

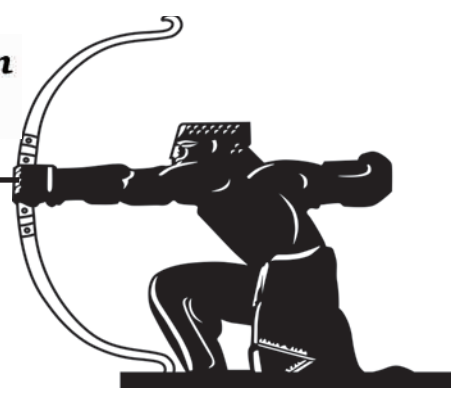


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**30** Local News is our Aim  
30 years 1993-2023

# The Archer



February 2023 No. 346

**A community newspaper for East Finchley run entirely by volunteers.**

## N2United network group closes down after seven years

By Ruth Anders

**East Finchley's community and business network N2United, which has been connecting and supporting local entrepreneurs and organisations for seven years, has announced an end to its monthly meetings.**

Over that seven years, the network has played a vital role in fostering greater connections within the community, creating new business opportunities, and promoting the endeavours of its members.

they are involved with and allow co-founder and chair Nick Allan in particular, as the main host of the meetings, to pursue a number of personal ventures.

added: "I can't believe how far we have come. It took over a year to put together that first meeting early one morning in October 2015 and we have enjoyed consistent support over the years that followed. We're proud to have been part of so many local initiatives, collaborations and connections. And it's been such fun. We look forward to watching this fantastic community continue to grow and thrive."

### Collaborative spirit will continue

In announcing the closure, Nick said: "We've seen first-hand the positive impact that networking and collaboration can have on the success of the East Finchley community. On a personal note, it's been an honour hosting our meetings, which would not have been possible without our determined and enthusiastic committee. However, now we believe it is time for us to take a step back and let others build on these accomplishments. I'm confident that the spirit of N2United will continue to thrive in the community."

Original member and co-founder Hilary Townley



N2United chair, Nick Allan, on stage at East Finchley Festival last summer. Photo by Tetiana Shedko

The closure will allow the N2United committee to concentrate their efforts on the other community projects



### Dad does the miles for diabetes

Weekend runner Jamie Austin is taking on the challenge of a lifetime by running the length of the M1 motorway in 22 days after his 12-year-old son Henry was diagnosed with Type 1 diabetes. Read the full story on page 3.

### Playground milestone

The ambitious plans to refurbish the neglected Market Place Play Area in East Finchley have reached a major milestone. Full story on page 5

### The Archer is 30 years old!

The Archer has been East Finchley's newspaper for 30 years this month. For some front pages from the past and to find out how it all started, turn to page 6.

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### Eat local, eat global

East Finchley is getting ready to stage its own food festival with shops, cafés and restaurants along the High Road celebrating their different influences and cultures. Full story on page 3.



# The Archer

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Copy deadlines - March: 10 February, April: 17 March, May: 14 April

## Happy memories of a warm and friendly host

By Jenny Lumley

**Asad loss to the neighbourhood is the passing away of Shoiab Khaleel-Ahmed, a gentle, unassuming man much loved by regular customers in his small friendly restaurant Shahi Pakwaan in Alymer Parade, N2.**



Restaurant owner: Shoiab Khaleel-Ahmed

I met Sho some years ago when he was working in a restaurant in Fortis Green. Being a regular visitor to India I often wore Indian-style clothes on which he commented. On the strength of that we became friends and on reading in *The Archer* of his opening a new restaurant in Aylmer Parade, I became a regular visitor.

My husband and I chose his restaurant to celebrate many occasions. We introduced friends to it, everyone being impressed by its warmth and casual atmosphere not to mention its excellent Indian cuisine. Sho's welcoming presence was always quietly appreciated. A shared joke was my love of Indian rice pudding which was not on the menu but, as long as I gave some notice, it was readily available for my friends and me with ample left for breakfast

the next day.

I saw Sho not so long ago with what appeared to be a shaved head and presumed he was in mourning for a relative but "I have cancer" was his reply. He continued to appear at the restaurant between frequent hospital visits and intensive treatment and has always been supported by his caring, efficient staff.

I want everyone to remember Sho as a kind and loving man who leaves behind a wife and two very young children. Our thoughts are with them and his staff. We will miss him.

## PLANNING APPLICATIONS

### Barnet Council

- 38 Bedford Road, N2**  
Single-storey side/rear extension.
- 118 High Road, N2**  
External seating area with awning to front and side. Repainting of existing shop front. Replacement of ventilation extraction duct.
- 340 High Road, N2**  
Single-storey side extension. Addition of two roof lights.
- Market Place Playground, N2**

Refurbishment of existing playground including: replacing play equipment; installation of one small child-activated drinking fountain; removal of all existing hard standing and existing site boundary treatments; removal of four trees; new path surfaces, boundary fencing and railings; planting areas with new trees and shrubs.  
**11 New Oak Road, N2**  
Roof extension involving rear dormer and outrigger dormer and two front rooflights.

## USEFUL TELEPHONE NUMBERS

<b>Councils</b>	<b>Help &amp; Advice</b>	<b>Health Info Service</b> 0800 665544
<b>Barnet Council</b> 020 8359 2000	Childline 0800 1111	<b>MIND</b> 020 8343 5700
Recycling & refuse 020 8359 4600	Citizens Advice Barnet 0300 4568365	<b>National Blood Centre</b> 0845 7711 7711
Benefits 0800 882200	Cruse Bereavement Care 0800 8081677	
<b>Haringey Council</b> 020 8489 0000	EF Advice Service 0300 4568365	<b>Crime</b>
Recycling & refuse 020 88857700	Lone Parent Centre 020 3828 4834	Emergency 999
Benefits 020 8489 2800	Missing Persons Helpline 116 000	Police non-emergency 101
	National Debt Line 0808 156 7718	CrimeStoppers 0800 555111
<b>Leisure</b>	NSPCC 0808 8005000	Victim Support 0845 303 0900
Alexandra Palace 020 8365 2121	Rape Crisis helpline 0808 802 9999	
East Finchley Library 020 8359 3815	Refuge Crisis Helpline 0808 2000 247	<b>Hospitals</b>
Everyman, Muswell Hill 0872 436 9060	Relate Helpline 0300 100 1234	NHS 111
Garden Suburb Library 020 8458 3301	RSPCA 0300 1234 999	Barnet General 08451 114000
Muswell Hill Library 020 8489 8773	Samaritans 116 123	Edgware General 020 8952 2381
Phoenix Cinema 020 8444 6789	SENDIASS Barnet 020 8359 7637	Finchley Memorial 020 8349 7500
Tarling Rd Community Ctr 02070186560	SENDIASS Haringey 020 3667 5233	Oak Lane Clinic 020 8346 9343
Vue, North Finchley 0345 3084620		Royal Free 020 7794 0500
		Whittington 020 7272 3070
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City Airport 020 7646 0088	Alcoholics Anonymous 0845 7697555	Independent Age 0800 319 6789
Heathrow Airport 0844 3351801	Barnet MENCAP 020 8203 6688	Age UK 0800 169 2081
National Express 0871 781 8181	Cancer Support 020 8202 2211	
TfL 0343 222 1234	Carers' Line 0808 808 7777	
Thameslink 0345 026 4700	Drinkline 0800 917 8282	
	Drugs Helpline 0800 776600	



Wide and busy: The end of The Bishops Avenue is a danger point for pedestrians. Photo John Lawrence

## Crossing The Bishops Avenue still doesn't get any easier

By Daphne Chamberlain

**Crossing The Bishops Avenue at the junction with the High Road has been difficult and dangerous for a long time now. The situation came to a head in 2017 when local residents petitioned against Barnet Council's proposal to ban right-hand turns out of the avenue into the Great North Road.**

Local people said that banning right-hand turns at that point could set up a rat-run through narrow residential roads nearby, but welcomed the other part of the plan to install a pedestrian island to make it safer to cross this wide and busy junction. Barnet Council said that the two proposals were linked, because the road was not wide enough to allow turning right once an island was installed. People then asked why the council was apparently not considering a zebra or pelican crossing or traffic lights. Pedestrians crossing the road at this point described it as "taking forever", "a nightmare" and "terrifying".

*The Archer* published several letters from local people around this time, and there was a strongly held opinion that an island would not offer proper protection to

pedestrians looking out for continual streams of traffic from all directions at once.

### 2018

In February 2018, *The Archer* asked Barnet for an update. A council spokesman told us Barnet officers had met with their counterparts in Haringey to discuss the scheme and were obtaining traffic and modelling data in order to determine the best option for the junction.

Haringey council was involved because its boundary is just south of The Bishops Avenue. A right-hand turn veto would mean drivers wishing to reach Muswell Hill would be more likely to carry on down the A1, before turning left back through narrow Aylmer Parade to reach the Great North Road and then having to turn right into Woodside Avenue.

