will see participants set off from Finchley Rugby Club, in Summers Lane, at 6pm to cover a seven-mile circular route.

Walkers will head towards East Finchley, up East End Road, along Regents Park Road before passing North London Hospice, in Woodside Avenue, where they can light a candle in celebration of someone special before returning to the rugby club. Hospice Director of fundraising Robin Langrishe said: "This is an opportunity for friends and families to get together and have fun while making a huge difference to their local hospice." Registration is £20 per person and each participant is required to raise a minimum of £30 sponsorship. Each walker will be given a free pair of star head boppers. Anyone over the age of 16 can register now for the Twilight Walk by visiting the hospice's website www.north-londonhospice.org or calling 020 8446 2288.

Chorus to back walkers

Rock Chorus North Finchley will be kick-starting the Twilight Walk with fun and uplifting songs to entertain and energise the walkers. Rock Chorus was formed in September 2009 by acclaimed singer/songwriter Lauren Field.

Choir leader Odette Adams said: "The North London Hospice is a charity that is very important to the local members of the North Finchley Rock Chorus choir and we look forward to supporting it on many future events". Rock Chorus North Finchley rehearse every Thursday evening at The Trinity Church Centre, 15 Nether Street, North Finchley, N12 7NN from 8pm to 9.30pm. New members are welcomed at any time. To arrange a free taster session call 01582 668211 or go to www.rockchorus.com and click on 'taster session'.

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Esme and friends in Nigeria.

Esme's eye-opening experience in Nigeria

Gap-year student Esme Girling, from East Finchley, spent three months volunteering in rural Nigeria. Here she writes about her first-hand experience of working on a development programme and the benefits of volunteering.

The idea of spending three months working in a village in south east Nigeria was a daunting one. I was working in a rural community called Akwa Ikot Effanga, which is a small agricultural village, just a few houses stretched along a road with very basic school and health facilities. The water and electricity supplies are poor and sporadic.

One of the focuses of my team was the primary school, where we resurfaced the floors of two classrooms, bought sleeping mats and provided new plastic chairs and tables for the creche. We also commissioned a local carpenter to build more work benches for

the overcrowded classrooms.

It was shocking and eye-opening to realise that, although the village was full of little children, so few of them went on to finish primary school. School is not obligatory in Nigeria and many families do not send their children. Often, parents in the countryside want their children to work instead.

I went to Nigeria as part of the International Citizen Service, the government-funded scheme for 18 to 25-year-olds, and joined a programme run by Voluntary Service Overseas.

VSO emphasises the need for volunteers to integrate as much as possible with the local community. I lived with a host

family and the programme employed Nigerian as well as UK volunteers. It means I have formed some really strong friendships with Nigerians my age.

Volunteering in Nigeria was an amazing challenge. Getting to know a country and culture so different from my own has definitely changed my perspective on the world, and I now feel more capable of dealing with anything life throws at me.

If you are interested in getting involved with International Citizen Service, the website is www.volunteers.org. The VSO website is www.vso.org.uk.

End of term at The Institute

By Daphne Chamberlain

The Institute's annual Art and Design Catwalk was this year billed as the Ultimate Fashion Show, which of course had some significance. With only pottery, sculpture, stained glass, flower arranging, woodwork, and some evening classes remaining at the Arts Centre (now in the Archer Academy), future shows will presumably be held in The Institute's new home at Bishop Douglass School. It was upbeat, though, with theatrical staging, an enthusiastic audience and a certain amount of attitude.

These catwalk shows are always worth attending, with a wide range of designs and models showing something to appeal to most people. My one quibble this time was that the photographers' flashlights were quite dazzling.

The annual Art Foundation show is also worth seeing. The fine art, ceramics, bookbinding and furniture restoration had some very interesting items this year. I particularly liked Fiona Grainger's recreation of her mother's home town in Ireland. Why were there no cars in this town? Because they were removed the day before market day, when the cattle walked the streets. There was no explanation provided for Lynda Cook's painting of "Autumn", which has haunted me ever since. A vivid, autumnal-coloured fox, backed by grey, shadowy figures... Sinister.

