



From newspaper to novel

By Daphne Chamberlain

If you were living in East Finchley in 1993, you might remember a single sheet of newspaper calling itself *The Archer*. You might also remember the name of Cathy Young, who was one of the enthusiastic team that started our local newspaper all those years ago and who was a prolific writer of both news and feature stories.

After a break of several years, she returned to the team until moving away in 2017. Well, you can take the writer out of East Finchley, but it seems you can't take East Finchley out of the writer. Now living in Whitstable, she has just published her first novel, titled *What Once Was Lost*.

She told *The Archer*: "The main character lives in East Finchley, is at one time found wandering on the North Circular, and then, through an incident at the Lido, sets in motion a series of ultimately life-threatening events."

The story tells of a 71-year-



old woman placed against her will in a secure care home, who believes she had a baby

as a young teenager in the 1960s. A top politician is the only person who might help her but he is trying to stop her convincing anyone else. Cathy describes the story as dealing with themes around power and female autonomy, and says it will keep readers guessing.

Archer apprenticeship

Cathy says that she writes fiction using skills learned through working on *The Archer*. She told us: "I still have many close links to East Finchley, and would be very pleased to attend any groups that might like to discuss the book. It is available on Amazon.co.uk as a paperback at £7.99 and on Kindle at £1 under my 'posh' name, Catherine Young."



First-time author: Cathy Young on the beach in Whitstable and, left, her new book

From The Archer archives...

10 years ago:
September 2012

We highlighted the experiences of local residents who had been involved in the London Olympics. Heathview residents Peter Hales and Mary Hogben worked 12-hour shifts as Games Makers, NHS information scientist Lina Gulhane took part in the opening ceremony, local teenager Anum Bandey represented Pakistan at swimming and Archer team members Ian and Diana Cormack hosted an Olympics volunteer from Australia.

15 years ago:
September 2007

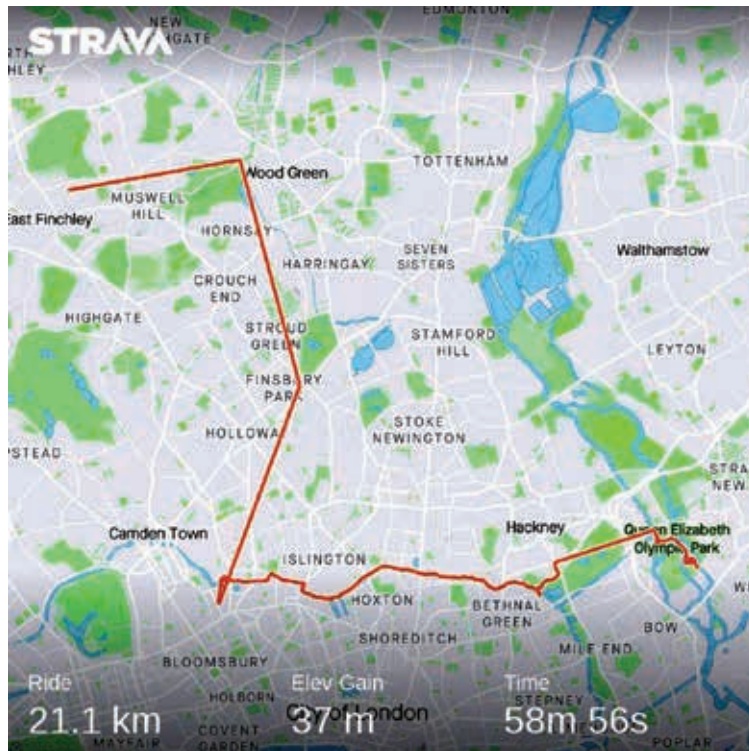
This month marked the opening of the newly amalgamated Martin Primary School, bringing together infants and juniors under headteacher Maggie Driscoll. She said "The new Martin Primary School provides wonderful opportunities for improving even further the educational standards of all pupils." Martin Primary School has since been enlarged and is rated as outstanding.

27 years ago:
September 1995

The UK was coming out of a summer of drought and heatwave with rainfall the lowest since records began and the hottest temperatures since 1976. Barnet Council's Tree Officer reported that young trees planted around the borough were having to be watered weekly and it was predicted that roads and services such as water pipes could also be affected. An interesting reminder of times past in light of the weather conditions we've experienced this summer.

A day out in the saddle fit for an Olympian

Ten years ago this summer London and the UK hosted the Olympic and Paralympic Games. You can jog some memories of that sporting bonanza by jumping on your bike and exploring the Olympic park in east London, with *Greta Brambilla* as your guide.



Heading east: The route to the Olympic park

This new ride route goes all the way from East Finchley to the iconic Queen Elizabeth Olympic Park. It takes about two hours there and back, thanks to the magic of train travel.

To begin, head to Alexandra Palace overground station via Dukes Avenue in Muswell Hill

and then through the far section of the palace park. Take the overground towards Moorgate but make sure you change at Finsbury Park in order to get to King's Cross.

Exiting the station, follow the signs for Granary Square and Regent's Canal. Once across the bridge at Granary

Square, turn right and ride along the towpath, making sure to wave to the houseboat residents on their glorious barges as you go.

After passing Muriel Street, veer left (the canal temporarily ends here). Barnard Park will be up ahead and you should turn right just before. Continue straight until Upper Street, going right then the next left to follow Regent's Canal once again.

Now enjoy the long meandering ride right next to the water, all the way to Victoria Park. Turn into the park and cycle through to the diagonally opposite corner (towards Hack-

ney Wick Overground). This is an especially cool area for a little pitstop, with plenty of street art & murals to admire all around.



Waterside: Cycle along the canal towpath through Hackney

Afterwards, continue straight, turning right when you see Stratford's London Stadium, the final destination of the day. Why not finish with a thrilling ride down the ArcelorMittal Orbit slide while you're there?

To get home, you can just retrace the way you came, or alternatively jump on the overground at Hackney Wick. Leave at Highbury and Islington, cycle up Holloway Road and take the third right turning into Drayton Park. You'll see the train station on your left before Arsenal Stadium and this will take you back to Ally Pally.



Olympic landmark: The ArcelorMittal Orbit

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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