

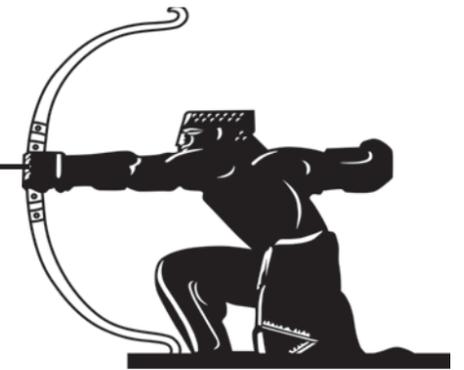


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The Archer

Local News is our Aim



November 2020 No. 319

A community newspaper for East Finchley run entirely by volunteers.



We should be so lucky

Double rainbows are traditionally seen as a sign of new beginnings and good fortune so let's hope that these two that appeared dramatically against dark and brooding skies over a sunlit High Road on Thursday 15 October are omens of luck and renewal for East Finchley in these difficult times. Unfortunately, they weren't too lucky for our production editor Alison Roberts. Moments after taking this photo, there was a sudden downpour and she got absolutely drenched.

Phoenix reopening thwarted

Staff at the Phoenix Cinema have been forced to postpone plans to welcome back filmgoers in the first week of November by the return of lockdown. Nick Cave's Alexandra Palace concert film, called *Idiot Prayer*, had been due to open on Thursday 5 November. The cinema is now back on hold until the situation changes. For the latest information, visit the cinema's website at www.phoenixcinema.co.uk



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Park project is given £22,000 to start work

By David Melsome

The Friends of Cherry Tree Wood have secured a £20,000 cash grant to roll out a raft of much-needed improvements to the park. The award was agreed in full by Barnet Council after 12 months of work by the Friends group.

surface' between the Summerlee Avenue entrance and the rear gate of the children's playground, an area that is currently very worn and in places prone to be a mud bath, and improve drainage around the noticeboard.

To enhance the flora and fauna of the park, the Friends

is looking for volunteers (no experience necessary) to work on the new flower beds and already-planted community orchard. To get involved, email: friendsofcherrytreewood@gmail.com

Tennis and basketball courts

September's issue of *The Archer* reported on the poor state of the tennis and basketball courts in the park. The Friends say a significant capital investment and possibly a big community fundraising push may be required to bring them back to a good condition. They are in discussions with Barnet Council and are appealing for anyone with fundraising skills to contact Roger Chapman on 07855 304488 or by emailing roger.chapman99@btinternet.com



In further good news, an additional £2,000 funding has been awarded to the Friends by innovation foundation Nesta for taking part in the Parks Community Empowerment programme.

The cash will be used to support a series of small-scale but vital improvements to the facilities in Cherry Tree Wood, which has been valued more than ever by local visitors this year as a place to exercise, relax and enjoy nature. The Friends plan to provide three new dual litter bins, a new noticeboard and, near the kiosk, a water fountain that can be used by people and dogs. They will lay a new 'granular

want to design and implement a nature trail for under 10s, refurbish two raised flower beds near the kiosk, plant a willow area to produce crop for basket weaving and purchase a bat monitor.

Roger Chapman, chair of the Friends, thanked local Councillors Alison Moore and Arjun Mitra for their support in promoting the bid and Councillors Hutton and Ryde who also spoke in favour of it at the Finchley and Golders Green Area Committee.

Can you help?

The Friends are appealing for help with their social media content. And the new Cherry Tree Wood Gardeners Group

Shots fired at moving car

By Janet Maitland
A gun was fired at a car going down Coppetts Road N10 on Sunday 4 October. The driver crashed into a row of parked cars but fortunately wasn't hurt.

Police were called at approximately 9.35pm to reports of a road traffic collision and firearms discharge on Coppetts Road. There were no injuries and no arrests. Enquiries into the circumstances continue.

Anyone with any information that could help police is asked to contact 101 or tweet @MetCC and quote reference no CAD6659/4Oct. Alternatively, call the independent charity Crimestoppers on 0800 55 111 if you want to remain anonymous.

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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 – December: 13 November January: 11 December
February: 15 January

Cash help to make your idea come true

Community grants are available for a second year to people and organisations in East Finchley who have innovative ideas that will have a positive impact on the area. Following on from the success of last year's pilot, the Grange Big Local project is opening applications for its 2020-2021 Community Grants programme from Monday 16 November until Monday 7 December.

There are two kinds of grants available: the Community Chest Fund of up to £500 for local residents and the Main Grants Fund of up to £10,000 for local organisations.

So, if you have an idea for a project that could benefit the community, this could be the way to make it happen. The only criteria are that the projects must be inclusive and accessible to all, as well as specifically benefiting residents living in the Grange Big Local area, which is bordered by the High Road, the North Circular, East End Road, and Church Lane, N2.

Grange Big Local are on the hunt for projects that can bring

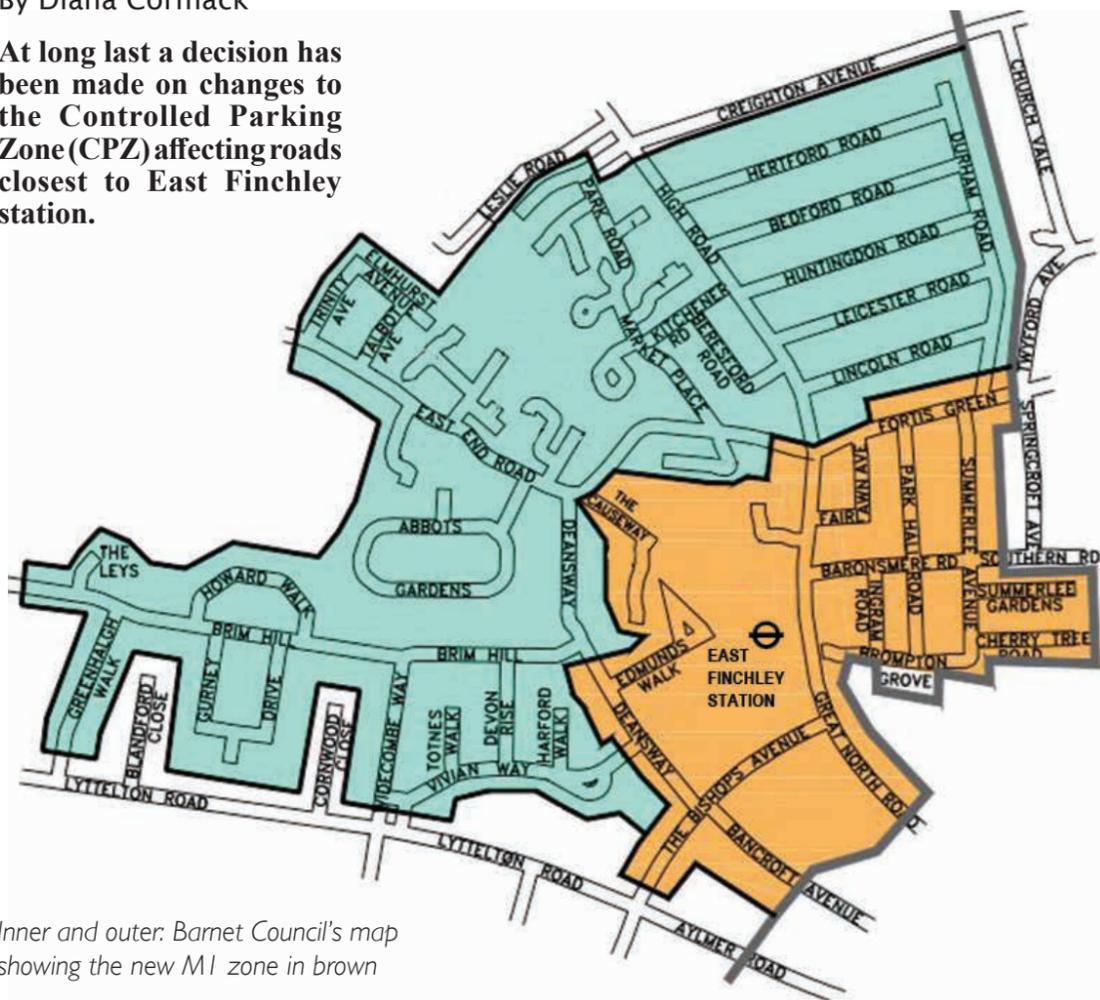
the community together, such as arts and crafts activities, grass-roots cooking clubs, language and reading groups, community gardening and environmental projects, mental health and wellness provision, youth projects and mentoring schemes, after school clubs and holiday activities, support networks or community get-togethers.

