



The kiosk in Cherry Tree Wood has re-opened whilst the pavilion cafe development is held up. Photo Mike Coles

Work stops on pavilion

At the time of writing, building work to renovate the pavilion in Cherry Tree Wood has come to a halt. Plans to turn it into a coffee bar are on hold as damage and deterioration resulting from thirty years of abandonment are proving to be a greater problem than first envisaged. Efforts to maintain the original structure and design could be enormously expensive and time consuming.

However, park users are able to get food and drink because the kiosk by the tennis courts is open again. It is being run by Pepe while he waits for developments in his plans to refurbish the pavilion.

To view the plans visit the planning applications section of www.barnet.gov.uk and search planning reference F/02410/13.

Kiosk in the park, see Letters, page 11

At your convenience

The toilets in Cherry Tree Wood have been undergoing renovation, much to the relief of park users. In recent weeks there have been several complaints about the loos being locked.

Hopefully the work will soon be finished and the facilities will be up and running in time for the East Finchley Community Festival.

Cake and company

By Sippy Azizollah

May 10 was World Lupus Day so I arranged a Coffee and Cake morning at The Five Bells pub in East End Road. I had asked my supporters to bake a cake or biscuits to share and I was absolutely thrilled with the turn out. There were 13 guests around the table welcoming two new members to the North London Lupus Group.

I love these meetings as it really helps to talk about the condition and share thoughts and ideas to help us cope with day to day problems. Thank you to all who came, and a huge thank you to Five Bells manager Trudy for letting us hold our event, and for her time, raffle prize and help to make the morning so special.

I drew the raffle at the end of the morning, and I'm glad everyone won a prize. We raised £100 which is fantastic! Thank you everybody, your cakes were delicious!

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Michael manages marathon despite injury

By Diana Cormack

Despite picking up an injury in his final training session, Michael Michaeloudis went ahead with his run in the Virgin London Marathon on 13 April.

He struggled through the final stages but managed to complete the course in a commendable time of just over four hours. Michael, of Lynmouth Road, N2 was running to raise money for the charity Leonard Cheshire Disability which cares for his close friend Nik (*THE ARCHER*, February 2014). He would like to thank all those who supported him with their donations. Family, friends and the local community contributed to an impressive total of £3,068.

KALASHNIKOV KULTUR

By Ricky Savage, the voice of social irresponsibility

Unconscious coupling

I always reckoned that when the going got seriously weird the weird turned pro, but that was before I discovered conscious uncoupling. Now I realise I was wrong. I have seen the light at the end of the tunnel and know that it is an approaching train of unconsciousness.

Back when Gwyneth was a film star and Chris was in the most unrock'n'roll band in London they discovered conscious coupling. They even discovered that if you did it often enough you could make babies and call them after the contents of your fruit bowl. But the moment they headed for California you just knew that weirdness was going to take over.

And guess what, it has and now they've decided to weird out the English language. So, now is the time not to turn pro, but to reach for the vital ingredients of modern life; drink, drugs and insanity and turn being odd into an art form.

Weirdness is what California does, it has given us blue sky thinking and deferred success. OK, so blue sky thinking means coming up with something so insane that only the completely deranged would believe it and pass it off as inspiration. Like issuing a statement on your Facebook page announcing that you've decided to consciously uncouple from your marriage. And deferred success? Simple, when it comes to [personal relationship issues] everyone outside the sunshine state of mind calls it being dumped.

But we are on the West Coast and out there words have turned wacky. Now we know you don't meet someone, fall into bed, fall in love, fall out of love and split up. Now we know that you consciously couple, have a blue sky moment (a good name for your second child), have relationship issues and finally consciously uncouple. It all sounds far too clean for anyone who likes things sordid.

What I want to know is if unconscious coupling is something bizarrely tantric or a drunken romp after the kind of party you drink to forget? And does unconscious uncoupling mean being too out to lunch to notice you've been dumped? And what does that say about Coldplay's new record? We are professionals, we should be told.

Marmite might help sick foxes

By Daphne Chamberlain

We all know how common and how bold the urban fox is becoming. Last month I saw one enjoying a mid-evening stroll along a busy road in Holloway.

Love them or hate them, they are beautiful animals, but not when they develop mange. Sarcoptal mange is a horrible and ultimately fatal condition caused by parasites burrowing into the skin. It affects dogs and other mammals too.

If your local fox is obviously sick, you can contact the National Fox Welfare Society. This is a charity which has been active for more than 20 years. It sends bottles of healing drops to be added to food free of charge (around 300 to 400 bottles a month). In very severe cases, the society also arranges for cage traps.

Sometimes though, the fox (or your dog) may have dry hair and hair loss because of unsaturated fat or vitamin deficiency. In these cases, a teaspoonful of sunflower oil, fresh liver and/or a sprinkling of vitamin powder or "stress powder" from pet shops can do the trick. Alternatively,

just put down some Marmite sandwiches.

All this information, plus much more, comes from the website of the National Fox Welfare Society www.nfws.org.uk.

Health and wellbeing

Barnet Senior Citizens Assembly is holding a Health and Wellbeing event which is open to all on 10 June from 10.30am to 3pm at Hendon Town Hall.

Topics under discussion will be your GP and changes to healthcare in Barnet, how your pharmacist can help with healthcare, how to keep your brain active, and special services for heart attack, stroke and dementia sufferers and their carers.

Stars at the Proms

Proms at St Jude's, the music and literary festival in Hampstead Garden Suburb, opens on Saturday 21 June. From Bernstein and Sondheim to Mozart and Schubert; from *La Boheme* to *The Lark Ascending* there are nine days of concerts to suit all tastes. Among the big names are Endellion String Quartet, violinist Tasmin Little and soprano Lesley Garrett.

You can enjoy a literary weekend with reminiscences from Edna O'Brien, journalistic secrets from Lynn Barber and crises of identity from Sathnam Sanghera. There are free lunch-time recitals and concerts for kids. For those who want to be active there are eight guided heritage walks in and around Hampstead Garden Suburb, one especially aimed at families with children.

This is the 22nd year of the festival which runs from 21-29 June at Henrietta Barnett School and St Jude-on-the-Hill church. The festival raises funds for the North London Hospice and for Toynbee Hall which helps socially excluded young people. Online booking at www.promsatstjudes.org.uk. Telephone booking on 020 3322 8123.

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