



Regular Events

Sport & Fitness

❖ **Badminton** on Wednesdays. Call 020 8349 0170
 ❖ **Body Control Pilates** classes. Call Deanna Wisbey 020 8883 7029
 ❖ **Counselling and psychotherapy service** at the Green Man Centre. For details phone 8346 0194

❖ **London Cycling Campaign** (Barnet), has monthly meetings & rides. Call 020 8440 9080.

❖ **Ramblers Association** (Finchley & Hornsey) Vivien Malindine 020 8883 8190

❖ **Tae kwon Do** Green Man Every Thursday 7-9pm 07949 612 706

❖ **Tai Chi** the Green Man Monday 1.30-3pm (new class 16 Sept)

❖ **Tennis Club** off Southern Road. Call 020 8440 6953

❖ **Yoga & Meditation** classes at Holy Trinity Church, 020 8444 7217

Dance, Drama, Art & Music

❖ **Adult Line Dancing**. Call Footloose 020 8440 8530/ 8216 5633.

❖ **Art Classes**. For info call Henry on 020 8888 5133.

❖ **Barnet Schools Music Centre** call 020 8359 3111 for details.

❖ **Broadway & West end Musical Singing Workshop** call Idit Gold 020 8449 0011.

❖ **Chipping Barnet Folk Dance Club**, Vivien Malindine, 020 8883 8190

❖ **Club Dramatika** drama club for kids. Call Vicky 020 8883 1554

❖ **Country & Barn Dancing**, at Oakleigh Park, 020 8349 0754

❖ **Columbian party dancing** classes, Call Nelsy 020 8444 2012

❖ **Incognito Theatre workshops**, Colney Hatch Lane, 020 8883 0911

❖ **Over 60s come dancing** at Ann Owens Centre 020 8346 8736

❖ **Pottery Class** at The Green Man, Call Celia Holmes 020 8349 9315

❖ **Learn to sing** at Finchley Methodist Church 020 8455 2403

❖ **Private singing lessons**, all levels Contact Anouschka 0208 444 82 05

❖ **Symphonic Wind Orchestra of North London**, Contact Stephen Kelsey, 020 8883 3365

Clubs & Social

❖ **All Saints Beer and Wine Circle** Call Richard Baldwin 020 8883 7081

❖ **Bingo**, Green Man Community Centre, 020 8883 4916

❖ **Contact Lunch Club** at the Green Man. Call 8444 1162 to book a place. Every Thursday. 12.30-2pm

❖ **East Finchley National Child-birth Trust**, Contact Ann Sullivan, 020 8442 1941

❖ **East Finchley Writers** meet weekly at the Old White Lion. Contact Lillian on 020 8444 1793.

❖ **Fairacres Monday Club** for Jewish people, Rene & Reuby Hyams, 020 8883 0448 or Sylvia Lee 8958 7878

❖ **Finchley & District Philatelic Society**, Contact Brian Merryweather 020 8444 3251

❖ **Friendly Rubber Bridge** at The Old Barn, 020 8349 4613

❖ **Hampstead Social Group**, membership late 30's-late 40's Call David Morris, 020 8348 3495

❖ **North London Bridge Club**, Muswell Hill, 020 8348 3495

❖ **Muswell Hill and Highgate Pensioners' Action Group** Call Bob Cottingham on 8444 7635.

❖ **Muswell Hill Association** call Gerry Saunders 020 8883 7274

❖ **Muswell Hill Synagogue**, Tetherdown, 020 8883 5925

❖ **Muswell Hill Tetherdown Bridge**, 020 8883 4390

❖ **Old Barn pre-school club**, 020 8349 4613/1961

❖ **Parent & Toddler Group**, Green Man Community Centre, Julia 8444 2276

❖ **Probus Lunch Club** for retired professional and business people, Details Eric Dalton 8340 0822

❖ **Single Solution** over 30s night. call 020 8802 2326/ 8363 2328

❖ **Finchley Credit Union**, the Green Man Wednesday 3-5pm.

Twelve go Climbing for MS

By Erini Rodis

Local mountaineers Rachel Sutherland and Kate Churchill are going to be amongst a party of twelve, who in January will attempt to climb the Argentinian peak "Acon Cagua", the highest outside the Himalayas, to raise money for Multiple Sclerosis charities.

Standing at 23,000ft (7km) "Acon Cagua", (which in an Inca language means "The White Sentinel") poses an enormous physiological challenge, mainly due to sub-zero temperatures (-30 degrees C), 80mph winds and a lack of oxygen. Altitude sickness can cause brain haemorrhaging, so organisational skills and specialist equipment are a survival must!