### 2019

A year later, in May 2019, we published letters from local people regularly crossing The Bishops Avenue who were angry about the delay in doing anything to make their journey safer, and who complained of "a negative response" from the Council to their complaints.

Barnet Council told us then that they were monitoring traffic and were considering installing a controlled crossing with traffic signals. They said: "Transport for London have been engaged to investigate the feasibility of this. Haringey Council will be included in discussions, and residents and businesses will be consulted before any final decision is made."

### 2023 and counting

Four years later, still no decision has been made and we have asked Barnet, Haringey and TFL for an update.



# Jamie runs the M1 for Type 1

By John Lawrence

**Jamie Austin is definitely no ultra runner. He hasn't even run a marathon although he once completed a half marathon and goes out jogging at weekends. Despite that, the 49-year-old dad of two has set himself the challenge of running the full length of the M1 motorway.**

He's doing it to raise much-needed funds for research into Type 1 diabetes, after his 12-year-old son Henry was diagnosed with the condition, something which he says turned his family's world upside down.

Jamie is planning to take 10 days to run the 220-mile route, covering 22 miles a day on roads running parallel to the motorway itself, all the way from Garforth near Leeds to north London, finishing no doubt with a sprint to his home in Bedford Road, N2.

## 10 days in a row

"I wanted to do something to support T1D research and got this idea partly because of the symmetry of

M1 and T1. It's the sort of thing I like," said Jamie. "We still travel up and down the motorway regularly to see

grandparents in Nottingham and for Henry's medical trial in Sheffield."

no idea whether he can do it 10 days in a row until he tries. His parents will be accompanying him by car for vital support.

He says every step of the way he will be spurred on by the thought of Henry's courage in coping with his condition and the way his wife Rachel and 10-year-old daughter Rosie have shown their love and support.

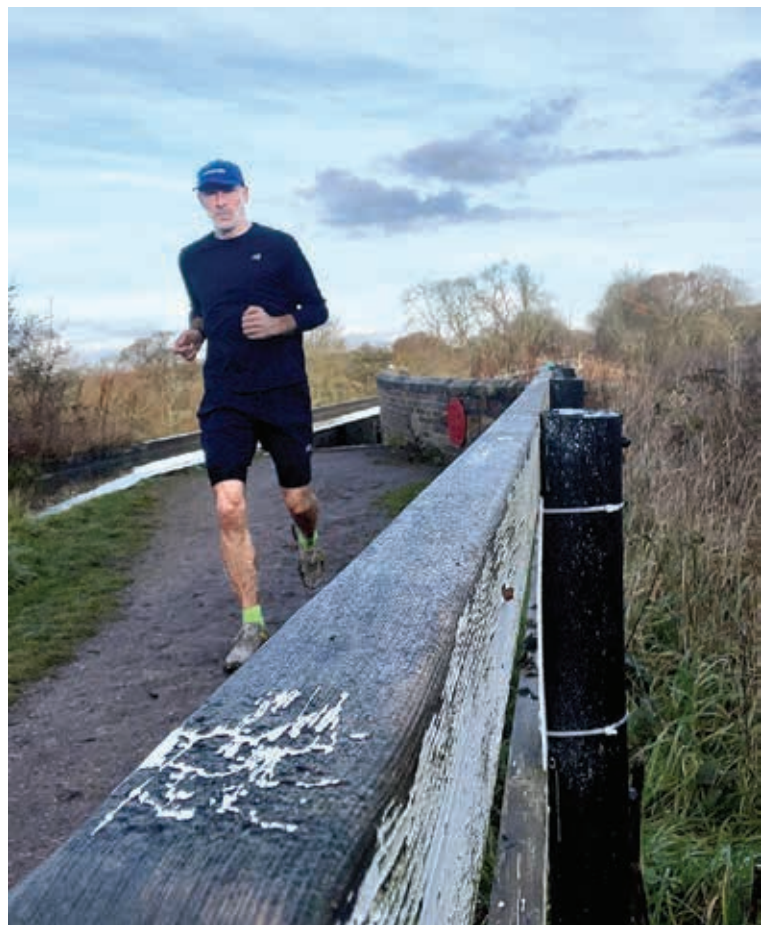
Henry is a pupil at The Archer Academy in East Finchley, plays football for Hinton and Finchley Revolution FC, cricket for Highgate CC and practises karate at Kaishi Karate School in Edgware. "He doesn't let Type 1 diabetes define him or stop him doing the



Always active: Henry, 12, does not let diabetes stop him enjoying his favourite sports

Jamie admits training through the winter has been tough and although he reckons he could run 22 miles he has

things he loves," says Jamie. Jamie's M1 run was starting on 23 January and finishing in the first week of February.



In training: Dad Jamie says the 220-mile fundraising run will be a tough test of his stamina

We'll let you know how he got on in our next edition. To help him reach his £6,000 fundrais-

ing target for research charity JDRF, visit [www.justgiving.com/page/m1-for-t1](http://www.justgiving.com/page/m1-for-t1)

## Food festival reveals joy of shopping and eating locally

The third and final event in East Finchley Town Team's drive to encourage us all to visit the High Road more often gives local businesses a chance to play their part.

Food shops, cafés and restaurants can join the East Finchley Food Fest on Saturday 18 March, which aims to celebrate the different food and cultures on the High Road.

Already Tony's Continental, Cup of Joy and Coffee Bank are interested in some of the proposed ideas, which are based of course on food, and plenty more traders and eating places are expected to take part.

Organisers from the Town Team hope shops, cafés and restaurants will have a table or stall outside with free samples for people to try, and decorate their windows in celebration of food and culture.

The Food Fest will also feature a cake baking competition and a food trail,



Food Fest: Everyone is welcome

with recipes on offer from individual businesses. The Phoenix Cinema will be screening food-related films that weekend too.

On the day there will be High Road stalls run by different local charities, schools and volunteers celebrating food to be found locally. As people walk up and down they can discover and taste what East Finchley has to offer.

So the more people and local businesses that get involved, the better it will be. This could mean you! If you want more information or would like to chat about what you could do, please get in touch now by emailing: [eftownteam@gmail.com](mailto:eftownteam@gmail.com)

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## Hard decision to fell mature ash tree

After our report last month on the ash tree that was removed from a private garden in East Finchley, we've since been able to review the tree report mentioned in the article and would like to correct a couple of points.

The council tree inspection found that the tree had not been properly maintained for a long time, meaning it was starting to need regular maintenance every one or two years, not five years as reported, and this was making it financially unviable to sustain.

The tree was also not as environmentally sound as first thought. The tree report stated that the ash tree was isolated from other large trees and the necessary tree works would in any case remove any habitat that managed to establish itself on a

regular basis.

In terms of climate change, the tree would contribute to carbon storage, but the need for regular tree works was likely to offset this. It seems the tree was poorly taken care of over the years and the decision to fell it was not taken lightly.

There are many organisations such as the National Trust where a tree can be planted when such felling decisions are made. Find out more at [www.nationaltrust.org.uk/support-us/plant-a-tree](http://www.nationaltrust.org.uk/support-us/plant-a-tree)

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## Council calls on citizens for ideas on the environment

By David Melsome

**Barnet Council is asking residents to help answer the question of how we can be more sustainable now and in the future by becoming one of 40 members of its Citizens' Assembly. The borough's first-ever assembly will begin later this month, after invitations were sent to a mix of 8,000 households across Barnet.**

The council says the aim of the Citizens' Assembly is to work with residents to create ideas and make recommendations towards becoming a more sustainable and net zero carbon borough by 2042.

Environment and Climate Change Committee Chair Cllr Alan Schneiderman said: "If you do receive an invitation please do sign up. We are keen to hear from a broad range of residents from across the borough, and you do not need to have any knowledge of sustainability to take part."

"We know how much this means for everyone in Barnet and I can't wait for the first meeting and to hear the range of opinions and ideas."

### Ideas gathered this spring

The recommendations from the assemblies will be presented in summer 2023. In parallel to the Citizens' Assembly, the council will also be launching a Young People's Assembly, aiming to recruit 20 young people aged between 11-17

years old from across the borough. Requests for expressions of interest went out to schools last month.

The first assembly session takes place on the evening of Tuesday 21 February with seven more following through April and May. The council says it will make a selection from those who apply to take part to make sure the group is representative of people across the community.

Given the significant commitment, residents will be paid for their time. For more information on the assemblies and to follow progress as they take place, visit <https://engage.barnet.gov.uk/barnet-citizens-assembly>

## Songwriter seeks performers

By Diana Cormack  
**Lyricist Anthony Abbey featured in *The Archer* in August 2021 when he was looking for people to play and perform his songs, preferably in a community setting. He is still writing the words and sending them to his former music teacher, who lives in Australia, to write the tunes.**

But now there is a difference in that some of his recent compositions are aimed at children. Visit [anthonyabbey.com](http://anthonyabbey.com) to hear his 'fun songs for young people and for the young at heart'. A couple of these have been broadcast on Australian Broadcasting Corporation Children's Radio and more of Anthony's songs can be heard on YouTube and Spotify.