Watch out for both shows next year.

From July, The Institute's office and enrolment desk have been at Bishop Douglass School. Term starts on Monday 16 September, with three-day workshops in Pottery and Summer Warm Glass, both at the Academy, 9-11 September.

For details of all upcoming courses, call 020 8829 4229, drop in to Bishop Douglass School, or visit www.hgsi.ac.uk.

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- ⊙ **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
- ⊙ **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.



From left: Chloe Meredith from Ambitious for Autism, Joyce Tomlinson, Dennis Healy and Sainsbury's store manager Richard Bannister.

Ambitious for Autism

Eye brows raised in admiration for Dennis Healy: not the politician, but one of the workforce at Sainsbury's, Muswell Hill. He raised £440 for Ambitious for Autism by completing a BUPA-sponsored 10k run in Green Park. Though running at the height of the heatwave, he recorded a time of just 44 minutes.

What Matters

By Dennis Evans

This is what matters:

Watching the world wake up,
in early morning light;
and late night silence.

Looking, unobserved, at a blackbird in the garden;
a friend at my table sharing a meal.

Questions from my grandchildren,
and being shown a special box containing their treasures.

Singing with friends.

Listening to the sick and bewildered.

Gardening in the depth of winter,

wrapped against the cold.

(I used to think that neighbours thought me silly)

Weeping; moved by the plight
of the dispossessed and suffering.

Sitting in my favourite café drinking coffee,
watching the world go by.

Talking to babies.

Sharing my experience with young people.

Joking with friends.

Being taken to a place that words cannot describe
when listening to the Egmont overture.

And hearing a poem in my head that wants to be written.

Men inspired to cook

Fun cookery courses from Age UK Barnet are being set up for men over 55. The idea is that they'll have a handful of nutritious and delicious dishes they can knock up with ease.

"We'll start with simple recipes and, as participants gain in confidence, they'll learn to experiment with different ingredients," says Age UK Barnet's Karen Williamson. "In a nutshell, we'll add a few twists to classic dishes."

Age UK have run cookery clubs for men in other parts of the country and they've been hugely successful. "Some men are caring for their spouses and need to cook for the first time; others simply want to pick up a few skills," says Karen. "Participants learn to like cooking and the camaraderie means many keep in touch after the course."

Age UK Barnet's first course will start in October (date to be decided) at the Ann Owens Centre, Oak Lane, N2 8LT. The aim is to keep costs low so participants will only have to pay for the cost of the ingredients. If you or anyone you know is interested in this or future courses, please contact Karen Williamson on 020 8150 0967 or email eatwell@ageukbarnet.org.uk.

Don't get scammed on the phone

By Janet Maitland

Did you see the police poster campaign about the phone scam that's tricked hundreds of people into tapping their PIN into their phones and then handing over their card to a courier because they think they are following instructions from their bank?

Scam mark one

In case you didn't, the trick works because the police officer who calls you to tell you there's a problem with your bank card doesn't hang up when you do. And he isn't a police officer. So when you phone your bank to sort out the problem, you are in fact speaking to accomplices of the fake policeman, who has the technical know-how to create fake dialing and ring tones on your still-open line.

You probably think you're too savvy to fall for anything like this, but think again because there's a brand new version.

Scam mark two

Here's how it works. Someone calls you and says they are from 'Visa Card Services'. There's a problem with your card apparently, so you're asked to ring the number on the back of your bank card. Your bank tells you that your card has been cloned at a particular ATM, one that you know you recently used. They also confirm your address.

Now that your confidence has been gained, you believe it when you're told that the cloned card has already been used, especially as they can give you precise details of where and when. You key in your PIN when asked

so that the card can be blocked immediately, and when the courier from the bank arrives you hand it over at the front door so that the chip can be analysed.