"The Real Outdoor Group" ("TROGs") are all aged between 28-43, and include an engineer, two BA pilots, a psychologist, a designer, a geneticist and an outdoor pursuit instructor. Rachel is in nursing, and Kate is one of only eleven registered female plumbers in the UK! Four of them are women and three of them have already climbed "Elberus" - Europe's highest peak. They have been planning the trip since the New Year and the bill is running into thousands....

Their boots are expensive: add seven layers of clothing, waterproofing, ropes, pick-axes and food for six weeks - not to mention camping gear. Anything that they need to not freeze, like toothpaste, they will need to sleep with,

in their sleeping bags. These have to be made-to-measure, as any gap in one too long would mean frozen feet, as well as extra weight to carry.

Endurance

They will need to acclimatize by resting for a few days, for every few thousand feet of ascent. As long as there are no signs of altitude sickness, the camp can be moved up to the next level and this process repeated up to the top! Acon Cagua currently has a 20-25% summit rate and they're not going to let it faze them. "Stamina is a forte in women", says Rachel "and older women are much better placed than younger men, to deal with these conditions." She should know. Rachel has already cycled from John O'Groats to Lands End: in 1983 she raised £8,000 for a body scanner for Charing X Hospital.

So far local sponsors include Bike n Run and Empress Building Centre - if you'd like to make a donation,

Check out their website on www.aconcagua2003.co.uk or write to: contact@trog-on.co.uk
 We wish them luck!

Money for art's sake

Whether you're a budding Picasso or a fledgling Damien Hirst, Barnet Council is offering a unique opportunity for North London's young artists to put themselves on the map.

The Apthorp Fund for Young Artists, now in its ninth year, helps young professional artists and those preparing to try to make a living from their talent, by purchasing selected works.

The scheme is funded by the Milly Apthorp Charitable Trust, which is administered by the council and is open to artists between the ages of 18 and 30 who live, work or study in the boroughs of Barnet, Brent, Enfield, Harrow and Haringey.

A prize fund of £15,000 is available and "purchase prizes" may range from £200 to £2,000 with a special award of £5,000 being paid for any work considered to be truly outstanding.

With the exception of photography, artwork in all media both contemporary and traditional is welcome - including paintings, drawings, mixed media, digital art prints, textiles and small sculptures.

On show

An exhibition of the work selected will tour the boroughs before being displayed permanently in public buildings.

Previous winners have found the scheme to be an important stepping stone. Not only does the cash prize enable artists to buy materials but winning is a massive confidence boost and the added exposure of exhibitions can lead to more commissions.

The variety and quality of last year's submissions impressed the judges but the trustees of the fund would particularly welcome more landscape, still life and figurative work.

For further information and application forms please send an A4 stamped addressed envelope to the Arts Office, Old Town Hall, Friern Barnet Lane, London N11 3DL, telephone 020 8359 3152 or visit www.barnet.gov.uk/cultural services where entry forms can be down loaded.

Deadline for submissions in Barnet is 17 January 2003.



Rachel Sutherland and Kate Churchill practice staying warm on a chilly pavement - Photo by Erini Rodis.

All That Jazz

Did you know that we have a local jazz club on East End Road? 'Just the Job' jazz band play at the Wilf Slack Cricket Pavilion at 19 East End Road (close to Avenue House) every other Monday from 8 to 10.45pm.

The band has been playing there for just over four years and the club now boasts over 300 members - but not all of them attend each session!!

Featuring a changing front line of first class musicians playing trumpet, clarinet, sax and trombone, the ever-present pillars of power are John Softley on guitar and banjo, Phil Woodward on bass and John 'Animal' Preston on drums - whose singing is amazingly like that of the late, great Louis Armstrong.

Their repertoire seems endless and includes many

favourites such as *Tiger Rag*, *Bye Bye Blues*, *Satin Doll* and *Royal Garden Blues*. And, yes, they do take requests!

Their combination of expert skills, humour and camaraderie make for a highly enjoyable evening and, at only £5, it is truly great value for money. An added bonus is the bar with extremely reasonable prices.

Forthcoming dates are: 2, 16 and 30 December and 13, 27 January. New members are always welcome - so come along and be prepared to enjoy a casual and jovial evening.

SAY "NO" TO EVEN MORE PARKING.

Developers want to install an Adult Education Institute in the **GREEN SPACE CONSERVATION AREA** Just behind East Finchley Station

There will be **only 30** parking spaces

It has over **6,000** students

It opens as early as **9 a.m.**, and shuts as late as **10 p.m.**

It is often open at **weekends**

Result: Huge extra parking, over long periods.

Impact: On all residents anywhere near the station

The council has only consulted people living right next to the site. If you want to make your opposition known, please sign the petition being circulated now.

For more information, contact:

Malcolm Goldstein, 020 8444 9522

(mrgold@btinternet.com)

Or Richard Stein, 020 8883 7649

(Alison.stein@virgin.net)