If you are interested in performing in any of them, call him on 020 8201 7986 or use the contact details on his website, above.



N2United committee members enjoy a Christmas celebration



## N2United: seven years of forging community links

With the news that community and business network group N2United is winding up (see story on page 1), Ruth Anders looks back at its achievements over the last seven years.

**Since its inauguration in October 2015, when it began life as The East Finchley Local Business Network, N2United has promoted and supported local businesses, organisations and independent initiatives in East Finchley.**

Through its monthly meetings, N2United brought the community together to discuss and debate important matters such as the introduction of cycle lanes, local environmental issues, parking and the East Finchley Festival. The monthly meetings became a true forum for East Finchley businesses and residents alike. They were lively, informative and above all fun social occasions including a popular speed networking session.

Meetings also featured talks, advice and training on topics including social media, retail marketing, data protection, sustainability, working from home and the impact of Covid-19. Specialist business advice was regularly provided by local accountants TaxAssist. Meetings continued during the pandemic via Zoom.

### Achievements

The network helped launch countless new business start-ups and community projects and has created a focal point for local traders, high street shops, home workers and enterprises with the purpose of promoting their businesses and expanding their customer bases.

Amongst many successes were the launch and promotion of the East Finchley Town Team, No2PlasticsN2, N2 Food Project, the Exchange Bookcase in EF Station and recycling project Bin There Donate That. N2United also instigated the N2 Noticeboard on Facebook and Community Calendar on website [ILoveN2.co.uk](http://ILoveN2.co.uk), plus the Be Part of It volunteers column in *The Archer*.

### Thanks go to many

N2United co-founder and chair Nick Allan said: "It has been a true community endeavour filled with lasting accomplishments made possible by a connected community. I would like to thank original member

and co-founder Hat Townley for her initial efforts in bringing the local businesses together, the N2United Committee, our local councillors, *The Archer*, our venues, and everyone who participated in our meetings for their help and support."



Many venues (Top to bottom): The launch of East Finchley Town Team in The Engine Rooms Event Space, Great North Road. The launch of No2PlasticsN2 at The Clissold Arms, Fortis Green. A networking meeting at The Constitutional Club in The Walks.

## N2 market returns

**The forecourt of Bottles'n'Jars and Hexagon Classics on Great North Road, N2, will once again be the location for a seasonal market featuring food and drink and local crafts.**

### Local traders wanted

The date is set for Sunday 23rd April, 12-5pm. Organisers HR Events are inviting applications from stallholders, in particular local produce, as well as crafters and makers and hot food vendors. See [www.ILoveN2.co.uk/stallholders](http://www.ILoveN2.co.uk/stallholders) for details of how to apply.

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## Music in the Suburb

**This year's Proms at St Jude's in Hampstead Garden Suburb will run from Saturday 24 June to Sunday 2 July with a full programme of classical and jazz evening concerts, plus five free lunchtime concerts and a literary festival running alongside. The full listings will be announced next month with tickets going on sale to the public in April.**



# Major milestone for Market Place playground

By John Lawrence

The ambitious plans to refurbish the neglected Market Place Play Area in East Finchley reached a major milestone last month when the new design went live on Barnet Council's website and was opened to public comments.

A group of parents and local residents have been campaigning hard for more than two years to win support and raise funds to install new play equipment and completely re-landscape the playground close to Holy Trinity Primary School and The Archer Academy.

In December, we reported that the Friends of Market Place Playground had been awarded a total of £180,000 in funding from Barnet Council and had raised a further £40,000 from other sources,



Aerial view (below): Curving paths will link the various play equipment, pictured above and right, with relaxation zones and new planting areas in the revamped Market Place playground.



taking them more than halfway towards covering the cost of the project.

There are around eight weeks to see and comment on the full plans on the council's planning website. The Friends hope to receive approval in March and will then press ahead with the regeneration

work. "This is very exciting news to kick off 2023, the year, we hope, of a new natural playground for Market Place," said the group.

### A closer look

Their plans include the removal of all the existing play equipment to be replaced with new items like a table tennis table, climbing frames, swings, balance bars and a roundabout



A chief aim of the project is to rid the play area of its barren appearance and make it look more natural and green. The refurbishment will encompass the grassed area currently outside the playground fence, with new trees and shrubs and new play surfaces and paths, plus a drinking fountain.

To see the plans in full and to leave your comments visit Barnet Council's planning portal at <https://publicaccess.barnet.gov.uk/online-applications> and search for application '22/5903/FUL'



and slide. There will also be a small timber-decked performance area and various kinds of seating for adults.



Growth spurt: Archer Academy staff sport their natty moustaches as part of the school's fundraising success

## Moustaches make masses of money for men's mental health

Ten teachers and one Year 11 student at The Archer Academy in East Finchley helped make it the biggest state school fundraiser in the country for Movember, which supports mental health and cancer services for men.

By growing moustaches and through special events like sponsored runs, bake sales and a staff vs students football match, the school community almost tripled its original target by raising £5,619.

Year 11 student Harith Akhtar raised over £2,100 alone and helped to build awareness of men's health amongst the

students. He said: "Too many men are 'toughing it out', keeping their feelings to themselves and struggling in silence. It has been incredible to see all the donations and support for our campaign, people have really got behind it."

Polly Banks, Community Fundraising Executive at Movember, said: "We honestly

can't thank the Archer Academy enough. That is a huge amount and will help men live happier, healthier and longer lives. To be the highest state school fundraiser in the country is a really incredible achievement, especially as this is the first time Archer Academy has taken part."



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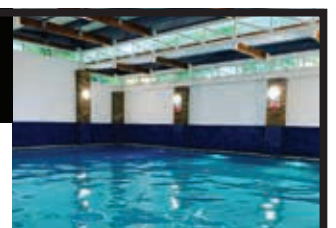
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# Thirty years of news for East Finchley

Local News is Our Aim

**THE ARCHER** January 1993 Number 1 (Pilot)

**Policing East Finchley**

What a dangerous area we live in, no wonder the Insurance Companies treat East Finchley as a high risk area.

Today I attended a press briefing for the first time at Golders Green Police Station given by DC Ron Laverie and Sgt Bernard Forbes. And very hospitable they were too, gave each of us a cup of something, hot from the canteen, there wasn't any string hanging out so I believe it was coffee.

**Festival to go ahead**

Despite Funding Problems East Finchley Community Festival could lose its grant in 1993 in line with Barnet Borough Council's newly adopted policy on the funding of carnivals and community events.

However the event is planned to go ahead on June 19 next year and, weather permitting, will be successful yet again.

The event was cancelled two years ago, because of the council, who claimed that it had become "political". After an initial court hearing, and subsequent appeal, the festival was cleared of charges made and awarded costs. Last year the event went ahead on a day and many local residents thoroughly enjoyed the day.

If Barnet withdraws its support organisers will have to make up the £100 awarded last year (of which the council effectively deducted £1000 "interest" charges).

**Bookies Pay Out As Crime Business Booms**

Golden Green police warned residents to be extra vigilant this Christmas as they told of how a branch of William Hill the bookmakers in East Finchley were paying out £100,000 to punters.

Police also warned the public to be extra vigilant this Christmas as they told of how a branch of William Hill the bookmakers in East Finchley were paying out £100,000 to punters.

Other items on hand include: General Tools, Household Hardware, Gifts, and much more!

113 High Road London N2 8PG Telephone 081-885 8668

**1993**

Local News is Our Aim

**THE ARCHER** February 2003 No. 117 ISSN 1361-3952

**Supermarket Dashed?**

By Diana Cornack

Handfuls of residents packed All Saints Church in Durham Road to air their views at the Waitrose (WOW) meeting. Feelings were running high in the cross-section of our community, ranging in age from eight to 80. Despite chairman Amoretta O'Grady encouraging opinions both for and against the proposed supermarket, only those opposed seemed moved to speak. Indeed, so many locals wanted to be heard that applause had to be cut out in order to provide more speaking time.

Many people expressed anger that Barnet Council seems ready to destroy the village atmosphere and community spirit which East Finchley enjoys. There has been no public consultation and the Council's decision to approve the proposed supermarket is being taken in secret. The expected increase in traffic could cause more congestion, pollution and parking problems. The supermarket seems to be for the benefit of people driving in from other areas rather than those in the locality. Despite Waitrose and Barnet Council stating that it would "regenerate" East Finchley by bringing more customers to High Road shops, most local shopkeepers and their customers believe it would be detrimental to trade.

There are many solutions, like a policeman at a cost of £200 a day, another is to protect your house with alarm and good security locks, yet another is to form a neighbourhood watch scheme in your street or if there is already one there, to call a meeting to discuss the lawlessness being happening in East Finchley. Yet another is to do nothing and pay increasingly higher insurance premiums each year or be happy to replace everything that may be stolen!