The application form and more information can be found on the Grange Big Local website at www.grangebiglocal.org. Alternatively, you can get in touch at info@grangebiglocal.org or call them on 020 3857 9492 ext. 0237.

Parking zone changes given the go-ahead

By Diana Cormack

At long last a decision has been made on changes to the Controlled Parking Zone (CPZ) affecting roads closest to East Finchley station.



Inner and outer: Barnet Council's map showing the new M1 zone in brown

Residents bordering on Cherry Tree Wood and around The Causeway and Edmunds Walk have long been subject to commuters from outer areas of the present 'M' zone leaving cars parked outside their homes all day.

A Barnet Council consultation last December, as reported in *The Archer*, proposed a new 'M1' zone inside the present M zone, as per the map.

Last month the Finchley and Golders Green Area Committee were unanimously in favour of this change. The new M1 zone will operate from 10am to 6.30pm, Monday to Saturday, thus restricting parking there to people who live inside the

zone and leaving motorists from elsewhere in the wider M zone with a little further to walk. It was claimed at the meeting that the CPZ changes will mean a fairer distribution of parking for local residents with a pleasanter environment and maybe some reduction in pollution.

During lockdown those living near the station have experienced what life can be

like without commuter parking and many, though not all, will be looking forward to it being permanent.

A statement on the area committee's notes says that "the implementation will be carried out as soon as practicable". Although as yet there is no timescale, a sum of £15,000 has been approved to cover costs such as changes in signage.

Desperate appeal by school in debt

Brookland Junior School is appealing for help from the community in East Finchley to fill a massive hole in its budget after a difficult year.

The non-denominational school for girls and boys aged seven to 11, in Hill Top, NW11, takes the majority of its pupils from the N2 area. Its Parents Association has started a fundraising appeal after the extra costs of the Covid-19 situation and unexpected emergency works left it with a budget deficit of £46,000.

"There is literally nothing left to cut in the budget

this year," said association member Abi Sambasivan. "We are therefore trying to raise as much as possible to maintain the 'outstanding' educational experience provided by this local community school." They acknowledge that these are difficult times for many people but ask for any donations, however small, to be made to www.justgiving.com/crowdfunding/brookland-juniorschool

PLANNING APPLICATIONS

Barnet Council

55 Abbots Gardens, N2

First-floor side extension. Part single, part two-storey rear extension. Roof extension, including one side and two rear dormer windows. Amendments include alterations to garage window and parapet.

10 Baronsmere Road, N2

Rear infill extension. Single-storey rear extension. New tiled roof over existing conservatory and new extension.

83 Durham Road, N2

Roof extension, including rear dormer with French doors and Juliet balcony, and three front rooflights.

2 Elmfield Road, N2

Roof extension, involving rear dormer window and two front rooflights, and single-storey side

and rear infill extension.

102B Hertford Road, N2

Roof extension, including partial raising of front roof ridge, with hip to gable end on both sides, one rear dormer window and two front rooflights.

O/s 52, 85 and 127 High Rd, N2

Replacement of existing advertising display and one internally illuminated paper advertising display.

3 King Street Mews, N2

Submission of details of conditions 5 and 6 (refuse and recycling) pursuant to planning permission dated 28/06/19.

2 Leicester Road, N2

New window at first floor level to gable wall.

Prospect Ring, N2

Submission of details of condition 34a (play equipment) pursuant to

planning permission.

20 Trinity Road, N2

Single-storey side infill extension. Demolition and rebuild of utility room.

Haringey Council

14-37 Aylmer Parade, N2

Demolition of nine existing garages to rear of Aylmer Parade, and erection of four part two/part three-storey townhouses with associated parking and roof terraces.

3 Beech Drive, N2

Certificate of lawfulness for proposed conversion of garage into habitable space, and associated alterations to garage door.

76-78 Great North Road, N2

Plans to meet conditions to amend design and layout of rear dwelling house approved under reference HGY/2019/0714.

East Finchley Baptist Church

We meet each Sunday for worship at 10.30 am. If you would like to join us please go to our website for further details. All welcome.

For more information please contact the Church Office
Email: office@eastfinchleybc.org.uk
www.eastfinchleybc.org.uk



Crowd feeding: Chef Giuseppe Sollo and his partner Silvia Mazzetto are heading a project to provide meals to children who would otherwise go hungry over the school holidays. Photo Mike Coles

Chef cooks up group of volunteers to feed children

By Ruth Anders

After a bid to extend free school meals to children over the October half term was voted down by MPs, East Finchley resident Giuseppe Sollo took footballer Marcus Rashford's statement that "the superstars of this nation lie in local communities" as his inspiration.

Working as a chef in the House of Commons himself and knowing how much food is wasted as a result of health and safety regulations, Giuseppe was spurred to action to make sure youngsters in need didn't go hungry.

"I want to support local children," he told *The Archer*. "I can cook, so I know I can help East Finchley kids who need feeding during school holidays. But I need help to do it."

His initiative prompted an avalanche of responses via the East Finchley Community Facebook group and on Saturday 24 October Giuseppe met a dozen volunteers outside Amici Delicatessen in the High Road, N2.

Long-term support

Giuseppe, under the auspices of East Finchley Neighbourhood Support group (formerly East Finchley Covid-19 Support group) has now teamed up with local chef, Viola Slod-

inska and is forging links with local food banks, schools and religious organisations in order to get meals to anyone who needs them. He hopes his initiative will continue as a long-term project to provide support as long as there is a need.

You can join the team of volunteers or find out how to support the project at www.Facebook.com/groups/EastFinchleyNeighbourhoodSupport

Future of library secured

By David Gritten

After years of uncertainty, the future of Muswell Hill Library finally seems assured. The library, which dates back to 1931, is to remain at its present location, a charming Grade II listed building on Queens Avenue, N10, and work will now be done to upgrade it.

Charlotte Pomery, Haringey Council's assistant director for commissioning, told *The Archer*: "The council is investing around £545,000 on work to improve the library. The works will result in better accessibility, technology upgrades, new furniture and a much-improved customer experience.

"Haringey remains absolutely committed to Muswell Hill Library and to keeping it at its present site, as this huge

investment demonstrates."

This announcement signals the end of a four-year period of uncertainty, during which time Haringey considered moving the library to a site in Muswell Hill Road close to the roundabout.

That plan angered local residents, 2,000 of whom formed the group Friends of Muswell Hill Library to oppose it. The group's chair George Danker recalls: "It was a dark, dingy

place with a low ceiling, no space for parking, and near one of London's steepest hills. Not all the library's users have fantastic mobility. It was inappropriate."

Mr. Danker is convinced Haringey's investment could greatly enhance the Queens Avenue site; he believes a lift to its upper floor would be a good start. And he is pleased by the sum of money being proposed: "It would be brilliant. The building could be there for the next 80 or 90 years. That would do the job."

Huge frustration at 'rushed' cycle lanes on High Road

By John Lawrence

The introduction of two short stretches of bus lane, together with the new cycle lanes along either side of the High Road in East Finchley, has created huge traffic tailbacks at peak hours and robbed shops of precious parking spaces, leaving motorists and traders in despair.

