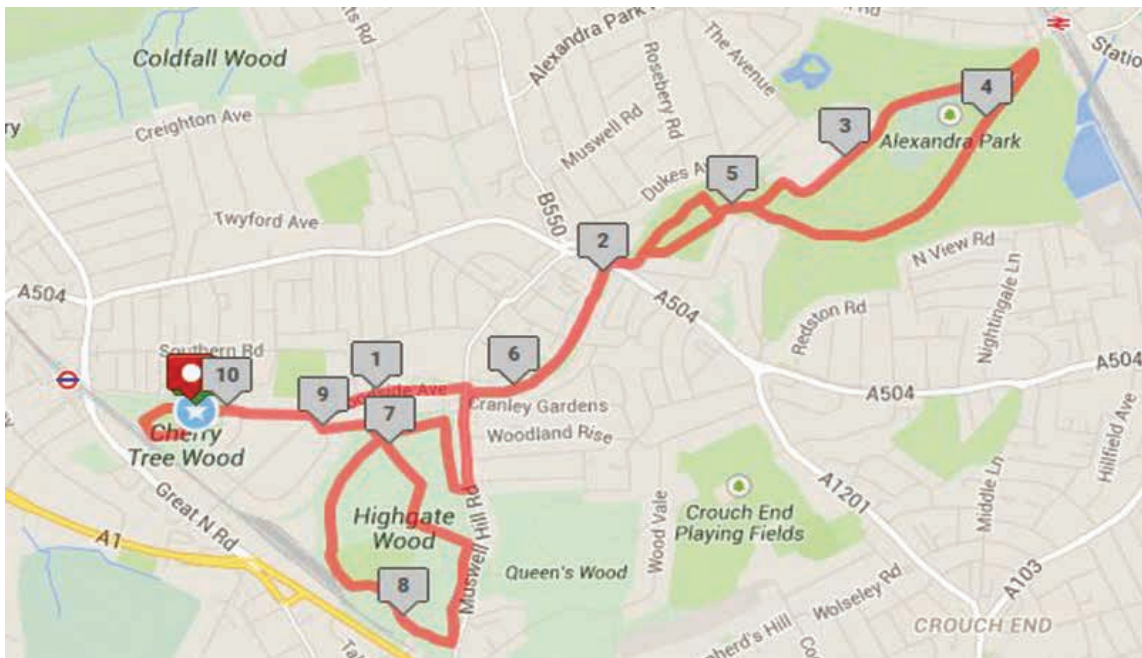




Trainers on! It's time to race the neighbours again

By David Melsome



Race the Neighbours: The route loops around Cherry Tree Wood, Alexandra Palace and Highgate Wood

Race the Neighbours, the massively popular annual challenge between East Finchley and Muswell Hill, is returning in June after being forced by the pandemic to hang up its shoes for two years.

Once again, individuals and teams from N2 and N10 are invited to take on the 10k course between Cherry Tree Wood and Alexandra Palace. This year, organisers are spreading the good-natured rivalry even wider by inviting people to sign up to run on behalf of the N6 and N22 postcodes as well.

Diary date

Registration for the event on the morning of Sunday 5 June has opened and dozens of amateur runners have already signed up to take part. In previ-

ous years, around 450 have run on the day and there's still plenty of time to get involved at www.racetheneighbours.com

Avi Freeman, one of the organisers, said: "A healthy amount of local friendly rivalry will make it a fun and exciting event for all those who participate, either by running or by supporting their friends and family. Everyone is welcome and people can always enter as 'just running' rather than for N2, N10 or any other of the postcodes." There is a small entry fee for the race to cover costs but any excess money at the end of the event is donated to local charities.

Proms at St Jude's take shape

Highlights of this year's 30th season of Proms at St Jude's, running from 25 June to 3 July in Hampstead Garden Suburb, have been announced.

The opening night will feature Orchestra Nova performing a programme of works by Mendelssohn and Schubert, including *Death and the Maiden*.