The bank even helpfully rings you a few minutes before the courier is due to give you the car's registration number. But the bank is not a bank. And the person at the 'bank' you spoke to only knows the ATM you used, and your address, because he watched you use the machine with his accomplice and then followed you home.

If you ever get this kind of call, hang up and ring the police from a different phone. Remember that real police, banks and credit card companies will *never* ask you for your PIN or ask to collect your card.

Society talks

The Finchley Society holds its next meeting at 8pm on 26 September at Martin Primary School.

The programme will include '100 years of Martin Primary School' as well as 'Finchley Outward Bound', a slideshow presentation of a walk from East Finchley along the disused railway line to Ally Pally.

KALASHNIKOV KULTUR

By Ricky Savage, the voice of social irresponsibility

Cost of Coffee

It's that time of year again, a time when the Morning Mule claims that exams are getting easier, the sun's getting hotter and we're about to be swamped by East European foxes coming over here to eat our leftover kebabs. And now someone with a degree in frightening people says that drinking coffee doubles your chance of dying.

Someone has discovered that anyone under 55 who drinks more than four cups of coffee a day is in serious trouble and will die from a heart attack, stroke, cancer or general purpose weirdness far faster than tea drinkers. It's the sort of news that causes the PG Tips chimps to celebrate with an extra cuppa over the final proof that tea has won. Or is it?

Well, there may be a lifestyle reason for the rapid demise of the Starbucks generation. The mad scientists have discovered that coffee drinkers smoke more, drink more, take more mind expanding drugs, drive faster, sleep less and probably have more sex. All of which sounds pretty good to me. They've also found out that coffee is addictive, which makes it another drug for me to add to my collection. It's probably why half the episodes of *Friends* were set in the local coffee shop.

That brings us back to Starbucks. And from there the only place to go is back to the beginning. And that means Southern Arabia and the 15th century when someone first had the bright idea to start cultivating it.

Within 200 years the stuff had made it to Europe; London got its first coffee shop in 1654, about 325 years before Seattle got its first Starbucks. And coffee was the rebel brew, associated with political opponents, poets and, well, café society. Eventually it made its way to America and the rest is more about cowboys and beans than cool and edgy bohemia.

It was the Italians who gave us coffee as we know it. They invented the espresso machine in 1945 without which there would have been no 2is coffee bar in Old Compton Street and British rock'n'roll would have had to have been born somewhere else. I might not recommend drink, drugs and rock'n'roll insanity to anyone, but they've always worked for me, especially when washed down with a double espresso.