Work began in September and carried on through October, creating dedicated but intermittent cycle lanes in both directions between the North Circular Road and The Bishops Avenue, some defined by a painted blue surface, some cordoned off with bollards.

On the positive side, pedestrians and cyclists have welcomed the accompanying introduction of a 20mph zone for large parts of the High Road, and the lanes themselves make cycling safer in places, although they are not continuous, forcing cyclists to move in and out of the traffic at pinch points.

and pedestrian islands along the High Road have been radically altered to accommodate the new lanes. Hard-pressed shopkeepers along the High Road have seen loading bays outside their premises removed.

Pareesh Shah, who runs C W Andrew Pharmacy, told a meeting of the N2United business network: "Not everyone who uses East Finchley shops and services is local and the easiest way for them to reach us is by car. We could end up losing these customers, putting more strain on businesses during an already ridiculously difficult period."



View from the top deck: A small stretch of bus lane between East Finchley station and the Fortis Green/East End Road junction is causing long tailbacks on the northbound approach.

Impact on traffic and parking

However, drivers heading into East Finchley up the Great North Road from Highgate during peak hours now find themselves sitting in a massive queue of traffic stretching south from the Fortis Green junction to the A1 junction because the previous two lanes of traffic have been funneled into one to make room for a dedicated bus and cycle lane.

Many people are angry at the way the scheme has been implemented, with comments on the East Finchley Facebook page labelling it as "rushed", "confusing" and "dangerous".

Street markings, pavements

Consultation

Barnet Council chose East Finchley to trial the cycle lane scheme for 18 months after receiving time-limited funding from the government. East Finchley councillor Alison Moore told the same meeting that, while backing the scheme in principle, she was frustrated by the lack of consultation with the community.

Cllr Moore pointed out that the council will be obliged to consult fully before deciding whether to make the scheme permanent, and asked people to continue to send their comments to her and her fellow East Finchley councillors.

Council response

The Archer asked Barnet Council why there had been no proper consultation over the scheme and how it would decide whether to keep it in place after 18 months. We also asked for their response to the loss of parking spaces and the rise in traffic congestion. Despite repeated requests, at the time of going to press we had received no answers.

See Letters, page 11.

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Book shop turns gallery for paintings of nature

A fabulous series of delicate and well-observed watercolours depicting nuts, berries and leaves that can be found on woodland walks appeared in the window of Black Gull Books in the High Road last month. Owner Chris Overfield gave exhibition space to the work of local artist Andrea Tierney, who said: "I was so happy to collaborate with Black Gull Books on an exhibition, a real one, not merely online."

Andrea had painted items she had picked up during walks in the park or on days by the sea. "My pockets are always bulging with found woodland treasures and my bag is heavy with stones collected by the seashore," she said.

In her studio she lays them out, photographs them and sets about painting. "I guess the reason why I collect these things is because they speak to me. When I paint, I deepen my knowledge of them, understand their significance. To paint means more than creating a



Treasures: Andrea Tierney at Black Gull books. Photo Mike Coles

thing of beauty, it's establishing its value, its importance, its place in the world and my relationship to it."

Andrea came to London from Austria in her 20s and has lived and worked here ever since. She trained in Fine Art and Painting at the Academy of Fine Arts in Vienna, where she

was a student in the masterclass of one of Austria's foremost painters, Anton Lehmden. In her 50s, she joined Central Saint Martins College for Art and Design on a course in textile design and print.

Find out more at www.andreatierneydesign.com and on Instagram @andreatierneydesign

Wedding guests party on pavement after being barred from pub

By Janet Maitland

What started as a booking at the Clissold Arms on Fortis Green, N2, for two tables for six for a wedding reception, ended with police forcing about 80 people to leave the premises.

"At around 5pm on October 12th the first group of six arrived and we immediately realised they were from the travelling



Litter-strewn: The morning after at the Clissold Arms

community so we refused them service and asked them to leave," said manager Kyri Pattichi.

"We know from previous experience and from feedback from other pubs that once you let these people in, they take over, refuse to leave and do as they please, hence we refused them service and called the police.

"They must have called friends because by 5.45pm there were around 20 men sitting in the garden with their own drinks and around 10 women inside refusing to leave."

Four officers arrived and managed to move the women to the garden area, advising the staff to lock all the doors and turn off the outdoor lights and heaters.

Escalating problem

However, by 8pm the number of travellers had grown to 'around 80 people' and the police were called again. This time the police closed the garden gate and refused entry to other people who were still arriving.

"By 10pm the police had managed to get everyone out of the garden and we locked the garden gate," said Pattichi.

"However, they congregated on the pavement outside and despite the heavy rain they stayed there until around 2am.

"This incident was out of our control and something that we could not foresee beforehand. They are not our customers and they are not welcome and we told them so on the night."

A police spokesperson told *The Archer* that a group of men were reported to have been asked to leave the pub after consuming their own alcohol on the premises. "Officers attended and the group left. There were no arrests," said the spokesperson.

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SAFER NEIGHBOURHOODS

LOCAL POLICE, LOCAL KNOWLEDGE

Jan Lovell, of the East Finchley Safer Neighbourhood Team, updates us on the latest crime news. Jan and the team can be contacted by email at: EastFinchley.snt@met.police.uk, or by phone on 020 7161 9014. Follow the team on Twitter @MPSEastFinchley.

Catalytic converters

Unfortunately East Finchley has seen an increase in thefts of catalytic converters from motor vehicles. The most vulnerable are Toyota Prius and Honda Jazz models as they have a higher road clearance or a converter that is easy and quick to remove. It is hard to protect your vehicle from these thefts, which can be completed in less than five minutes.

There are now on the market, however, more affordable alarms and shields that can be fitted to vehicles, including the Catlock and the CatClamp®. These do not come cheap at £200-£300 but the cost of a new converter, repair and fitting is close to £1,000.

The Met police are working with scrap yards and metal dealers to prevent the onward sale of stolen converters. It's an offence that could see them closed down.

Covid testing scam

"Good afternoon, I'm calling from the NHS track and trace service. According to our system, you are likely to have been in close proximity to someone who has tested positive for Covid-19. This means that you now need to self-isolate for seven days and take a Covid-19 test."

A call which starts this way may not be suspicious but if the caller goes on to ask for payment to send you a testing kit you should terminate the conversation with immediate effect.

Covid testing through the NHS is free but scammers are trying to extract £50 from victims who may have come nowhere near the virus. Never hand over any payment information, no matter how plausible the caller sounds.

Big night in for another brick in the wall

In our report last month on the Finchley Foodbank, which operates from the parish halls of St Mary's Church in East Finchley, we mentioned the additional battle to raise money to repair the church's all-important boundary wall. Separating the car park from the High Road, it is splitting and leaning, and repairs will cost in the region of £30,000.

As for so many other charities, organisations and individuals, Covid-19 has drastically hit St Mary's finances and the church is appealing to the com-



Split personality: The cracked front wall of St Mary's is in urgent need of repair.

munity to help repair the wall by buying a virtual brick or a pile of bricks. Local businesses which buy "a company of bricks" starting at £100 can expect their trades to be promoted in a parish directory circulated weekly to over 400 households.

To help repair the wall by buying a virtual brick, starting at £10 for non-businesses, go to www.virginmoneygiving.com/fund/thewall.

Back to the 70s

St Mary's regularly runs fun events such as its annual seniors' lunch and Christmas Fair. This year, as part of The Wall campaign, and to

thank the community for their donations, they are hosting an online 70s Disco Big Night In, a lip-sync karaoke dance show with eight acts beamed to your living room.

The event will be live streamed on www.saintmarys.online on Saturday 28 November from 6.30pm to 7.30pm. You can vote for your favourite act and send in photos of your 70s outfit (and of the 70s if you were lucky enough to be around then) on the night. You can also send 'groovy' donations at any time by texting WALL to 70970 to donate £5. On the night, total text donations will be announced.