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**2003**

Local News is our Aim

**THE ARCHER** February 2013 No. 231 ISSN 1361-3952

**Decision Postponed**

An agenda item for Barnet Council's Cabinet that dealt with the proposed Waitrose supermarket and library complex in East Finchley was withdrawn at the last minute on Monday 28 January. The reason given on the night by Cllr Brian Salinger was that the Cabinet had not been given enough time to adequately prepare.

**Twenty years on**

This month, *The Archer* celebrates 20 years of providing news and information to almost 10,000 homes in East Finchley.

To mark this special birthday, we commissioned Illustrator Terry Mardell to record some of the best-known landmarks of East Finchley High Road, including the three pubs that have hosted *Acacia* team meetings over the years. Here's to the next 20 years!

Turn to pages 6 and 7 for our look back at the early days of this newspaper.

**2013**

*The Archer* has been East Finchley's newspaper for 30 years this month. Our first two editions in January and February 1993 were simple A4 sheets before we became a printed tabloid that March. The team declared *The Archer* had been launched "to enhance the community atmosphere".

Our very first front page reported on crime and policing in East Finchley listing a number of offences in N2 made public at a police briefing, including burglaries, indecent assaults and the theft of a charity box. We also reported that the East Finchley Festival was ready to go ahead that year

despite losing its annual grant from Barnet Council.

**Waitrose retreats**

On our 10<sup>th</sup> birthday, in February 2003, our front page story reported on a packed public meeting at All Saints Church in Durham Road in response to plans to build a Waitrose store on the former Park House site opposite East Finchley tube station, now occupied by a new apartment block. The prospect of a large supermarket being sited there raised huge concerns from some residents about traffic turning in and out at a busy spot and the threat to East Finchley's independent traders from a major grocery chain moving in. Waitrose eventually withdrew its plans the following year.

**Big Local arrives**

Ten years on in February 2013, we celebrated *The Archer's* 20<sup>th</sup> anniversary with a front-page montage of N2 landmarks by local artist Terry Mardell, including Maddens, the Phoenix Cinema, the library, Cherry Tree Wood, the tube station, the Bald Faced Stag and the Old White Lion. Our big news

story inside that month was the launch of the Grange Big Local project after it won £1 million in lottery funding for schemes to improve life for residents living in and around the Grange Estate.

**Thank you**

The whole team of volunteers here at *The Archer* is proud we've reached our 30<sup>th</sup> birthday – and issue number

346 – still delivering news to nearly 10,000 homes and businesses across East Finchley every month. We couldn't do it without our loyal army of volunteer deliverers, our advertisers who help to cover our printing costs and our readers and contributors who bring us stories. We thank each and every one of them!

**Thirty years of news**

Delve into all the news in N2 from the last 30 years on our mobile-friendly website where you can read almost every edition from our three decades of publishing. Go to [www.the-archer.co.uk](http://www.the-archer.co.uk)

And we hope to keep serving East Finchley for another 30 years at least so please send us your story ideas and contributions to keep our pages full of the news that matters to our community. You can email our team anytime at [news@the-archer.co.uk](mailto:news@the-archer.co.uk) or leave a message for free on 0800 612 0748. Our monthly deadlines are always printed on page 2

**What we can do for you**

You could reach a potential 20,000 readers across N2 every month by advertising in *The Archer*. We give discounts for advertising in multiple editions and accept flyers or artwork originally designed for social media. We can even create a basic advert design for you.

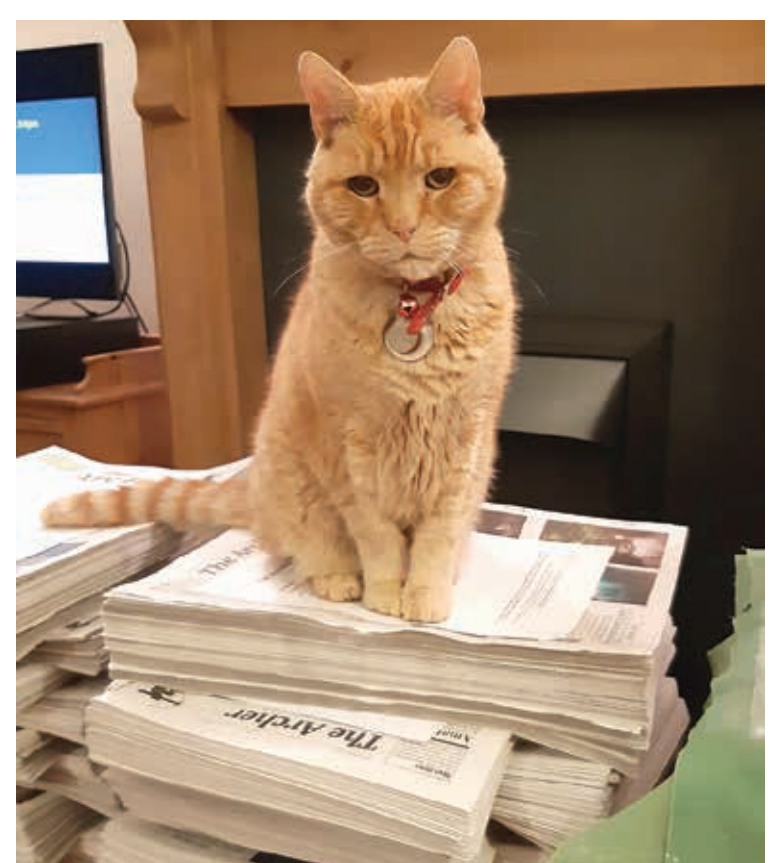
For more information, check out our advertising information at [www.the-archer.co.uk/ads\\_index.php](http://www.the-archer.co.uk/ads_index.php) or email [advertising@the-archer.co.uk](mailto:advertising@the-archer.co.uk)

**Did you know?**

*The Archer* is printed each month on paper made from 100% recycled fibre, mostly retrieved from old newspapers collected by local authorities around the country. It is made here in the UK in King's Lynn in Norfolk, some 50km from our printers Sharman and Co in Peterborough.

## Can you make Mickey a happy cat?

For the last 30 years, *The Archer* has relied on a small army of volunteers to deliver the newspaper to nearly 10,000 homes and businesses across East Finchley.



Top cat: Mickey supervises the piles of Archers being sorted into delivery rounds

Sometimes even cats get involved, like Mickey who takes charge of the piles of papers before they are sorted into rounds at the home of our team members Jane and David Marsh.

Without all these volunteers, the paper would get nowhere, and we thank each and every one for taking time each month to ensure copies reach neighbours in nearby roads or blocks of flats.

We currently have a round in Tarling Road, Brownswell Road and Borrowdale Close without a regular deliverer. This is a total of 121 papers and takes about 40 minutes once a month. We may have other rounds coming free in the near future.

We'd also love to hear from anyone with a car who could help to drop off papers to the homes of our deliverers. Usually these distributors take bagged-up papers to 8-12 deliverers at the start of each month.

Can you help us either as a deliverer or a distributor? Even if you can't commit on a monthly basis, perhaps you would consider adding your name to a list we could call on occasionally to cover rounds when regular deliverers are away or ill? Please get in touch if you'd like to be part of the team. Email [news@the-archer.co.uk](mailto:news@the-archer.co.uk) or leave a message for free on our phone line 0800 612 0748. You'd make Mickey a very happy cat. Thank you!



# The Archer at 30: Four men in a pub

By David Hobbs

**It all started in the pub. The pub was Welch's Ale House, now Maddens, on the High Road; the four men were Kevin Finn, Noel Lynch, Paul Savill and Andrew Taylor. For some reason, by the time they left the pub they had decided that what East Finchley needed was its own newspaper. Choosing a name was easy, it was called *The Archer* after the sculpture on the top of the station. The rest was the hard part.**

It only took a couple of months to put together a team, write the articles, find a printer and the first issue appeared in January 1993. By the third issue Malcolm Griffiths had joined and designed the masthead with Archie and the slogan 'Local news is our aim'. The paper kept on recruiting writers, dis-

tributors, and helpers. When I joined in July *The Archer* was looking good.

**The Portakabin decision**  
Then came a disastrous team-building meeting when most of us were sacked or fell out with each other. Those who survived were left with a title, an issue to get out and no money. In other words, we had a problem.

The following Saturday we all got together in an old Portakabin on Strawberry Vale with a big decision to make. We could pack up and go home or find a way of keeping going. All we needed was cash. So, we had a whip round. Every one of the 20 or so people there contributed £50 each and we decided to keep going.

Pete Maslen became chair, Paul Savill became editor and Kevin Finn took on the advertising and marketing. You could say that was when *The Archer*,



Three men in a pub: Archer editors Kevin Finn, David Hobbs and Paul Savill at the 100th issue celebrations

as a community newspaper run by volunteers, really began.