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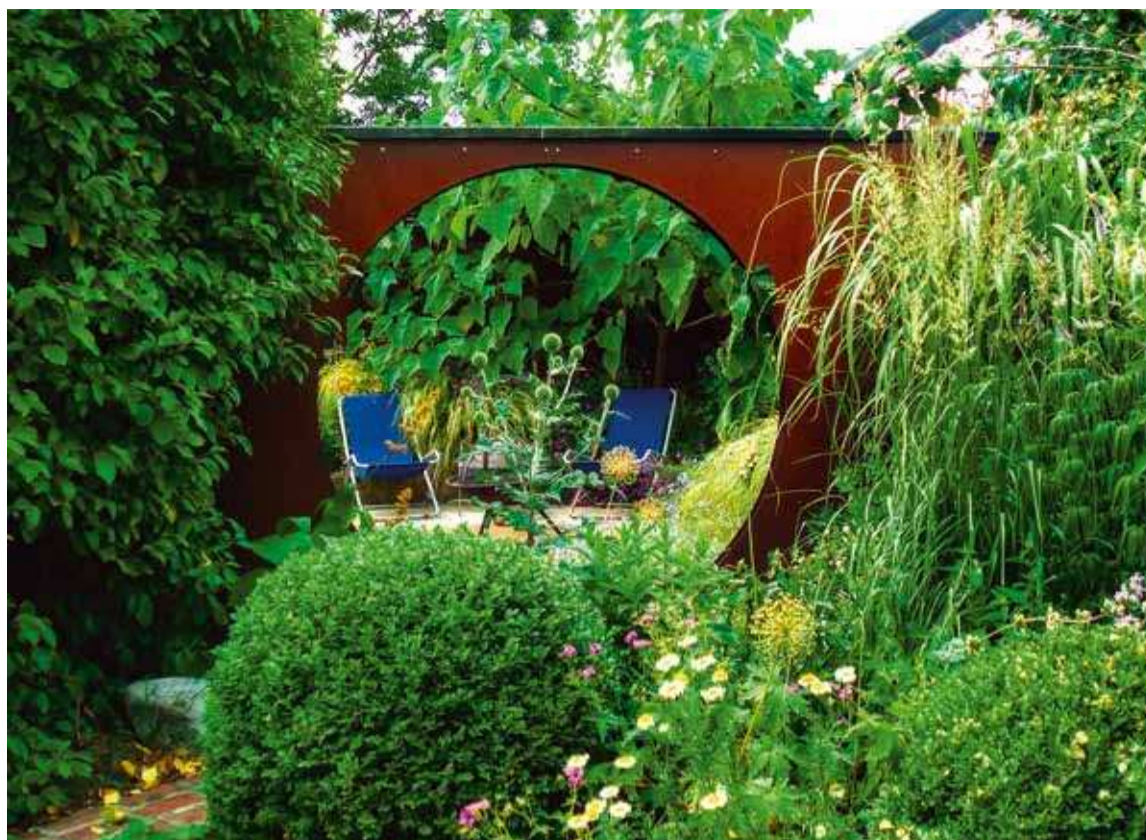
- **Badminton** Weds eves 8-10pm all abilities, contact George 8349 0170 or John 8444 7163.
- **East Finchley Flyers running club**, Tuesdays 7pm at the tube station, 7k run and socialising. Nick 07593 361134.
- **Finchley & Hornsey Ramblers Group** Call Vivien 8883 8190
- **Glebelands Indoor Bowls Club**, 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.
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- **Art Classes**. Call Henry on 8888 5133.
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- **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



Moon Gate in Summerlee Avenue. Photo: Susan Bennett

Henry Wimborne, 1916 – 2013

One of the founders of the East Finchley Advice Service has died at the age of 96. Henry Wimborne set up the Church Lane drop-in advice service more than 20 years ago as part of a team of lawyers who believed passionately that people without money deserved to be helped with legal problems and properly represented.

Mr Wimborne moved to East Finchley in the 1980s and lived in Huntingdon Road with his wife Agnes, a renowned textile designer. They married in 1943 and were approaching their 70th wedding anniversary.

Politically active throughout his life, although never a politician, Mr Wimborne was a member of the Communist Party during his student days at Cambridge. He left the party later and started his working life as a teacher, spending 12 years in Ghana, before returning to Britain and switching careers to become a legal aid lawyer.

During his years in East Finchley, he was a member of the Green Party and was active as a Labour Party member. He was a horse rider, wrote poetry and was a lifelong supporter of Arsenal, regularly watching them at home at Highbury.

Born in Kilburn, his parents came from Poland and Russia. He and Agnes spent time living in Jamaica, and made homes in Hampstead and other spots across London before settling

in Huntingdon Road, N2.

Matthew, one of their two sons, said his father was a very caring and outgoing person who made friends easily. He said: "He was very strong in his own opinions and, politically,

a lot of things made him angry but he had a caring philosophy towards others and it's a shame he never became a politician himself. I have only fond memories of him."

September at the Phoenix

By Cassie Birtwistle of the Phoenix Cinema

The beginning of autumn always brings a bounty of independent film releases after a summer dominated by blockbusters and this year is no exception. We start the month with three main features including From up on Poppy Hill, the newest from Studio Ghibli (the makers of Spirited Away). That same week we'll be showing Shane Caruth's new film, Upstream Color, a hypnotic picture about memory and identity from a visionary director.