Double break-in leaves café team in despair

By Janet Maitland

Staff and customers at the popular New Local Café on the High Road were left shocked after the business was burgled twice by two different men in the space of just 24 hours.

Both men were filmed walking up and down the High Road outside the café by CCTV cameras next door. In both cases, once they were sure no one was watching, the men broke into the premises, one at 1am on Thursday 15 October and the other at 3am on the 16th.

Damage piled on damage

The first thief brought a heavy object with him in a bag and used it to smash the glass in the front door. Then he kicked the door in and ransacked the place. "He pulled out all the counters and broke our CCTV," said Julie, who has worked at the cafe for many years. "He stole wine,



Burgled twice: New Local Café

beer, chicken, burgers and our cash float, then he just walked out as if he'd done his shopping at Sainsbury's."

The second intruder unearthed one of the bricks keeping the cafe advertising sign outside upright, then used it to shatter the new pane of glass that had been fitted after the first burglary. "He stole our CCTV recording box and our Uber tablet, so now we can't even take delivery orders," said Julie.

Police enquiries are ongoing. Anyone with information is asked to contact police on

101 or tweet @MetCC and quote 861/16OCT. Alternatively, contact the independent charity Crimestoppers on 0800 555 111 if you want to remain anonymous.

Extra pain for small businesses

The burglaries have been a huge blow to the café, which was already suffering because of the pandemic. Nine staff were

reduced to four earlier this year. In addition, they are worried about the effect of the new cycle lane outside the café. Because it is protected by fixed bollards and parking is no longer possible, they are especially concerned about access for their disabled customers.

Also in the High Road, nearby shop Everything Electrical and the Royalty Lounge, on the corner of Leicester Road, have been broken into. "As if small businesses weren't struggling enough," said Jan Lovell from the Safer Neighbourhood Team.

Artists mount outdoor sale up the alley

On the day before the rule of six was imposed in September, two East Finchley artists held an outdoor charity sale in one of the lanes that runs between their houses. Well-known to visitors of the East Finchley Open Houses, Mary Poulter is a basket-maker and Hazel Mason a potter.

"We missed seeing our friends and neighbours in the summer, when the Open House weekends had to be cancelled, so it was lovely to be able to catch up," said Hazel.

The event was held wearing masks, with markers to help observe social distancing, and hand sanitiser available for visitors. No money had to change hands, as visitors simply made their payment to their chosen charity when they got home.

In total the event raised the outstanding sum of £1,390. Visitors chose a host of differ-

ent charities, local ones being popular including the Phoenix Cinema, North London Hospice and the food bank at St Mary's Church. East Finchley printer J G Bryson printed off 500 leaflets for the pair of artists for free.

"Everyone was so supportive and so generous," said Mary, "and we had many messages of thanks afterwards." One happy customer emailed to say: "Thank you for putting on the sale, thereby spreading beautiful items and good deeds around the area!"



Playing outdoors: Kids enjoy a game of Swingball at the Monday Youth Club back in 2019. Photo Mike Coles

Youth club moves into new home for 15th birthday

By Diana Cormack

In October 2005 a new youth club was launched in the Methodist Church hall in the High Road, N2. Instigated by Strawberry Vale resident Maureen Clemetson aided by local mother Maureen Antoinette, it offered young people a range of activities organised by these two ladies and other volunteers.

Maureen Clemetson's passion for providing something for East Finchley youngsters to do, for which she received a Barnet Civic Award, has kept The Monday Club going for 15 years.

During that time the club has been housed in a variety of venues, including outdoor areas

to enable the popular football club to continue. It is now part of The Compton School N12 Powerleague, and Maureen ensures that the teenage players still get a tasty snack of jerk chicken and rice at their Monday night sessions.

She also provides food for The Friday Club, a spin-off from The Monday Club for younger boys and girls. They are unable to meet under present conditions but Maureen continues to prepare food bags for them (*The Archer*, July 2020).

Coming home to Tarling Road

Covid-19 has put paid to her plans for an event where members past and present could mark The Monday Club's 15th anniversary. However, still sad-

dened and angered by the lack of provision locally for young people, Maureen is looking to the future, and has managed to find a new home for them at the new Tarling Road Community Hub.

At the time of writing she was hoping meetings would start for teenagers on Thursday 29 October and for younger members on Friday 30 October. Whenever they are up and running, maybe then they will be able to hold an appropriate celebration.

Double award
Stephens House and Gardens in East End Road, N3, has been awarded a Green Flag for the second time to recognise it as a well-managed park and green space. The venue has also achieved the much-coveted Green Heritage Site Accreditation for management of its historic features.



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Spread the word...

N2 is unique!

By John Lawrence

A spotlight is being shone on the unique shops, cafés and small businesses of East Finchley as part of a campaign to stimulate trade for local enterprises hard hit by the pandemic, particularly in the crucial run-up to Christmas.

The '#N2Unique' campaign will provide a platform for news and information about the growing range of specialist shops, services and entrepreneurs, and encourage East Finchley residents to support them by shopping locally rather than from the dominant online giants.

It's also been conceived partly as a thank you to all the hard working stores and eateries that served the community so well by staying open throughout the lockdown from March to July.

Having re-started our local economy, we need to keep it going and to support all those new businesses, many of them local residents working from home, so they can thrive. "If we keep the positive changes to local shopping habits alive we can avoid small businesses having to close or seeing the loss of local shops, so negative for our neighbourhood."

Throughout November, N2United will be featuring some of East Finchley's unique local shops and makers on



In business: Some of the new and refurbished shops opened recently in N2.

Shop locally

Nick Allan, chair of business network N2United, said: "East Finchley is acknowledged to be a special community of residents, businesses and organisations which saw everyone really pull together and make a real difference during the lockdown, in many cases changing lives. "We want to reinforce that spirit with the continued support of the local community through the #N2Unique campaign.

their social media channels @n2united to provide inspiration for locally sourced seasonal gifts, and will be collating details on their website at www.n2united.co.uk/n2unique.

It's hoped shoppers will use the #N2Unique hash tag to promote the area through social media and use it as a platform or identifier for sharing their own thanks to all those who fed and clothed us and kept us healthy and informed.

Free support for anyone with money worries

The Grange Big Local team is partnering with financial education specialists Money A+E to bring East Finchley residents a free online money management workshop.

Their 90-minute course is called 'Money Know How' and covers budgeting, saving, benefit entitlements and changing money habits for the better. It is targeted to residents of the Grange Big Local area in N2 but others are welcome to attend, subject to available space.

The organisers say at a time when many are struggling financially as a result of lockdown, the course content is designed to be effective at all income levels.

Money A+E trainers have all had their own experience of debt and money issues, meaning

they are in a position to provide empathetic and non-judgemental support during the sessions. Participants are free to share as much or as little information as they like.

Reducing stress

Frederick Limbaya, Money Know How course leader, says: "My money challenges began in 2009. I was living in my overdraft and my money was constantly running out before my next pay day. This meant that my debt was getting out of control.

"I decided that I needed to



Learning curve: Richard Newman has taken over at the Poseidon restaurant. Photo Mike Coles

Catch of the year for new Poseidon owner

By Ellie Franklin

Poseidon has been a familiar sight on the High Road for many years and now it has a new owner. Richard Newman is the man at the helm, with fresh plans to revamp and extend the menu soon.

Richard, who's been in business for more than 30 years, is a north Londoner at heart after living in Hampstead, Highgate, Crouch End and now Muswell Hill. He said that in choosing East Finchley for his first food-based business, location was non-negotiable as he is a single parent with young children.

The restaurant has been renamed Poseidon 2 as a second incarnation, with plans to close in January for a revamp and reopening.

