



YOUNG ARCHER



Behind the mic: The Radio Rithmik crew get ready to broadcast.

Radio station tunes in to young voices

By Aisha Khan

A radio station is giving young people the chance to have their voices heard and create shows that are tuned in to their age group.

Radio Rithmik is a project run by Barnet Youth Services and is based at Canada Villa Youth Centre, close to the Barnet Copthall sports centre. Young 'radioheads' meet there every Tuesday evening during term time to create entertaining and informative shows, covering a range of topics from culture to history.

They work together as a team and get a chance to experience the many different roles in professional radio, such as producing, researching or managing the shows.

Manager Mark Vargeson said: "Giving young people an opportunity to express themselves creatively is really important for us as a youth service, particularly for young people who don't feel comfortable discussing their issues or challenges in a one-to-one environment."

"Complete mix" works

Billing itself as 'Barnet's first and only voice for young people on radio', the project is led by Marcus Day, who comes from a DJ and music production background. He helped to create it with support from the Camden Roundhouse, who supplied funding for equipment and also valuable training.

He explained that there is a "complete mix" of kids attending the centre, adding: "It's probably a group of young people that wouldn't even look at one another at school or become friends or talk but here, they're completely submerged in music, collaborating, talking and sharing ideas."

Fifteen-year-old Naomi Zeidman, Radio Rithmik's station manager, said: "During my time at Radio Rithmik I have seen

eye-opening, valuable skills that will stay with me. I have learnt to work well with a team as well as essential ways to manage a team."

Diary details

The Canada Villa centre is one of the last few youth centres in Barnet and provision is free. On Mondays from 5pm to 8pm a drop in is open to all young people aged 13-19 and up to 25 for those with special educational needs. A core team comes in every Tuesday and works on the radio shows

and, on Wednesdays, alternative education is provided at the centre during the day, coordinating 12-week creative media courses with a final qualification.

Find Radio Rithmik on Mixcloud and follow them on Twitter and Facebook @RadioRithmik. If you are interested in joining for production or radio sessions contact Marcus at rathmik@gmail.com.



**All Saints' Church, Durham Road,
East Finchley
Church of England**

**Sunday mass at 10.00 a.m.
Weekday masses at 10.00 a.m.
(11.00 a.m. on Wednesdays during term time)
(Coffee served after mass on Sunday and Thursday)**

**Join us on
Saturday 10 November
10.00 a.m. to 4.00 p.m.
for an Open Day
with lots of opportunities for all the family to
explore our heritage
and on
Sunday 2 December at 6.30 p.m.
for "Advent Praise!"
A candlelight service of Advent carols and readings
(followed by refreshments)**

The Parish has a *flourishing* social life.

Contact the Vicar, Fr Christopher Hardy,
on 020 8883 9315.

All Saints' also has a strong musical tradition and an
enthusiastic choir.
New singers are always welcome.

<http://www.allsaints-eastfinchley.org.uk>

Brownie first aid training pays off

Nine-year-old Olivia Sulenski put the first aid skills she'd learned as a Brownie to good use when she and her mother came across an accident victim. The pair were on their way home after dark from a Girlguiding meeting when they saw what looked like a man passed out at the foot of the stairs into Stephens House in East End Road.

Olivia, a member of 8th West Finchley Brownies, remembered her Safe Space training and said that one of them should maintain a distance and be ready to call for help before investigating further.

Her mum Jacqueline, a trained first aider, found the man was barely conscious and badly hurt. Meanwhile, Olivia found his lost glasses, phone and hearing aid by using the torch on her mother's mobile phone.

The injured man had been due to give a talk at Stephens House that evening and the staff there responded quickly to the situation, providing first aid and calling for an ambulance. He was discharged from hospital

after treatment for a head wound and other injuries.

"It is reassuring to see the values taught in Girlguiding being used to benefit the community," said Jacqueline.

Brownies keep busy

There is a regular Thursday meeting of 4th East Finchley Brownies for seven to 10-year-olds at St Mary's Church Hall, High Road, N2. Some East Finchley girls, like Olivia, belong to groups outside N2 but all the groups belong to the Finchley family of Brownies and Rainbows so often travel to shared meetings and events. Volunteers are always needed to help run the groups. Find out more at girlguiding.org.uk.

A night when you could be naughty

By Diana Cormack

Many people believe that *trick or treat* is an American import which has taken over some of our British traditions. However, it seems that those who migrated from here to America over the years may have taken with them some types of *trick...* but without the *treat*.

When I was a little girl I remember taking part in Mischief Night. If you google this you will find that there were special times dating from way back when people could play tricks on each other. They had different names in different parts of the country, but were found more in the north.

We were living in Yorkshire where, on 4 November, youngsters would go out intending to do something naughty. Perhaps some did nasty things, but we only had a bit of fun like knocking on doors and running away or tying opposite door knobs together so people couldn't open them. Other children were more inventive with eggs, paint, water, syrup and suchlike being put to mischievous uses.

Causing havoc

Various explanations have been given as to how such nights came about. I was led to believe that in Yorkshire it all went back to Guy Fawkes, who was discovered the night before he prepared to blow up Parliament on 5 November.

Guy was a Yorkshireman and, to show their feelings about his treatment, people there rampaged around causing havoc on the anniversary of his arrest. The damage they used to do gradually morphed into a gentler Mischief Night.

Hallowe'en and all that goes with it nowadays overshadows other traditions to do with Bonfire Night and Guy Fawkes, but I like to think that the *trick* part of *trick or treat* originated here and is now back in a different form.

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in N2 on **TUESDAYS** and **THURSDAYS** at 10am



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