Starting on 6 September we have Paolo Sorrentino's Palme d'Or-nominated film, *The Great Beauty*. Sorrentino gives us a picture of contemporary Rome through the eyes of an ageing playboy played by Toni Servillo. From there we move to a great American indie, *In a World*, which is written by, directed by and stars the über-talented Lake Bell. Hilarious and astute, the film follows Carol, a young woman trying to make it in the male-dominated world of voice-over acting.

Finally, the last two weeks of September bring the much-anticipated *Diana*, about the final years and secret loves of the Princess of Wales. Directed by the acclaimed Oliver Hirschbiegel (*Downfall*) and starring Naomi Watts it's sure to be the must-see film of September.

On 3 September we have a special screening of *The Moo Man*. Shot over four years, the film follows a dairy farmer who makes the bold decision to turn his back on the increasingly unprofitable business of supplying supermarkets and instead stay small and keep his close relationship with his herd. A regular at the Muswell Hill farmer's market, Stephen Hook, the Moo Man himself, will be at the Phoenix for a Q&A with director Andy Heathcote following the screening. For more information on these and other events in September visit our website www.phoenixcinema.co.uk.

What's On...

Saturday 7 September

• **Spiders, Bees and Bugs** day at Long Lane Pasture, which is now alive with grasshoppers, spiders and other creatures. Come and see the pasture on Long Lane, opposite the fire station.

Sunday 8 September

• **Muswell Hill Festival in Cherry Tree Wood**; a day of family fun including a donkey derby, dog show, arts, crafts, games and plenty of food and drink, 12-6pm, free entry.

• **Live music at East Finchley Methodist Church**, 7.30pm. Schubert, Strauss, Greaves, De Falla, Kreutzer, McCabe, Gershwin. Free admission. Collection in aid of St Luke's Hospice, Plymouth.

• **Just the Two of Us**: Barry Steele presents his all-live spectacular multi-media tribute to **The Big O**, featuring classic Roy Orbison hits from the 60s to the 80s, 8pm, The Radlett Centre, Watling Street, Radlett, WD7 8HL. Tickets £29.50 in aid of Noah's

Ark Children's Hospice. Contact Brian Kirsch on 020 8736 4080.

Saturday 14 September

• **Launch of the third issue of N2 Poetry magazine**, East Finchley Methodist Church, High Road, N2, from 7pm. Entrance £5 includes a free copy of the magazine.

Sunday 15 September

• **Jazz Voices at The Clissold Arms**, 105 Fortis Green, East Finchley, N2 from 8pm. Admission £5. Jazz Voices are a new amateur singing trio, emerging from jazz singing classes taught at The Institute in East Finchley by established jazz singers and teachers Sara Mitra and Brigitte Beraha. They specialise in singing from 'the great popular songbook', mostly American, but also Brazilian and European, and some jazz vocal standards. Any profit made from this event will be donated to The MS Society.

Monday 16 September

• **Folk and country music** from Teyr, Three

Deuces, Sweet Tacquinas at the second Hill Country Folk evening, 7.30pm, Birchwood Hall, 170 Fortis Green Road, Muswell Hill. Tickets £5 sold at on the door from 7pm.

Saturday 21 September

• **Baby Jumble at Holy Trinity Church hall**, Church Lane, N2; bring good quality baby and children's items to sell on the day and keep the profits. Family fun with a free baby sensory taster session, a talk on babies' sleep, vintage music, tea, cakes and face painting. Tables £25. More information from www.babyjumble.com

• **Twilight Walk in aid of North London Hospice**; all women invited to join this circular walk around Barnet. Walk with family, friends and colleagues. Registration just £20. Call 020 8446 2288 for more details.

Thursday 26 September

• **The Finchley Society** holds its next meeting at 8pm at Martin Primary School, High Road, N2. Programme includes '100

Behind the garden gate

By Susan Bennett

My role as Assistant County Organiser in the National Garden Scheme, raising money for seven charities, has involved me in the quest to discover new gardens of interest and quality. Readers will be pleased to learn that East Finchley is not to be outdone by other areas.