Fresh not frozen

Richard says his restaurant is different from some other fish and chip shops as it buys, prepares, and sells fresh food daily and won't stock any frozen food. "Sometimes we have to tell people we've sold out of one variety of fish as it's all fresh daily," he said.

The Poseidon 2 team make their own sauces and sides,

including tartare and coleslaw, and have got a special fryer that will only be used for vegans. There are plans to extend the menu by offering chicken and chips options, including Korean and Thai-style chicken.

New start

Richard says he's been on a steep learning curve as this is his first restaurant, but he's passionate about the future of Poseidon 2. He didn't work at all in 2019 as one of his sons

was very ill and, just as things were looking up and they were beginning to move on, Covid-19 hit and affected his other business, a tech company.

Having run that for 15 years, most recently with his eldest son, he had been looking for a fresh start. With a final push from his family to go for it and follow his passion for food, he says Poseidon 2 has been the perfect business opportunity.



Positive signs that community centre could open soon

By Janet Maitland

The doors to the new community hub on Tarling Road may be opening very soon. City YMCA have signed a contract with Barnet Council to run the centre and appointed Jon Woolfson, formerly of the area's Grange Big Local regeneration project, as the manager.

"Our vision is that the hub becomes the heart of the community," said Mr Woolfson. "I will work to ensure it is a vibrant well-managed facility that operates within a sustainable framework for the benefit of local residents and organisations."



The Tarling Road Centre: ready and waiting. Photo Jon Woolfson

The contract between the council and City YMCA was about to be signed in February, after 18 months of negotiation, but then lockdown struck, and now the pandemic is surging again. "All activities at the hub will be Covid-compliant, including limiting numbers," said Mr Woolfson. "This is likely to impact on what is possible and we will follow developments closely."

Costs and café still unresolved

A key issue is how to make the centre self-sustaining because the council, who own

the building, cannot fund the running costs. But if rents and service charges are too high, community groups hiring space will find it difficult to offer affordable activities to local people.

We asked what progress had been made to resolve this dilemma. Mr Woolfson said there will be a 'community rate' for space hired out for community use and a 'business rate' for local businesses needing office accommodation. An introductory room hire offer will be available until the end of March 2021.

The council signed direct leases with a nursery and the Somali Bravanese Welfare Association to use space in the hub a few months ago, but all future leases will be between City YMCA and the lessees.

The council's building plans for the centre included a small space for a café. We asked if this was still on the cards. "I have ambition to find a provider of a service that will be suitable for the area but whether this is a café has yet to be established," said Mr Woolfson.

To enquire about hiring space or for more information, call 020 7018 6560, visit www.cityymca.london/tarlingroad or email tarlingroad@cityymca.org

Business network zooms into focus

By Charles Haydn

N2United's 'Business Matters' meeting in October took on a different style, since Covid-19 had put paid to the usual popular physical gathering. With the highest attendance for some time, members joined via video with many new businesses showcasing their products and services and a welcome extended to the new shops.

Chairman Nick Allan opened by thanking all who fed, kept us healthy, entertained or informed during the lockdown, with special thoughts for those who were ill with the virus or had sadly died. There are plans for a wider community thank you in due course.

Traffic lanes and parking

This meeting addressed issues affecting many High Road shops resulting from the new cycle and bus lanes along with changes to parking. Paresh Shah, of CW Andrew Pharmacy, firmly but politely expressed a collective frustration to East Finchley's Councillor Alison Moore, at the lack of planning and consultation with local businesses, saying that lost custom would put further

strain on businesses during an already difficult time.

Cllr Moore expressed sympathy with the challenges, taking time to explain how decisions are reached but acknowledged it perhaps fell short in the design and execution phase as it was pushed through as an "emergency" measure. Barnet Council and TFL intend to work with local communities to ensure plans work for the benefit of everyone.

Other issues

Jon Woolfson, centre manager for the new Tarling Road Community Hub, shared plans to promote its potential as a vibrant and sustainable facility for local residents. Andrew Niewiarowski, of No2PlasticsN2, introduced his group's



Cooking tonight: Sarah with some of her kitchen goodies.

Sarah comes out of the kitchen

By Emma Magnus

Three years after recovering from thyroid cancer, 23-year-old Sarah Berlingieri has launched her own pasta business. Deliziosa, which launched in October, is selling Sarah's homemade pasta and sauces locally.

It showcases traditional Italian shapes like pappardelle and orecchiette, as well as products like Sarah's star spinach and ricotta sauce, which contains her homegrown basil.

Sarah says: "Pasta is something different when it's made from scratch." Whereas most fresh pasta is egg-based, Deliziosa also has a wide range of vegan options, inspired by

Sarah's vegan sister. With a focus on health and sustainability, all packaging is recyclable, reusable and plastic-free.

Deliziosa, Sarah says, is "bringing two of my passions together: sustainability and Italian food." Her products are available for collection from her home on Durham Road, N2, or for local delivery by bicycle.

of food waste, was stronger than ever.

When lockdown hit, Sarah began experimenting with fresh pasta, growing her own herbs and vegetables and drawing on her Italian heritage. Pasta was a big part of her father's childhood. Now, Deliziosa is a means of "connecting to my dad's side of the family."

Sarah has brought together a close-knit, all-female team to work with her on Deliziosa, consisting of Visual Designer Jasmine Samuels and Illustrator Hannah Haine. "I'm really enjoying it", says Sarah. "It's made me feel really happy about what I do day-to-day."

As Deliziosa gets started, Sarah says that her primary aim is for customers to enjoy her products. Longer-term, she hopes to become a regular alternative to dry or store-bought pasta and to expand her brand, maintaining her local, independent and sustainable ethos. "I'm really excited", Sarah says. "I would love to show people more that I can do." For more information visit www.sarahinthekitchen.co.uk



Pasta sauce: Some of the products from Sarah Berlingieri's kitchen

Italian heritage

After graduating and interning with online cooking platform Mob Kitchen, Sarah's desire to work with food, specifically in ways that prioritise independence, connection with the ingredients and avoidance

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Fantasy lands: Richard Butterworth with his new book

How Spike inspired my tribute to a friend

Author Richard Butterworth realised he should write the story of his 30-year friendship with a schoolmate having seen the statue of Spike Milligan in Stephens House and Gardens in East End Road, N3. "My friend had died unexpectedly in his 40s and it hadn't really sunk in," says Richard. "The thing we first found we had in common was our love for anything Spike did and The Goons in particular. We could recite Goon Shows to each other from memory. "One day I jogged past his statue and thought to myself that I should take a selfie with Spike and send it to my friend. Of course I then realised I couldn't, and his loss hit me. So I decided to write our story as a present for his mum, who had outlived him."

King of the Woods

The writing then took over, but Richard, of Manor Park Road, N2, discovered that because he and his friend had inhabited some rather bizarre imaginary fantasy lands, an objective biography wouldn't do their friendship any justice at all, and it became more a collection of linked fairy stories. "I'm very proud of *King of the Woods*," says Richard, who works as a lecturer at Queen Mary University, London. "In some ways it's very per-

sonal, but I hope it'll interest anyone who's had an intense friendship or found surprising fairies and talking foxes at the bottom of their gardens." One of the recurrent themes is the magic to be found in secondhand bookshops. "So," says Richard, "I'm really delighted that it's on sale in Black Gull Books, East Finchley's very own magical bookshop, which we're so lucky to have." He urges readers to buy it there, although it is also for sale on Amazon.



Hand in hand: Holy Trinity Nursery children enjoy their autumn walk

Nature walk for nursery

Holy Trinity Nursery children had fun jumping in muddy puddles and going on a nature walk amongst the autumn leaves last month. The mini outing raised £120 for the Save the Children charity.

A soldier reunited with his mother only after death

By Ruth Anders

Actor Jodie Whittaker is celebrated for her appearances in *Broadchurch* and *Doctor Who*. What was less well known was the moving story of her great uncle Walter and the reason for his being buried in East Finchley Cemetery on East End Road.