**A proper grown-up paper**  
Apart from the local news,

we had cartoons, a gardening column, record reviews, local history and Young Archer. We recruited more people to the team including David Tupman as picture editor, Alison Roberts on the production side and John Dacam as chief subeditor whilst retaining all the original team members like Cathy Young, Malcolm Griffiths and Len Willcocks. We would get together every month to deliver the paper and reward ourselves with a drink or two afterwards.

When the Conservatives lost control of Barnet Council in 1994 we delayed publication so that we could run on the front page the headline 'Goodbye Tory Barnet' like a proper grown-up paper. When, a couple of months later I went to interview the new, Labour council leader, I couldn't help notice that he had our front page framed on his office wall. *The Archer* had arrived.

## From The Archer archives...

By Jane Marsh

**10 years ago: February 2013**

*The Archer* celebrated 20 years of providing news and information to almost 10,000 homes in East Finchley. Also there was great excitement when Hollywood actor Dustin Hoffman visited the Phoenix cinema for a screening of his film *Quartet*, which starred Maggie Smith, Pauline Collins, Tom Courtenay and Billy Connolly. Hoffman was effusive in his praise of the Phoenix, describing it as a "gorgeous cinema".

**15 years ago: February 2008**

A car travelling along Church Lane, a major route between East End Road and the High Road, went out of control and crashed into the walls and gardens of three houses. Residents of Church Lane had long been concerned about the road's safety, especially where it narrows at the junction with King Street, but it was to be some years before Church Lane became a 20mph zone with speed bumps.

**26 years ago: February 1997**

*The Archer* celebrated its fourth birthday with a fundraising auction at the Old White Lion to help secure its future – and we're still here 26 years later! Over £600 was raised on the night. Elsewhere we reported that East Finchley "has become one of the most sought-after areas in North London, with its proximity to the underground network and public transport". That's one thing that hasn't changed in 26 years.



The Archer team in 1996 (l-r): Jo Loh, John Dacam, David Tupman, Noel Lynch, Alison Roberts, Paul Savill, Sue Holliday, Diana Cormack, David Hobbs, Paul Northam, Simon Manning, Daphne Chamberlain, Louis Green and (front) Nathan Loh, Claire Gates. Photo by Toni Morgan

# Archer at 30: I got wrapped in seaweed

By Cathy Young

**It was a long time ago; 30 years apparently. All I remember about my first association with what is now a successful, well-produced community paper is sitting upstairs in a dark, over-crowded room in a house fairly close to East Finchley station.**

I was being interviewed about my business and financial skills because a team were setting up a one-page broadsheet for the local area. My interviewer naively thought that, as a headteacher, I could be useful. Luckily, there were others prepared to work for nothing. In fact in those early days we actually paid for the privilege.

There were ups and downs, changes of personnel and a few worrying times trying to get advertisers to pay their invoices but eventually *The Archer* settled into a six-paged, black and white newspaper, delivered regularly, well mostly, to local residents.

**Assignments to remember**

My first assignment in 1993 was to interview a female bodyguard called Miakol.



Laminated: Cathy Young's press pass from her Archer days

Clearly East Finchley was more dangerous back then. Contrast that with one of my final pieces in 2016, about fairies in Cherry Tree Wood.

My favourite assignment was when a new holistic centre

was opened in Leicester Road in 1995 by Renee Mallardo. In sampling the pampering sessions on offer, I ended up being trussed up from head to toe in seaweed bandages, having a pencil strategically placed to

check if my hips were aligned and my polarity sorted. All good clean fun.

There were times when news and ideas were scarce and I remember one meeting in the back room of Maddens when it was suggested that someone could ask the council if there were plans to run red routes through the High Road. Of course there weren't but we were able to splash the front page with the news of their denials!

**Still writing**

I have now moved away and write for free magazine *The Whitstable Whistler* but my time writing about the people, pets, businesses and community organisations in East Finchley gave me great joy. I hope the readers enjoyed it too.



## Artists raise funds for inclusive café

Every year East Finchley Open Artists selects a charity to help and this year it was the WAVE Café at the United Reform Church in Muswell Hill. Throughout the year £1,000 was raised and a cheque was presented to them just before Christmas. WAVE is a friendly local café at the junction of Tetherdown and Fortis Green set up to bring people with and without learning disabilities together through catering and artistic activities.

### ECO-FRIENDLY EAST FINCHLEY

## Volunteers will help recycling project grow even more in 2023

By Emma Frampton

**Our main aim for 2023 is to maintain and grow Bin There, Donate That so more people and businesses get involved in recycling and reusing the unwanted stuff we all have in our homes. We would love to work alongside other organisations who can find a use for recycled items so do get in touch.**

We've begun conversations with two local schools at both primary and secondary levels to see how children and young people (and parents!) can help. From displaying our drop-off points posters, to researching, to article writing, to children's ideas, we really hope to get the community's youth on board.

We'd love to move beyond the High Road to involve shops on East End Road and other streets. To be involved with us, please get in touch at [bintheredonatethat@gmail.com](mailto:bintheredonatethat@gmail.com)

### The team

Since starting Bin There, several people have come and gone, but there is a constant small group of us. Everyone is vital and so appreciated. They give their time, skills, petrol costs and knowledge free of charge. I cannot thank them enough for having faith in the project, and in me.

We asked why the Bin There, Donate That team began volunteering and these are some of their responses:

**Dilanki (Dee):** I joined not absolutely sure of what I was getting myself into, purely to decrease the amount of waste around East Finchley. I hated seeing blue bins or skips crammed to the brim with children's books and once got told off for taking them out to

donate to a local book drive. BTDT has helped me make friends in the community once again whilst serving a cause for the greater good.

**Gillian:** Covid and more media attention to the climate change crisis has raised awareness that governments, businesses and individuals have to do a lot more to achieve net zero. Like many people, I felt quite helpless and realised that I could only start small and try to initiate change from a local level. The borough has its doorstep recycling scheme but BTDT aims to go beyond what the council can recycle to encourage the community to reduce landfill even more.

**Lyna:** I've always been on the lookout for ways to recycle or re-use things and it is particularly gratifying to find schemes that also raise money for charity, such as recycling ink cartridges which are collected at UOE. So, for me, getting involved with BTDT was an absolute no-brainer!

**Bridget:** I'd been concerned for a while about exactly where our kerbside recycling goes and the number of items that I'd assumed you could put into the blue bins, then found out you couldn't. Emma and the team have such good ideas and energy and it's been a pleasure

to spread the word and help set up the successful collection points.



### What and where to donate

- Batteries to EF Electricals and Sainsbury's, High Road
- Bicycle inner tubes to Bike & Run, High Road
- Blister packs to Oakdale Pharmacy, High Road, and Links Pharmacy, East End Road
- Bras to Aliya J Boutique, High Road
- Cables and small electrical items to EF Electricals, High Road
- Crisp packets to Cherry Tree Café, Cherry Tree Wood
- Electrical wires to Everything Electrical, High Road
- Ink jet cartridges to UOE, High Road
- Lightbulbs to Amy's or EF Electricals, High Road
- Make-up to Oakdale Pharmacy, High Road
- Paper, cork, ribbon, foil, wood off-cuts, buttons, stationery, sequins, carpet samples to Amy's, High Road
- Spectacles to Stewart Duncan Opticians and David Hillel Opticians, High Road

## BE PART OF IT Volunteers wanted

Compiled by Lynn Winton

*This regular column rounds up local volunteering opportunities. These organisations and charities are ready and waiting to hear from you.*

**Bin There Donate That** is a successful local initiative, driven by Emma Frampton's passion to create a more sustainable neighbourhood. It has resulted in many solutions to recycling in East Finchley, such as local shops accepting all kinds of items to repurpose. All types of help are needed for research, liaising with shops to take in items for recycling and reusing, web and social media updates and project managing. Whether you have one spare hour a week or much more, email [bintheredonatethat@gmail.com](mailto:bintheredonatethat@gmail.com) for more details.

**Driving Aid to Ukraine** is a non-profit organisation based in N2 started by local resident Michael Byrne, who personally delivers or oversees lorries of humanitarian aid to the Ukrainian conflict zones, via border transfer points. He and his team require volunteers to help in building and sustaining a social media campaign, in fundraising and in grant application writing. They also need people to organise collections of warm clothes within their neighbourhood to help fill a 40-ton truck. This is a fantastic opportunity to use your skills and contacts to bring huge amounts of vital aid to utterly devastated people and learn about the international aid sector at a grass roots level. Find out more at [drivingaidtoukraine.org](http://drivingaidtoukraine.org) and get in touch with Michael at 07791 912389.