Opening for the first time, in tandem with old hands Edwina and Nigel Roberts, who have transformed their recently acquired neighbouring garden in Summerlee Avenue with breathtaking verve and creativity, is Society of Garden Designers member Ana Sanchez.

Ana reveals her talents through a bold Moon Gate. A strong sustainable ethos informs her use of materials and her thought provoking planting can shift our perceptions.

These two gardens are open on Sunday 8 September at: 58 Summerlee Avenue, N2 (new) from 2-7pm, with home-made teas; and 64 Summerlee Avenue, N2, from 2-7pm. Combined entry to both gardens is £4.50, individual admission £3, children free. Visit www.ngs.org.uk/gardens-to-visit.aspx

E-mail your listings to: the-archer@lineone.net

years of Martin Primary School' by Roger Chapman; update from Peter Marsh on a new plaque for East Finchley; 'Finchley Outward Bound' – slideshow presentation of a walk from East Finchley along the disused railway line to 'Ally Pally' by Mike Gee. Non-members most welcome, admission £2.

Tuesday 1 October

• **Barnet Older People's Assembly** holds its biannual event at Hendon Town Hall, 10am-3pm. Celebrate the achievements and contributions that older people make to society. Speakers and health promotion for the over-50s will be part of the day.

Saturday 5 October

• **Confections** perform old time music hall favourites and songs from the 1920s and 1930s, St Mary's Church Hall, 279 High Road, N2. Tickets £8 and £7 concessions (including refreshments) from 020 8440 2817 or on the door. All proceeds to St Mary's.

**Letters to the editor...****Council created this mess**

Dear Editor,

On 18 July a Conservative councillor tweeted "Cabinet meeting tonight. Officers need to identify achievable savings of £15million by April 2014....There is always a consequence". It is my belief that this was a reference to the recent Court of Appeal case brought by Maria Nash in respect of her judicial review of Barnet Council's decision to out-source 75% of the Council to Capita without first conducting a consultation, as they were legally obliged to do. This certainly is a grave consequence, but I think we need to be clear where the responsibility for this mess lies. The judge at first instance, Lord Justice Underhill, made a finding of fact that there had been no consultation whatsoever. However, he found that her challenge had been brought too late, because she had challenged the wrong decision within the chain of decisions leading up to this point. The Court of Appeal will decide whether Lord Justice Underhill was right in law to make that judgement. But one fact remains, the Council acted unlawfully by not holding a consultation. They knew they had to, they said they would in their papers. They chose not to. That is maladministration. I think it is important to consider who is responsible for the difficult situation the Council now finds itself in. In my view the responsibility does not lie with Mrs Nash, the Barnet resident who appealed to the Court to uphold her legal rights and prevent maladministration, breach of the law, and an abuse of power (for judicial review is always about abuse of power). She was perfectly entitled to ask for her civil rights to be upheld; arguably it was her civic duty. The responsibility lies squarely with the Council and the Councillors who chose to spend the best part of £10million of council taxpayers money on their implementation partners, Agilysys/IMPower, and their lawyers, Trowers and Hamlin, pursuing a policy which they knew they needed to consult on, but who chose to ignore that legal responsibility. There is always a consequence, whatever the outcome in the Court of Appeal, and it is the result of the unlawful action of the Council, not the woman who chose to challenge it.

Yours faithfully,
Julia Hines

Address supplied

Who has space for three bins?

Dear Editor,

I recently received a leaflet from the council concerning the new recycling arrangements. I am extremely pleased that Barnet now sees fit to include more plastics in the scope of their recycling collection.

I note that Barnet Council maintains it is currently recycling 33% of its household waste which is exactly the same percentage as two years ago when they advised me that they were focussing efforts on getting people to recycle more food waste. To my knowledge there has been no campaign to get people to recycle more food waste and I fail to see how an additional brown bin will help matters.