Jodie was the subject of the BBC's *Who Do You Think You Are?*, broadcast on Monday 12 October and available on catch-up.

The programme explored the story of John Walter Clements, known as Walter, who was born out of wedlock in 1893 to Jodie's great great grandmother Eliza Clements in Lincolnshire. Eliza married in 1897, had eight more children, and moved with her family to East Finchley, leaving little Walter behind.

War injuries

Aged 21, at the start of the Great War, Walter escaped his lonely life in Lincolnshire by volunteering to be an orderly at Netley, a vast military hospital in Southampton. After a year of challenging duties moving severely injured men to the Netley wards from the hospital ships and ambulance trains arriving from France, he joined up and was sent across the Channel.

A brutal battle involving Walter's regiment, the 10th Hussars, saw him injured and evacuated back to England. He recovered and, although offered the honourable opportunity to stay in Blighty on desk duties, he chose to return to his regiment in France.

Towards the end of the war, Lincolnshire newspaper *The Boston Guardian* reported that Walter was seriously injured



Resting place: The grave of Walter Clements in East Finchley

from a shell wound and hospitalised in Pendleton, Manchester.

Sadly, this time, he failed to recover, dying on 27 April 1918. He was 24.

Bring him home

Jodie and the programme's research team believed his mother Eliza must have finally connected with her son, probably making the train journey north from the family home in Brackenbury Road, N2, and arranging for his body to be brought to East Finchley. A moving moment in the TV programme saw Jodie finally meeting her great uncle at his Commonwealth War Graves Commission graveside in East Finchley Cemetery.



On the pitch: Young players at Kick Action Academy

Football skills... and training for life

KickAction Academy is a new community football organisation based in Finchley that runs training sessions for girls and boys aged four to 15.

Sessions are run by fully qualified FA coach Kafele Morgan, who coaches for various clubs including the Arsenal Development girls' squad.

Kafele set up Kick Action Academy as lockdown began to ease back in June with the support of Young Barnet Foundation. It also runs a football team for boys and girls age 16 to 25, with fitness sessions and games for mums and dads.

Kafele is now looking forward to starting his 'Grow Your Own' project to encourage young children to learn about where their food comes

from, sowing the seeds, watering young plants and eating the fruit and veg they have grown.

He said: "New members, regardless of ability are always welcome. We are not just about football, we are about increasing confidence on and off the pitch for both girls and boys, skills that can be used throughout life."

Training days and times are Tuesdays 4pm -5.15pm, Saturdays and Sundays 10am to 11.30am in North Finchley and other locations. For more details, email Kassfc@outlook.com or call 07985 554838.

School sports plan angers neighbours

A proposal to install floodlights and new sports pitches at Bishop Douglass School in Hamilton Road, N2, has raised objections from many residents living nearby.

The school hopes to lay a new all-weather football pitch and to refurbish its tennis and netball courts and athletics track, making them available for the wider community to hire after school hours and on weekends until as late as 10pm.

Eighty people, many of them residents in nearby roads, have lodged objections to the proposal, saying it will bring added noise, pollution and parking problems to already crowded roads. Four people have written in support of the project, saying East Finchley needs more public sports facilities.

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Could a basic income system work in East Finchley?

By David Melsome

Covid-19 has caused many conventions to be challenged, especially in the new world of furlough payments and government support. With increased job insecurity and financial instability, people are struggling to plan and build a future for themselves and their families, and many are being forced to live hand to mouth. An idea that is being discussed is a system of Universal Basic Income (UBI). Payments, around a proposed £100 a week, would be paid unconditionally to everyone in work or not, without bias of gender, family structure or size of household.

Basic Income meeting

And this was the topic for a community Zoom meeting in East Finchley in October hosted by Michael Pugh, co-founder and director of the Basic Income Conversation, an organisation asking local communities what such a safety net would mean to local people.

There would be no direction given to individuals on how they should spend the money but, for example in East Finchley, it could help address the pressure many private renters have in paying rising housing costs.

UBI has already seen varying levels of success in projects in Finland, the US, Kenya and, closer to home, Hull and Sheffield. Critics of the idea say there can be no such thing as 'free money' and raise concerns about why such a benefit would not be means tested, as CEOs and multi-millionaires would also receive payments.

Local opinions sought

The next step for East Finchley will be consultation with the wider community, to check interest and understand local challenges. Residents are encouraged to share their thoughts about the value of a trial of UBI in East Finchley via email to info@grangebiglocal.org. Barnet Council will also be asked for their backing and support for a trial, as a micro pilot project, cross-party and non-political.

An update on discussions is expected to feature at the next N2United 'Community Matters' meeting on the 12 November. See www.n2united.co.uk for details.

College principal to retire

Sixth form Woodhouse College has announced that its principal, John Rubinstein, will be retiring next year after eight years in the role.

His successor will take over in autumn 2021, shortly after Woodhouse becomes an academy as part of preparations for being a new specialist maths school in partnership with Imperial College London from 2023.

Mr Rubinstein, 60, said: "I have had the most wonderful time at Woodhouse and will be very sad indeed when I get on my bike and pedal home on my final day. But I am leaving at a fantastic time for the college, its staff and students."



New look: Hair stylist Jo Sutherland with her team. Photo Mike Coles

Salon team stand ready to style

By Charles Haydn

It's been a long and winding road for Jo Sutherland from first cutting hair at 16 to being style director at her own expanded salon on East End Road in East Finchley. It was her grandfather Albert Streeter, a fine instrument maker, who encouraged her to learn a trade so she attended the Alan International School of Hairdressing, gaining further accreditation at Vidal Sassoon with a postgraduate diploma.

Finally arrived

Since opening her expanded business, Jo Sutherland Hair, in September next door to her friend Michele, owner of Margot Bakery (whom Jo encouraged to open on East End Road years ago) she has been joined by Paige Dudley, an apprentice of Vidal Sassoon, and Scarlet McRedmond, a Toni & Guy trained stylist.

Jo told *The Archer*: "I love what I do and I want to share my passion with everyone in East Finchley, especially the LGBTQI community which has always been dear to me. I feel I've finally arrived." Find more details at www.jo-sutherland.co.uk where a 20% opening discount is available for a limited time.

Jo's curiosity about life and herself led her to train as an aeronautical engineer, followed by another career shift, qualifying as a barrister. Her other passion is acting which led to her studying drama whilst she continued developing her skills, filming several short plays for stage and television along the way.

Teaching at L'Oreal whilst studying law, she kept her scissors sharp with platform work, demonstrating hair technique and developing her philosophy that "hair should not only look good, it should change your feelings about yourself". This was often captured in her work for photographers as a fashion stylist for magazines and journals.

RICKY SAVAGE ...

"The voice of social irresponsibility"

The young one

Age comes to us all, maybe without added wisdom, but you can't have everything. What you can have when you are a perma-tanned Barbadian who has relocated to live in America is a whole evening on BBC4.

The string of programmes celebrating Cliff Richard's 80th birthday came only a week after a whole weekend memorialising John Lennon on what would have been his 80th so it's compare and contrast time.

Lennon was an icon, maybe a flawed icon, but he was in The Beatles, changed the music world and changed how we thought of rock stars. Cliff didn't, but he has been at it for over 60 years. He's done a lot since bounding onto the scene as a fresh-faced 18-year-old. The problem is that much of it is memorable for the wrong reasons.

Cliff has churned out more than 100 LPs and shifted something like 250 million records. He has had 14 Number 1 singles and is the only singer to have topped the charts in five consecutive decades. Shame you have to wade through a lot of rubbish to find the jewels.

And it all started out so well. *Move It* was Cliff's first single and the first British rock 'n' roll record. He was the British Elvis. Unfortunately it wasn't long before the red hot was replaced with the undercooked as he turned into a middle-of-the-road family entertainer. To make things worse, The Beatles emerged from a Liverpool cellar and took over for the rest of the 1960s.