A crucial element of **Finchley Foodbank** is their volunteering team who are sensitive to the needs of the clients, work from a position of trust and are great team players. Roles range from receiving deliveries and sorting food donations to restocking shelves and staffing Tuesday and Saturday sessions. Requests for help with food supplies are increasing week on week and volunteers are urgently needed. If this could be you, email the team at [finchley-foodbank@gmail.com](mailto:finchley-foodbank@gmail.com)

Do you enjoy having fun and using your imagination? Can you inspire young people aged between six and 10 years old to focus their energy and reach their full potential? The **North London Air Scout Group** based in Sheldon Avenue, N6, is looking for men and women to work as part of a team of adult volunteers, helping to plan and deliver an exciting programme of indoor and outdoor activities and challenges. For more information visit [www.224northlondonscouts.org.uk/Adults/](http://www.224northlondonscouts.org.uk/Adults/) or contact group scout leader Derek Chambers on 07707 773344.

*If you'd like your organisation to be included in this column please send details to [Volunteer@ILoveN2.co.uk](mailto:Volunteer@ILoveN2.co.uk) Max 80 words please.*



## Home-grown movie maker has a hit

By Diana Cormack

**One of the most popular films shown on TV this last Christmas was the animated version of Charlie Mackesy's inspirational story The Boy, the Mole, the Fox and the Horse.**

His four characters create an unexpected friendship as they journey together through the winter landscape in the boy's search for a home.

Animation of the author's original drawings took many months and has been much praised, having been brought to life by two major production companies, NoneMore Productions and Bad Robot Productions.

On the credits for the Bad Robot producers is Hannah Minghella, who spent her childhood in East Finchley, where she was a pupil at Holy Trinity Primary School. The daughter of award-winning film director Anthony Minghella, who sadly passed away in 2008, Hannah followed her father into the film industry, where she has held prestigious posts.

FUN and MUSIC for BABIES and TODDLERS  
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or text 07836 284538 for up to date timings.





# Be part of Tarling Road community, says new manager

By Janet Maitland

A new programme of events has been announced by the Tarling Road Community Centre including games nights, tea and chat sessions, a gardening club and a Valentine's Day family disco. The centre is also open to suggestions of other new events.

"We'd like the community to be more involved in their own community centre," said new manager Sonile Zimba. "So this year we're putting on events which are affordable or free. Come along and make friends or come with your old friends."

### Dance, play games or chat

The Valentine's Day family disco takes place on Saturday 18 February from 1.20pm to 6.30pm and costs £6 for a whole family of one or two adults with two, three or four children. Otherwise it's £4 per adult and £2 for a child. Tea and coffee is free. To book tickets, email tarlingroad@ymcalcan.org or call 020 7018 6560.



Activities: Tarling Road hub

The games nights are free on Sundays from 5pm to 8pm. Board and card games will be on every table. The event will

expand to whatever people want, maybe bingo or quiz nights. Free tea and coffee is provided and you can bring your own snacks.

The tea and chat sessions take place on Wednesdays from 10am to 12pm. "Anyone can just pop in and have a chat," said Sonile. Again, tea and coffee is free. A free gardening club will also be starting up in the spring. The centre in Tarling Road, N2, can be contacted on 020 7018 6560 or by email at tarlingroad@ymcalcan.org.

### New building, new energy

The site used to be home to the Old Barn, a thriving community centre for over 25 years until it was taken over in 2010 by a group of trustees who closed down all the services. The Old Barn Action Group campaigned for years to get the centre restored to the community and it was finally wrestled back in 2014, with the lease reverting to the council, who demolished the old building in 2016. The centre's new building was finished in 2018.



Food store: The egg found in Gill Steiner's garden is likely to have been buried by an urban fox

## The strange case of the buried eggs

By Mike Coles

A year or so ago, keen local gardener Gill Steiner was tidying up some flower beds at her tennis club when she came across a buried hen's egg. Someone suggested it must have been buried by an animal for future consumption. Gill thought no more about it until just before last Christmas when she was cleaning out some flowerpots on her patio at home in Woodside Avenue, N6, and came across another buried egg.

Asking around, someone thought it might have been put there by a fox. Most of us are familiar with squirrels digging holes in lawns and 'squirrelling' away food to be recovered in the winter, but surely not foxes? It turns out, however, that foxes routinely 'cache' food in multiple locations, sometimes your garden, for recovery later, marking each location with its own scent.

### Reynard the survivor

There is no shortage of foxes locally. Urban foxes have adapted to live with humans and unlike their rural cousins who kill real chickens, ours prefer theirs cooked by KFC. Half eaten hamburgers are also a favourite treat. They have learned that humans are harmless and nowhere near fast enough to catch them so they have no natural predators in East Finchley. Cars, however, are their greatest danger, causing the most deaths.

Their amazing sense of smell and cognitive abilities allows them to locate where they've buried their food in order to dig it up again in the

future. Unfortunately, they often treat buried pets in the same way, smelling the strong scent and digging them up as if they'd buried it themselves.

### Reynard the explorer

But back to Gill's egg in her flowerpot. We know that a fox is the likely culprit and apparently it can carry a chicken's egg safely in its cheek, but where did it get the egg? There are undoubtedly some chickens kept locally but a more likely explanation is that someone discarded it as it had passed its use-by date. We'll never know

but we must admire the fox's enterprise, although it lost this particular meal.

Foxes are natural explorers. One was once spotted riding an escalator on the underground, and in 2011, one was discovered roaming the top of The Shard, London's tallest skyscraper, while it was under construction. A local pest control manager who helped rescue the animal was quoted in the Sun newspaper as saying: "The fox would have had to climb 71 sets of stairs and an old-fashioned ladder."

## RICKY SAVAGE ...

### Down the tube

It's cold, the rain is horizontal and the train you want is 10 minutes away from East Finchley. Do you wait and look at the crumbling paintwork of Charles Holden's tube station masterpiece or get the first train and do the platform rush at Camden Town? Whatever you choose, you're part of history.

It's 160 years since someone had the bright idea of digging a trench, putting down railway tracks, sticking a roof over it and running steam trains through it. It may have been less than four miles from Paddington to Farringdon, but it's where it all began. It took a long time to turn that four miles into 11 lines, 272 stations and 250 miles of track. It took nearly 30 years to discover electricity and another 20 to stop trying to run steam trains through London. But by the 1930s it had sprawled out as far as Watford. Welcome to Metroland, welcome to the suburbs and welcome to signal failure at Baker Street.

If we'd known that it was going to end at Battersea Power Station, we might have stuck with buses and horses and walking. But we didn't, we stuck with the underground lines until they became the arteries of London, clogged, crowded and partially decaying. And guess what, I love it.

This jumble of lines has given us great architecture, the best bits by Charles Holden, and a wiring diagram for a map. It has also given us a weird etiquette that only Londoners understand. You know, stand on the right, don't ever make eye contact, never talk to strangers and flip through the Metro before leaving it for the next passenger to enjoy.

There are other things as well, things like knowing that a 'baby on board badge' is invisible to commuters, that your shopping needs its own seat and that no journey is complete without a coffee, if only so you can leave the cup behind to add to everybody's colourful travelling experience.

It doesn't matter that it's mostly dirty, the seats look as though they've hosted a near-death experience and you always get an ear-piercing screech from the tracks as you come into Camden. I don't even mind waiting on the platform for the night train, because there's still no quicker way to get round this beautiful sprawling city.

## Active artists

The East Finchley Open Artists 2023 Annual General Meeting was held on Saturday 14 January at the United Reform Church in Muswell Hill.

Pat Hewett-Marvell and Jo Pethybridge were re-elected as joint Chairs, Ian Hunt continues as Secretary and Jeremy Clynes as Treasurer. Jo reported an active and productive 2022 coming out of lockdown and looked forward to a busy 2023. The group's next major exhibition, titled Interplay, will be at the Original Gallery, Crouch End, either side of Easter from 4-6 and 11-23rd April.

## COMING SOON AT ARTSDEPOT



Sun 12 - Tue 14 Feb  
**The Singing Mermaid**  
Julia Donaldson & Lydia Monks' book comes to the stage.

Monthly from Wed 22 Feb  
**Poetivty**  
An inspirational evening of good vibes, poetry and open mic.

Monthly from Fri 24 Feb  
**artsdepot Comedy Club**  
Top notch comedians in an intimate setting.

Thu 2 Mar  
**Eshaan Akbar - The Pretender**  
New stand up from Eshaan Akbar, as seen on QI and Mock the Week.

Fri 3 - Sun 5 Mar  
**Zog**  
A roarsome, fun-filled family show.

Sat 11 Mar  
**Kate Mosse**  
The bestselling author celebrates history's 'Warrior Queens & Quiet Revolutionaries'.

Thu 16 Mar  
**Dotdotdot Dance: Blue Ghost**  
Dynamic flamenco dance meets live electronic music.