I already recycle food waste into my green bin so it is of no benefit to me at all to be required to separate garden waste from food waste. It is all

compostable material so why do they need to be separated? If people do not have a garden, by all means introduce a food waste bin for them but those of us who do have gardens neither need nor want two bins.

Furthermore has any consideration been given into where residents are supposed to keep all these bins? As of October I will have to find space for three full size wheellie bins (green, black & blue) plus a smaller brown bin which may or may not have wheels and a seven-litre kitchen caddy. I live in a mid-terraced house with limited outside space at the front and NO side access whilst my kitchen does not have excess space for additional bins. I also doubt I am the only resident with this problem. I am a great believer in recycling but am disappointed in the council's approach as it is not helpful to residents, is inconsistent and I believe, not cost effective.

Yours faithfully,
Catherine Johnson,
By email**Folk on the hill**

Folk and country music lovers should make a beeline for the next Hill Country Folk evening when there will be music from local singers and bands including Teyr, Three Deuces and Sweet on Monday 16 September from 7.30pm to 10.30pm in Birchwood Hall, 170 Fortis Green Road, Muswell Hill.

Tickets cost £5 and will be sold at the door from 7pm. There will be a bar for drinks but no food except crisps. Donations this time will go to the Noah's Arks Children's Hospice which serves the communities of Barnet, Camden, Enfield, Haringey and Islington. For more information email wendysykes@btconnect.com.

Yoga cured my reflux

By Amy Fielding, Hatha Yoga teacher

In 2007, while studying theatre and performance at university, I started coughing a lot and friends noticed that my singing voice had got quite weak.

My GP diagnosed possible asthma and gave me an inhaler; I used it for a couple of months but it did not help in the slightest.

He referred me to a private ear, nose and throat specialist who asked me all sorts of bizarre questions, including did I wake with a metal taste in my mouth and did I suffer from wind, to all of which, quite embarrassingly, I could say yes.

He then said: "I think you have acid reflux, which means you have an excess of acid in your stomach that is agitated by food and stress and overnight will make your throat red raw."

His advice was for me to start the strongest acid reflux medication so I lived with pills and watched my diet carefully.

Six months later

During all this time I had been practising yoga on and off and was loving it. I practised at least three times a week and realised after about half a year that my body had completely changed. I'm not necessarily talking about my figure, even though that had also changed. I mean that I was eating and not suffering at all. I was barely coughing, never hiccupped and had not suffered from any stomach aches in a very long time.

I am now a qualified yoga teacher, furthering my practice to become a British Wheel of Yoga teacher and practising

every day, along with teaching four times a week. I have not touched medication since 2010. My singing voice is now back to what it used to be and I can eat pretty much anything. Yoga has given me many benefits, but curing my acid reflux has been the most marvellous result.

I teach privately and have a group class at Millfield House, Millfield Arts Centre, Silver Street, Edmonton, N18, on Wednesdays from 7.30-9pm.

Any reader who feels strongly about any matter is invited to use this "Soapbox" column.

Please note that opinions expressed are those of the writer alone.

**Runners of the world, unite!**

By Victoria Davenport

As many runners begin to think about starting their training for the NYC and other autumn marathons, their thoughts might be turning to the Boston Marathon, and its significance for runners all over the world. For anyone running in a big-city marathon this year there is bound to be anxiety mixed with excitement, particularly in a city such as New York.

The atmosphere at the London Marathon a week later was electric. The minute of silence before the start had everyone holding back tears and trying to run all at once.

What happened in Boston affected runners in a way that might have been a surprise: out of nowhere came a feeling of shock for the runners, shock for the families, but also a sense of resolve. While this might apply to all sports, there is something about running, and particularly a marathon, that generates a different feeling, perhaps because the large ones include the plain folk like you and me who just get out there and do this crazy thing for whatever reason, with no hope of reward or recognition, and our friends and families who get out there with us too.