But the 1970s ended with the new cool, guitar-driven Cliff of *Wired for Sound*. Even America, a place previously immune to him, started noticing. The problem was, as usual, the only way was down and we got Christmas singles, *Heathcliff The Musical* and a slide into irrelevance. The only high spot was the famous impromptu Wimbledon singing in the rain session that forced them to put a roof on Centre Court to stop him doing it again.

And then, just when you were starting to laugh, he got back with The Shadows for a final tour and reminded jaded hacks like me why he was once something special. As John Lennon said: "Before Cliff and The Shadows, there was nothing worth listening to in British music." So, yes, I guess he deserved his birthday special as much as John.

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See you soon.



On stage: Comedian and writer Mark Maier

Stand-up comedy will return to the Stag

By Mark Maier

In my 25-plus years of being a stand-up comedian, I've often heard people say "I don't know how you can stand up on stage and tell jokes." Well, after a six month enforced absence from the job I love, I was beginning to wonder the same myself.

I've travelled the world performing stand-up comedy. From Australia to Dubai, Mumbai to Cape Town, finding places for people to find the funny has never been an issue. And then lockdown. Comedy clubs are closing their doors left, right and centre at a time when, ironically, the country needs to have a laugh.

I live in Muswell Hill and have been running a monthly comedy night for the last ten years in a variety of venues in and around N10. With government guidelines dictating our every move, I am absolutely delighted to have found a new home at The Bald Faced Stag in East Finchley.

Bald Faced Comedy

Our first show back was to a packed house/restaurant, with all

Lockdown limericks

Are you starting to think you can't cope?

Are the ifs and buts wearing down hope?

It's really no trouble To make your own bubble. Just reach out for a big bar of soap.

Daphne Chamberlain

**There was a young lady called Iris,
Who didn't believe in the virus.
She partied and dined
With friends of like mind,
That late lamented girl
Iris.**

Greta Sadur

social distancing and guidelines very much in place. The evening was a tremendous success and I look forward to many more nights of fantastic comedy here, government guidelines permitting.

Our Sunday night shows feature three superb acts and I can promise, with my many years of treading the boards with my fellow comedians, all performers are of an extremely high standard.

Past shows have featured the likes of Stewart Lee, Harry Hill and Alan Davies which is one of the reasons we sell out, month in month out.

Until lockdown returned, the next sell-out show had been due for Sunday 8 November. Book ahead for the show on Sunday 6 December.

The Archer

on the move

The Archer's website is now easier to use on your mobile phone. Our online pages have been redesigned to make it quicker to find important information like contact details and deadlines, and simpler to read our latest edition or search and browse past editions of the newspaper in our archive stretching back to 1993.

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Abigail does a repair job on her own career

By Ruth Anders

This time last year, Durham Road resident Abigail Brambilla could hardly have imagined the avenues down which the Covid-19 pandemic would take her. Fortunately she has the transferable skills to give her a certain degree of flexibility.

Starting life as a shoe designer, Abigail went on to become a design technician in schools. Until lockdown, she worked with local students, teaching them how to make a variety of products in wood, metal and plastic. A new role in a school was due to begin at Easter but the pandemic caused many international students to cancel their attendance, and Abigail's new contract was withdrawn.

A second life for clothes and furniture

Never one to sit on her hands, she thought about what else she might do in the very changed environment, and hit on the idea of launching a new initiative called Tuck, Pin & Repair, offering tailoring advice, clothing alterations and upholstery repairs direct to your door.

Abigail told The Archer: "I'm committed to keeping costs down and I can work with anything from a staple gun to a needle and cotton."

Happy to work with soft furnishings of all descriptions including loose covers and curtains, she has also recently restored an old Parker Knoll chair, sanding the very tired looking timber back to its virgin beech. A new and contemporary looking item has risen phoenix-like from something that many would have taken to the tip.

She's particularly keen on reducing the amount of consumer shopping by helping the local public to "give their clothes and furniture a second life". Passionate about recycling, she admires the achievements of No2PlasticsN2. "We're not doing enough fast enough", she said, adding that "If the dustbin collectors announced that they would no longer collect plastic, cardboard or general waste, our habits would change overnight."

Abigail can be contacted on 07951 268452 or via abigail.brambilla69@gmail.com



Making and mending: Abigail Brambilla

Don't forget to breathe

By Sunnah Rose

The simple breath, often taken for granted, is so important in our everyday lives, but even more so in these challenging times. When we breathe well and deeply our bodies and our health benefit so much.

Good breathing, and by that I mean deep breathing, helps restore diaphragm function and increase lung capacity, which in turn lessen feelings of anxiety and stress and help us to exercise and sleep better.

So how do we breathe better? Below are some short, simple exercises to try at home, sitting upright or lying down with your spine lovely and long.

When you try any of these breathing exercises stay relaxed and don't force anything. If possible practise each for two to three minutes and then spend a few minutes at the end noting how you feel. I enjoy practising with my eyes closed but do what feels right for you.

1. Breathe through the nose: seems simple but apparently over half of us breathe through the mouth. So place your lips together and try to inhale and exhale without force through the nostrils. The nose is designed for our breath and allows more oxygen into our body
2. Inhale 4, Exhale 4: Still breathing through the nostrils and adding a count will help us to start to control the breath. This helps us to lengthen the exhale which is associated with our relax response, as well as helps us to stay focussed. I suggest the count of 4 but if you naturally breathe in for less or more then try making the exhale the same length as the inhale.
3. Inhale 4, Pause 2, Exhale 6: Once you feel comfortable with the breath add a hold at the end of the inhale. This gives the breath time in the lungs and also helps encourage the exhale to lengthen. That's why I have added an extra 2 counts.

Sunnah is a longstanding yoga teacher based in East Finchley. She runs yoga, pregnancy yoga and postnatal yoga classes and one-to-one and private group sessions. For more information on her and her current teaching schedule visit www.stretchingpeople.co.uk



Tony's 'uplifting' new children's book

By Alessio Pavarani

Singer-songwriter and author Tony Andrews is a man of many talents. Not only has he been gigging locally, he also has a new book available to buy titled *Louise and the Laundrette Lady*.

Tony started off trading as a key-cutter, but all the time his true passion was making music. Alongside a friend, he performed weekly in London. His songs were played on radio and he currently has seven available to download on iTunes, with more on the way. He played in Madden's on the High Road, N2, on Sunday 18 October.



Storyteller: Tony Andrews

During a family funeral, he discovered that his great grandfather was Edgar Wallace, one of the original scriptwriters for the 1933 monster movie hit *King Kong*, and this provided the inspiration for his new book, the third he has written. He has even managed to intertwine his

passion for music by creating songs about some of the characters in the book.

Louise and the Laundrette Lady, available now, explores the wild adventures of ten-year-old Louise Buttersky after losing her parents in a freak hot-air-balloon accident. Visiting the local laundrette in a seaside town she encounters eccentric laundrette lady Betty, who turns out to be a wizard's daughter and soon becomes Louise's guardian angel and protector.

As the book develops, we are introduced to more characters who form a dream team in an effort to defeat the evil, whisky-drinking witch Roaring Meg.

Tony says his dyslexia is more of a blessing than a curse as a writer as it forces him to spend more time in his brain, assisting his creativity. He said: "There's a great deal of negativity being passed around at the moment and if anyone wants to delve into something positive and uplifting, my book is the ticket".

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.



Dreams to make you scream

By L C Ward

For as long as I can remember I have had very vivid dreams, often so vivid that I can recall them months later. Occasionally I dream them again and know, whilst dreaming, that it is a repetition.

Since coronavirus, however, there has been a scary change in my night-time mind's activities. It started with me hurling myself out of bed, but I only realised what had happened when I woke up tangled in the duvet, resting against the bedside cabinet.