On the second evening, Darius Brubeck will pay homage to his father Dave by playing jazz standards plus a selection of South African jazz.

The Proms will also be welcoming back Tom Fetherstonhaugh and Fantasia Orchestra, with a programme including Rachmaninov's *Piano Concerto No. 2*.

For anyone who loves 60s and 70s music, *Joni and Me*, on the second Saturday, will see Joanna Eden performing songs by Joni Mitchell, Carole King and other folk legends. The Last Night, on Sunday 3 July 2022, will have a royal theme, in honour of HM The Queen's Platinum Jubilee year.

The line-up for the companion Literary Festival weekend on Saturday 25 and Sunday 26 June will include Claudia Roden, the writer credited with revolutionising Western attitudes to Middle Eastern and Mediterranean cui-

sine, who was recently awarded a CBE.

Twelve guided Heritage Walks will also take place during the festival this year. As well as many looking at different fascinating aspects of the Suburb and Hampstead, one will focus on Covent Garden, one on Spitalfields and Whitechapel, and one on Cricklewood and the emerging Brent Cross Town. You can keep an eye on the latest Proms news and find booking details at www.promsatstjudes.org.uk



And they're off: The starting line in Cherry Tree Wood



Darius Brubeck Quartet



Robert Max



Joanna Eden



Noah Max



Tom Fetherstonhaugh and Fantasia Orchestra

World-class: Some of the artists lined up to appear at this year's Proms at St Jude's

Landing strip for a lone swan

Birds in flight were the subject of an exhibition by local photographer Michael Duke at the Queens Wood Café, off Muswell Hill Road, N10, last month. Flocks of seagulls and pigeons, and a single swan coming in to land, were captured by Michael's lens and then given a dynamic artistic treatment.

Flight path: Michael's image of a swan coming into land on water



Be Part of It

A new column compiled each month by N2United, Be Part of It is a one-stop shop to find a huge range of volunteering opportunities on your doorstep.

East Finchley Festival is back, taking place on Sunday 19 June from 12pm - 6pm in Cherry Tree Wood. Sign up for all or part of this fantastic day for various tasks including stewarding and selling raffle tickets. Find more info at www.eastfinchleyfestival.org/get-involved or contact volunteers@eastfinchleyfestival.org

Friends of Cherry Tree Wood seek volunteers for regular monthly litter picks and general maintenance, also occasional nature conservation work such as dead hedging, hazel coppicing, tree planting. Contact: friendsofcherrytreewood@gmail.com

The East Finchley Pollinator Project seeks interested gardeners to help maintain a number of existing nectar café sites throughout East Finchley and develop new ones for pollinating insects. Contact: efpollinators@gmail.com

Bin There, Donate That is a new local initiative, driven by Emma Frampton's passion to create a more sustainable neighbourhood. All types of help are needed for research, liaising with shops to take in items for recycling/reusing, web and social media updates and project managing. Whether you have one spare hour a week or much more, email bintheredonatethat@gmail.com for more details.

Grange Big Local is reaching out for voluntary help with a large range of projects for residents. Find one that floats your boat! Opportunities include working on the community fridge, Universal Basic Income, digital inclusion, the Trinity Road underpass, carpentry in the community garden, school holiday activities, funding applications and community events. Get in touch at info@grangebiglocal.org.



N2United is East Finchley's Community and Business Network. If you wish to be included in this column please send details to volunteer@n2united.co.uk. Max 60 words please.

A Warm Welcome to Probus!

Come and meet us at the North London Probus Club for brunch, lively conversation and stimulating talks given by notable academics, journalists, media personalities and fellow members. Our Club welcomes all semi- or fully-retired PROFESSIONAL & BUSINESS men and women, and we meet from 11am on the third Wednesday of each month at Stephens/Avenue House in East End Road, N3. More details from Eric (ericdalton147@btinternet.com). See also our website at www.northlondonprobus.com.