The outrage about Boston was not only at the violence and waste of life, it was the attack on something that is innocent of any political, religious or racial intent or purpose. Runners run for all kinds of reasons, but not to express their political or religious views.

While many will be feeling anxious about running the NYC marathon (it is the first major US marathon after Boston), it is also a chance to show that not only are we not intimidated by the craziness of the world, but that we refuse to let go of what running really means, a positive expression of life, a desire to help others and reaffirm what is so easily lost these days: hope.

As one person said: "If you start losing hope in mankind, go and watch a marathon." Or, as someone else said thousands of years ago: "Strive on heedlessly."

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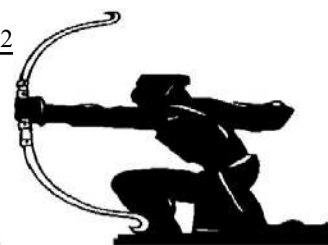
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Ella's son and his twin sisters. Photo courtesy of Dr Ella Rachamim.

Double trouble? Help is at hand

By Cathy Young

We are all aware of the recent baby boom but is East Finchley in the grip of an increase in multiple births? It's said that there are four sets of twins in Creighton Avenue alone.

"I used to be a celeb in the park for having twins," says Dr Ella Rachamim, "but now it's rare for me not to see another set of twins whilst out and about."

Ella, a local paediatrician, is aware of the joys and pitfalls of having twins; for a start there is twice the likelihood that the mother may suffer from post-natal depression. She runs antenatal classes for prospective parents tailored to both single and multiple births. These include advice and support from a midwife, physiotherapist, breastfeeding counsellor and a maternity nurse.

Parenting in the round
"We focus on more than just the birth," she says. "We cover topics like practical parenting, basic first aid, dealing with crying babies and issues around emotional support and post-natal depression. We look at all aspects of feeding, not just breast feeding."

As well as these courses, Ella offers free online resources about local health and childcare professionals, support groups and organisations.

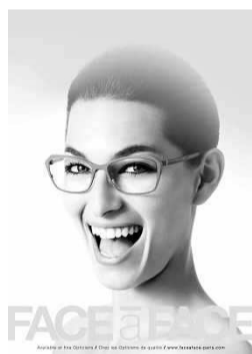
Her own experiences as a mother of a toddler and twin girls led her to set up her courses, supporting all prospective parents whether expecting single or multiple births. She has strong links with the Whittington, Royal Free and Barnet hospitals and is on the committee of the Finchley Twins Club.

Her next set of courses starts on Sunday 13 October (two Sundays and two weekday evenings) and cost £290 per couple. And if you happen to be another set of parents-to-be of twins, there is a special full day programme for you on Saturday 21 September. For further details see www.bereadytoparent.com or contact ella@bereadytoparent.com or 07977 939721.

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Be part of this year's Christmas Festival

By Diana Cormack

Last December East Finchley's first Christmas Festival took place on the High Road and it was a resounding success. Some stallholders ran out of stock, shops and eating places saw an increase in trade and the many seasonal activities and entertainment provided were much enjoyed. In addition, £1,500 was raised for local charities.

Even the weather was perfect, bringing a holiday atmosphere to the thousands who came. In fact, it was the weather which brought about this new festival, since the annual East Finchley Community Festival had been cancelled in the summer because Cherry Tree Wood field was waterlogged.

It was hard to believe that such a successful event had been organised in only a few weeks by the East Finchley Community Trust and a group of volunteers.

Now you have the chance to get involved in this year's

Christmas Festival, due to take place on Saturday 7 December. Bring your ideas and suggestions to the Barracuda Café, 118 High Road at 6.30pm on Wednesdays. Local businesses are especially welcome to come along and contribute to something which could well help their Christmas trade. The next meeting is on Wednesday 4 September and thereafter fortnightly. Fund raising this year will be in aid of children's charities yet to be chosen.

Call 07983 360 834 or visit www.iloven2.co.uk/ for more information.

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