In the dream I was having, I had been rushing at an intruder trying to force them out of our house. Quite often there are two intruders, one armed, and I manage to slip by them, open the front door to a deserted street and yell for help.

Recently this dream has developed into a variation on the theme that I am about to be attacked, always in the back and usually by someone wielding something sharp like scissors or a knife. Or there is something evil or ghostly behind me which I can't see but know is lurking there, a terrifying threat. As this manifests itself or the physical attack begins, I start to scream and subsequently wake myself up. It takes a while to calm down and to ease my strained throat!

A radio phone-in has just reassured me that I am not the only one with such sleep disturbances. Having decided that Covid-19 is probably the threat manifested in those dreams, I am now trying to reassure myself with that thought whilst I am still dreaming. Apparently this is possible. As I am sometimes able to go back into a dream after being awake for a while, I'm hopeful that I can wake myself up from these dreams before I get to screaming point.

It would be interesting to know if there are readers with similar examples of experiences they believe have been brought about by this present pandemic situation.

Letters



Miniatures: More street paintings appear. Photo Gemma Davidson

Street art

Dear Editor,

I saw your back page article about the small paintings in East Finchley (*The Archer*, October 2020) and thought I'd email. Unfortunately I don't know who the artist is, but back in July I noticed some of them in Finchley Central, opposite Tesco, outside the old Job Centre. I thought they were brilliant and was sorely tempted to take one, but just took some photos instead!

Gemma Davidson,
Address supplied.

A welcome improvement

Dear Editor

As a cyclist, bus rider and pedestrian I would like to say what a marvellous improvement the recent and continuing works on the High Road really are. The removal of parked cars and vans especially near Oak Lane and the 20mph speed limit have made crossing the road safer and created safe space for cycles.

Oh what a joy it is now to cycle north through East Finchley (stopping to do some shopping) in the 20mph zone and down to cross the North Circular on safe cycle lanes. I do hope Barnet Council will make these changes permanent so that people will start cycling to the shops to bring much needed business to our high street.

In these extraordinary times with Covid-19 being a mere side-show to the catastrophe of global warming these improvements are very welcome. And I didn't mention there are also a benefits to buses and peoples' health, life expectancy and well-being! I hope the council is monitoring the beneficial changes.

John Silvertown
Address supplied.

We are left fuming

Dear Editor,

In an age where many of us are more concerned with air qual-

ity it's only right to encourage cycling. However the sweeping changes currently in progress on the High Road are already causing long queues of stationary and slow moving traffic at what would normally be quieter times of the day. We all end up with the resulting fumes to breathe in.

We then have the ripping out of pedestrian safety measures around the popular crossing point of the St Pancras Cemetery and far reduced parking for the businesses we have relied on during the pandemic. As I write the work is on-going and it must come with an extraordinary price tag when there is apparently no money for other vital needs such as school meals.

You do start to wonder if Long Covid is in fact the collective madness descending upon this nation that this heavy-handed scheme is but one of the local symptoms.

Almar Hafliadason
Lankaster Gardens, N2.

Send your correspondence to: "Letters Page" The Archer, PO Box 3699, London N2 2DE or e-mail news@the-archer.co.uk

Letters without verifiable contact addresses will not be printed. Contact details can be withheld on request at publication. We reserve the right to abridge letters for reasons of space.

Don't just drop

Dear Editor,

East Finchley is a lovely community but recently I have noticed a build-up of litter. The tipping point was seeing a face covering tied to a tree. Today, I chose to do my own litter pick along one of the county roads to try and at least clean up my street as a starting point. The majority of the 'big litter' was disposable face coverings, rubber gloves and food packaging.

This took me two hours in total. Unfortunately, less than half an hour since putting my tools away, I pop to Sainsbury's and find another disposable face covering on the floor outside my house. This is not only disheartening after spending two hours cleaning up one street, but it's also not fair on others. Can we all please be conscious of our face coverings and more? I know it's sometimes an accident but, if you drop yours, please pick it up and help us get East Finchley cleaner.

Name and address supplied.

Delivery dos and don'ts

Dear Editor,

I don't know who the army of deliverers *The Archer* newspaper has are, but I'd like to thank them for closing my gate and pushing the paper right through my letter box and not leaving it poking out as a signal to burglars that I may not be in. Perhaps you could hold a training course for other deliverers, other than my fabulous post person, who leave all sorts sticking out of my letterbox, if indeed they make it to the box at all given how many useless adverts litter my garden!

Jonathan Mule,
Address supplied.

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

You are welcome to join us for:

Sunday mass at 10.00 a.m. and Weekday masses as advertised on the website
Face masks must be worn for the time being.

Or join our live-streamed services on our Facebook page:

<https://www.facebook.com/allsaintsef/>

The church is also open for private prayer as advertised on the website.

Prayer requests are gladly accepted.

For more information, contact the Vicar, Fr Ian Chandler, on 020 8883 9315

Email: vicar.saintsabounding@gmail.com

or check out our website:

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

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Team work: The Good Gym volunteers were regular volunteers at Long Lane Pasture this year. It remains open to visitors on Saturdays and most Sundays through the winter. Photo Donald Lyven.

Pasture is perfect for exercise in the fresh air

By Linda Dolata

This has been a strange year, and many of you will have become aware of all the benefits of being outside and taking in the wonder of the natural environment around us.

This has become very apparent at Long Lane Pasture, opposite Finchley Fire Station, where we have had a large numbers of visitors, far more than ever before. Young families especially have dropped in, but also a wide range of people who just want somewhere calm, quiet and pleasant to relax.

The pasture, with its unmanicured copses and meadows, reed-fringed ponds and constant birdsong, butterflies and bees, and of course our famous blackberries in August, has so much to offer, and we have been absolutely delighted to see so many new faces.

A refrain we heard again and again was that visitors had no idea that such a beautiful place existed minutes away from their homes.

Maintaining the balance

All this, however, needs some maintenance to prevent it being overwhelmed by the thuggish brambles and hops, thistles and nettles and vigorous sallows, ashes, and prunus, at the expense of the subtler meadow flowers, shyer grasses, ferns and slow-growing trees.

This constant balance is achieved by a tiny number of volunteers, and sadly we are mostly well over 60 (apologies, Ollie and young Seb), and find some of the physical work too demanding. Many visitors expressed an interest in helping and it is now, at this time of year, that much of the cutting, reaping, and stacking of vegetation has to be done.

So forget the gym and boring



Floral glory: This snakeshead plant is just one of the beautiful inhabitants of the pasture

repetitive exercises, please consider joining us, and benefitting your own physical and mental health at the same time. In present circumstances, it's best to bring your own gloves and secateurs or loppers. We meet at the pasture every Saturday morning from 10am to 12 noon.

Long Lane Pasture entrance is located alongside the North Circular Road, off the pathway that starts on the opposite side of Long Lane to the fire station. We would love to see you, you would be most welcome. If you have any questions, please email: longlanepasture@gmail.com

Calendar for award-winning nature reserve

Long Lane Pasture has once again collected a Green Flag Award. The accolade from the Keep Britain Tidy group for 2020-21 is testament to the dedication of the team of volunteers who have kept the nature reserve in Long Lane, N3, well maintained, tidy and looking beautiful despite the difficulties this year.

Anyone wishing to help their work can purchase a copy of the Long Lane Pasture Calendar for 2021. Due to a lack of selling opportunities because of lockdown, only 100 copies are being printed so to ensure a copy for £5, email: donaldelyven@aol.com.



Safety first: Pasture volunteer Louise makes the September photo for the 2021 calendar.

Art in the windows

Two art lovers have set up a walking trail where anyone missing visits to art galleries can enjoy discovering new works in the windows of houses and studios they pass. Several artists are taking part in Muswell Hill and East Finchley.

Artist Roshia Nutt and art marketing consultant Holly Collier set up the trail, which runs from 14 November to 14 December. All the participating houses can be found in the interactive map at www.artistswalk.org



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