...and lots more! See the full line up at [artsdepot.co.uk](http://artsdepot.co.uk)

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Book Now:  
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5 Nether Street, North Finchley, N12 0GA



Gather round: Finchley Chamber Choir are performing a concert of Bach and Byrd. Photo Simon Weir

## Choir singers raise their voices

Finchley Chamber Choir is presenting an evening of choral music on Saturday 11 March from 7.30pm, at Trinity Church, Nether Street, North Finchley, N12 7NN. Conductor David Lardi will be leading the choir in a concert of works by J S Bach and William Byrd, for whom 2023 marks the 400th anniversary of his death.

The programme includes Bach's *Komm, Jesu, komm* and *Jesu, meine Freude*, and Byrd's *Mass for Four Voices*, *Magnificat* and *Nunc Dimittis* from *Great Service*. Tickets priced £18 with concession prices of £15 for students and over-60s, and £7 for under-18s are available from the choir's website [www.fcchoir.co.uk](http://www.fcchoir.co.uk), or by card payment at the door.

## Boot sale

The monthly Muswell Hill Indoor Car Boot Sale takes place on Saturday 25 February from 10am to 1pm at Hornsey Parish Church Hall on the corner of Cranley Gardens and Park Road, N10 3AH. Admission is 50p and refreshments are available. For more information contact 020 8368 8180.

## Knit and natter

A knit and natter club meets every Wednesday from 10am to 12 noon at the Ann Owens Centre, Oak Lane, N2, for knitters to drop in for refreshments, chat and games.

Contact Helen Nicolaou at Age UK on 07384 466840 or email [helen.nicolaou@ageukbarnet.org.uk](mailto:helen.nicolaou@ageukbarnet.org.uk) for more information.

## 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.

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

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

Prayer requests are gladly accepted.

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

Email: [vicar.saintsabounding@gmail.com](mailto:vicar.saintsabounding@gmail.com) or check out our website:

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

## What's On at the Phoenix in February

By Zalan Pall, general manager

A fantastic ensemble drama, a melancholic Korean film, a 50s classic, live opera and theatre, an exhibition on screen and a fantastic collection of shorts are all happening at Phoenix in February.

Do nothing, stay and fight, or leave. In 2010, the women of an isolated religious community grapple with reconciling a brutal reality with their faith in *Women Talking*, showing from Friday 10 February.

For lovers of classic films, we'll screen the new restoration of *Roman Holiday* on Sunday 19 February. With Audrey Hepburn luminous in her American debut, this movie is as funny as it is beautiful, and set the standard for the modern romantic comedy.

To experience the excitement of live performances, we are showing the Met Opera's *The Barber of Seville* on Wednesday 15 February and the National Theatre's *Othello* on Thursday 23 February.

Then from Friday 24 February, *Broker* is a warm, tenderly



melancholic Korean drama from the director of *Shoplifters*.

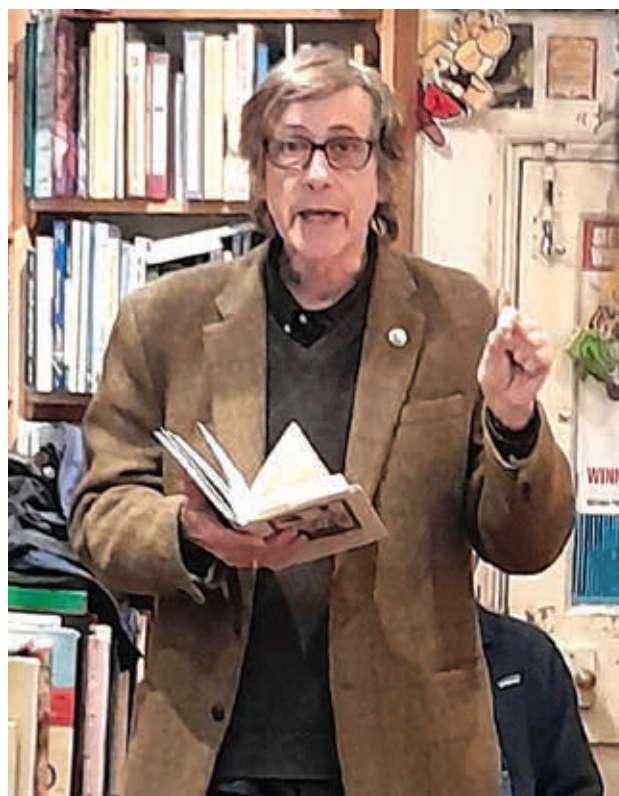
On Saturday 1 March join us for an evening celebrating adventure from some of the most spectacular places on earth, brought to you by the team behind **Kendal Mountain Festival**. This is a chance to watch a selection of award-winning films from high altitude adventure to cinematically beautiful tales showcasing wilderness and adventure travel from across the globe.

Finally the release of *Exhibition on Screen: Mary Cassatt* on Saturday 8 March coincides with International Women's Day. Mary Cassatt made a career painting the lives of the women around her. Her radical images showed them as intellectual, feminine and real, which was a major shift in the way women appeared in art. For more information and bookings visit our website [www.phoenixcinema.co.uk](http://www.phoenixcinema.co.uk) or pop into our foyer.

## Poetry among the bookshelves

By Helen Tierney

We all know that the wonderful Black Gull Books is a true asset to East Finchley High Road and it was great to see it packed on Monday 2 January with folk of all ages for a poetry reading given by Dr Philip Wilson of the University of East Anglia.



Reading: Dr Philip Wilson at the Black Gull Bookshop

Philip, who teaches, amongst other subjects at UEA, the philosophy of translation, was reading from two of his books: *The Bright Rose*, a collection of German Medieval verse, and *Evening Hour*, which is a selection of translations of the poetry of Karl Marx.

Philip spoke about poetic translation and its particular challenges as well as reading extracts from both volumes which are available from Arc Publications.

Everyone was very pleased with how well the evening had gone. Philip commented afterwards:

"It was great to hear the voices of old German poetry and the voice of Karl Marx in East Finchley and many thanks to Black Gull for letting the event be held there. The turnout was great: 26 people attended which is excellent for a poetry reading and goes to show that poetry in translation is alive and well."

## A poem for Valentine's Day

East Finchley resident Barbara Huggan has sent *The Archer* a moving poem which she wrote 44 years ago for Valentine's Day on 14 February.

*To my dear husband John on St Valentine's Day, 1979*

Cupid, dans une heure d'hiver,  
Arrow took from his quiver,  
Wrote on it your name divine,  
Shot it in this heart of mine.

Now forever I am yours  
Though the sky its deluge pours,  
Though cold months will never end,  
Though we all to death do tend.

Do you be my Valentine,  
Let age decline yet always mine  
Like the heart that beats for you  
Of the sender, ever true.



## Letters

### Accident waiting to happen

Dear Editor,

Last week I had occasion to cross The Bishops Avenue at the junction with the Great North Road. I was reminded of just how dangerous a junction this is, especially for pedestrians.

People have been complaining about this junction for as long as I can remember and still nothing has been done.

I am reminded of a campaign many years ago to put a crossing on Fortis Green. Nothing happened until a woman was run over and killed. Then finally a crossing was put in near the junction with Summerlee Avenue.

The council are fully aware that the junction at Bishops Avenue is far more difficult to cross than Fortis Green ever was.

Does this mean that once again we are waiting for someone to get killed? Maybe we should bear in mind that the Archer Academy school is very near this junction.

It's possible that the council is considering controlling the traffic with complicated and expensive schemes such as traffic lights, roundabouts etc. A simpler and cheaper solution which could be implemented in the meantime would be an island refuge at the end of The Bishops Avenue.

People other than aspiring Olympians would then stand a fighting chance of making it across the road in one piece.

**Oliver Craig**  
Cherry Tree Road, N2.

### Solicitor struck off

Dear Editor,

I was greatly saddened to read in your January issue that George Nosworthy, principal solicitor at Cree, Godfrey & Wood, had been found guilty of dishonesty by a disciplinary tribunal and struck off the Roll of Solicitors.

When the charges were brought about two years ago I could not believe it, and even now they have been proved I still find it hard to accept.

I have lived in Fortis Green for nearly 50 years, and George's East Finchley practice has been my family's solicitors during most of that time. George often appeared to be under pressure, and sometimes harassed, but I invariably found him to be warm, charming, helpful and knowledgeable in all my dealings with him over the years. I also never felt cheated by him, whether we were dealing with conveyancing of property, preparation of wills, or anything else.

I feel sorry for his family and his employees, who will have lost their jobs when the practice was forced to close.

**Eugene Myerson**  
Annington Road, N2.

Send your correspondence to:  
[news@the-archer.co.uk](mailto:news@the-archer.co.uk)  
or post to The Archer, PO Box 3699, London N2 2DE

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.

# How to tackle your low mood in the winter months

By Dan Roberts

**It's easy to forget that we are seasonal animals, as much as bears who hibernate or swallows who migrate south for winter. Even if we live in an urban environment like north London, we are highly sensitive to seasonal changes, especially lower light levels on these chilly winter days.**

When the days are colder and darker, it's natural for our energy and mood to dip a little. But for some of us that change in mood can be difficult and even lead to depression.

If you are struggling with depression, please seek help. Start with your GP, who may recommend either talking therapy or medication. Both can be very helpful but remember there is a great deal you can do to lift your mood, in ways which cost nothing and are readily available.

### Exercise and natural light

Perhaps the most effective drug-free treatment for low mood is exercise. In one study, regular cardiovascular exercise like swimming, cycling, jogging, dancing or brisk walking was found to be equally effective at treating mild-to-moderate depression as antidepressants. Do whatever you enjoy and can build into your daily life.

During these darker days, take any opportunity to get outside and maximise the natural light. Again, go walking or time your exercise to be outside during the day. If you suffer from Seasonal Affective Disorder (SAD) you will benefit from regular use of a specialist light box.

### Helping others

There is a great deal of research right now into the healing potential of compassion. We know it's good for

your brain, whether you are being self-compassionate or taking compassionate action for others. With so many people struggling with the cost-of-living crisis, why not volunteer at a local food bank, take a meal to an elderly neighbour, or give time or money to a charity that's close to your heart. This is a win-win, as it helps others while giving your mood a much-needed boost too.

I hope some of these ideas are helpful for you. Finally, remember that it's natural for



Psychotherapist: Dan Roberts

our moods to go up and down, so don't worry if yours has dipped lately. Taking a few simple steps like these can really make a difference – and remember that spring is just around the corner, so these wintry days won't be here for long.

Dan is a psychotherapist based in East Finchley and founder of Heal Your Trauma, offering affordable mental-health workshops at Terapia, in Finchley Central, throughout 2023. Email [info@danroberts.com](mailto:info@danroberts.com) or visit [danroberts.com](http://danroberts.com) for details.



People person: Jan Lovell enjoys being out and about in her role as a Police Community Support Officer

## Questions and Answers

Interview by Ruth Anders

**Jan Lovell is East Finchley's Police Community Support Officer (PCSO). A long-term Barnet resident, Jan was born and brought up in Chichester. She came to London in 1975 and never left.**

**When did you start in your current role?**

I joined the Met as PCSO in 2004. Before that I worked in the law courts including Waltham Forest Magistrates Court, Harrow Crown Court and as a Dock Officer at the Old Bailey.

**What does a typical workday look like?**

I start my day by reviewing all our systems looking at crimes and ASB (antisocial behaviour) that have been reported overnight, and I spend a lot of my time liaising with our different partnerships such as housing associations, the Council, schools and local businesses to solve problems.

**What do you enjoy most about the job?**

The personal side without a doubt. I love meeting people, offering information and reassurance.

**What do you like least about it?**

The paperwork!

**Any advice for locals?**

If you see something odd, no need to be confrontational – say something like "Are you looking for something?" If you see a suspect vehicle, note its registration. Report issues immediately – a week later is too late!

**What are your main concerns about East Finchley?**

The lack of youth facilities and the play areas need a lot of improvement.

**What do you like best about the area?**

People really care about each other, and our ward Councillors are very accessible. A good community spirit leads to a lower rate of crime. And we have terrific schools, both primary and secondary.

**How do you relax when you're off duty?**

I used to enjoy dancing – salsa, modern jive and blues, but now I prefer a peaceful walk.

**Where would you take someone in East Finchley?**

To both our cemeteries. There are wonderful headstones with art deco bronzes and marbles, and loads of wildlife.

**How would you describe your approach to life?**

We have a great work team and always enjoy a laugh. I suppose I'd say a sense of humour keeps me sane!

You can report crime by calling 101 or in an emergency call 999. You can also report crime online at <https://www.met.police.uk/>

## Foodbank fundraiser

Carol singers who went from pub to pub in the High Road, N2, on Thursday 15 December raised more than £360 for Finchley Foodbank. The singers thanked staff and customers who donated so generously at The Old White Lion, The Bald Faced Stag, Gertie Brown's and Maddens.

**Holy Trinity Parish Church**  
67 Church Lane, N2 0TH  
[www.holytrinityeastfinchley.org.uk](http://www.holytrinityeastfinchley.org.uk)

*We are a community who welcomes everyone.*  
We meet in church and online. Please do 'come and see'.

**Holy Communion & Children's Sunday Club:** Sunday @ 10.00 am - In Church  
**Morning Prayer:** Thursday @ 9.00 am - Online

For more information please contact us:  
Email: [marius.mirt@htef.org.uk](mailto:marius.mirt@htef.org.uk) Tel: 020 3565 4430

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# The Archer

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## Fruit of the gods thrives through the winter months

By Diana Cormack

As a child I only ate pomegranates in October when my mother bought me one of these exotic fruits for my birthday. I used to picture their journey from far-off lands where other strange plants thrived in the hot sunshine. Never did I envisage them thriving in the snow. It took a visit to a neighbour's garden in Cherry Tree Road this winter to see that!

The pomegranates pictured survived December's snow, or at least most of them did. My neighbour Vijay Saggart told *The Archer* that she had caved in to her granddaughters' request and allowed them to pick the biggest because they wanted to cut it up to see how far it had developed. "The tiny seeds inside were such a beautiful pink colour, fully formed but sour," said Vijay.

### Mother's search for abducted daughter

Over the years the pomegranate has become more popular, with its juice and seeds believed to provide particular benefits. But the oldest belief about the fruit goes way back to when people thought it played a part in the Earth's seasonal changes.

When the goddess Ceres was in charge of nature, she made sure things grew and ripened continually so there was always plenty of food. Unfortunately Pluto, the god of the underworld, kidnapped her beautiful daughter Persephone and took her to live in his dark kingdom. Her friends, who saw the



Cold harvest: Pomegranates growing happily in Cherry Tree Road, N2

kidnapping, told Ceres. Heart-broken, she determined to search

for her daughter, neglecting her duties to the Earth. Eventually the people, facing starvation, asked Jupiter, Father of the Gods, for help. He decreed that Pluto should set Persephone free if she had tasted no food in the underworld. But, on that very day, she had eaten six pomegranate seeds which Pluto had given her.

### Why we have four seasons

Jupiter declared that Persephone should spend a month in Hades for each seed she had eaten and be free for the other six. So Ceres' delight at her daughter's return is reflected in the spring and summer seasons, whilst autumn and winter match her sadness at Persephone's departure.

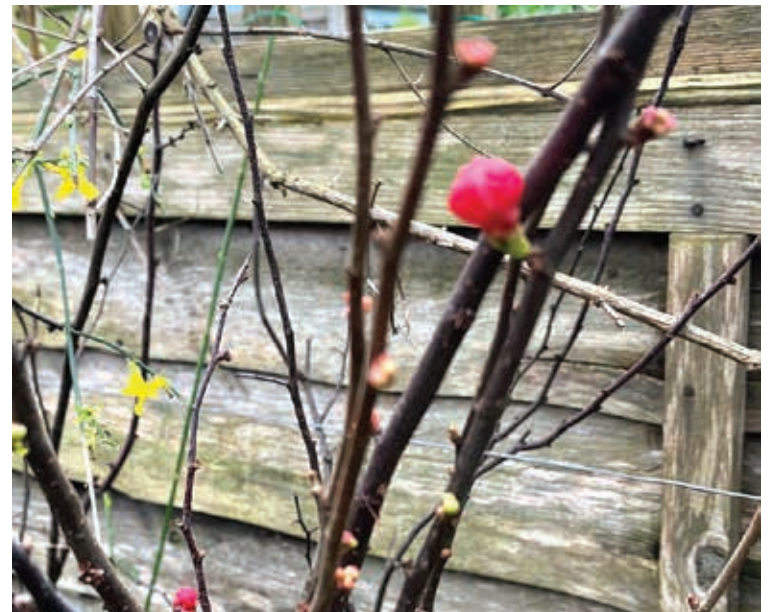
Nowadays, pomegranates are commercially available most of the year round, being harvested in the northern hemisphere from September to February and in the southern hemisphere from March to May.

Please let *The Archer* know if you have any unusual plants growing in your house, garden or allotment, accompanied by a picture if possible. Email us: [news@the-archer.co.uk](mailto:news@the-archer.co.uk)


## Early bloomers on show already

By Ruth Anders

East Finchley gardeners may have noticed the unusually early appearance of buds and blossoms on various shrubs and perennials. Once our December cold spell was out of the way, the relatively mild end to 2022 and start to 2023 may have encouraged some plants to think that spring was approaching. Here are photos of some we have seen that are flowering and budding now. In normal conditions, they would wait until March or later. We'd love to hear from you if you have other examples. Email us: [news@the-archer.co.uk](mailto:news@the-archer.co.uk)








Darling buds: Plants already showing their spring colours in January include, from top to bottom, the cheerful pink Bergenia, the creamy white Exochorda and the bold red Chaenomeles, with yellow Forsythia in the background. Photos Ruth Anders



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