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Local News is our Aim

THE ARCHER




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A community newspaper for East Finchley run entirely by volunteers.



Destruction at Highgate School. Picture by Craig Johnson

Falling leaves

Storm force winds on Thursday 18 January brought destruction across East Finchley and surrounding areas. Two cars were seriously damaged when this tree and fence were uprooted at Highgate School in Hampstead Lane. Many homeowners reported damage to fences and roofs, and the streets were strewn with branches and other debris.

What's so great about East Finchley?

We asked you for the good, the bad and the ugly about our community. Read what you said on page 9.

New broom for cleaner streets

Barnet Council is promising to improve the street cleaning service across the borough. The number of town centres served by town keepers will rise from 13 to 20 and new residential cleansing teams will be introduced for side and back streets.

In addition, 'hot spot' teams will be set up to clear litter around transport hubs and stations. This extra spruc-

ing-up of Barnet's streets will be complemented by a new Clean Borough Strategy currently being considered by the council.

According to Barnet's Annual Residents' Survey 2006, only 55% of residents are happy about current street cleaning standards in Barnet.

Merger plan for Martin Schools

By Diana Cormack

Martin Infant and Martin Junior Schools could merge into one school by September under a proposal being put out to public consultation. The schools share a site in the High Road but are officially separate bodies with a head teacher each.

A public consultation is under way regarding the proposed amalgamation. It will consider the advantages and disadvantages of reorganising the existing schools and has invited views from all interested parties.

Parents were invited to give their views, with meetings being held in both schools to consider the proposals and to record any responses. All responses had to be received by 29 January for the schools to forward to the

local authority.

The idea of amalgamating the schools to create an all-through two-form entry primary school was put forward by the governing bodies of both schools, with the support of Barnet Council. Holy Trinity, the other primary school in East Finchley, is already an all-through school, with one form per year.

The Martins proposal follows Barnet's present policy of reducing the number of schools operating as separate infant and junior schools.

Raising standards of education is the main reason for the borough seeking to implement its school organisational plan and, because there has been a head teacher vacancy at Martin Infant School since last term, the governors are obliged to consider reorganisation proposals.

Barnet Council will decide whether to publish statutory notices after all comments and observations have been considered.

The intention is for these changes to be introduced from 1 September 2007. Both schools would close in July 2007 and open as an all-through primary school on the same site for the new academic year. There would be no change in the school's admissions policy.

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to deliver the paper for us.*

Your contributions

If you have a story for us, please contact us at the above address.

Comments to THE ARCHER may be published unless clearly marked 'Not for publication' within the text.

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Council Tax 020 8359 2608
Recycling & refuse 020 8359 4600
Primary Care Trust 020 8201 4700
Benefits Agency 020 8258 6500
Employment Service 020 8258 3900
Haringey Council 020 8489 0000

Leisure

Alexandra Palace 020 8365 2121
East Finchley Library 020 8883 2664
Muswell Hill Odeon 0870 505 0007
Phoenix Cinema 020 8444 6789
Warner Cinema 020 8446 9933

Transport

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City Airport 020 7646 0088
London Transport 020 7222 1234
National Express 08705 808080
Heathrow Airport 0870 000 0123

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Gingerbread 020 8445 4227
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NSPCC 0800 800500
Rape & Sexual Abuse 020 8683 3300
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Alcoholics Anonymous 0845 7697555
Barnet MENCAP 020 8203 6688
Cancer Support 020 8202 2211
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Drinkline 0800 917 8282
Drugs Helpline 0800 776600
Health Info Service 0800 665544
MIND 020 8343 5700

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Contact (N2) 020 8444 1162
Help the Aged 0808 800 6565

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Finchley Memorial 020 8349 6300
Oak Lane Clinic 020 8346 9343
Royal Free 020 7794 0500
St Luke's 020 8219 1800
Whittington 020 7272 3070

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Finchley Police 020 8442 1212
Mus. Hill Police Stn. 020 8345 2148
CrimeStoppers 0800 555111
Victim Support 0845 303 0900
East Finchley Safer Neighbourhood Team 020 7161 9014



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❖ **Careers advice**, Green Man, Community Centre 020 8883 4916
❖ **Toy library**, Muswell Hill 020 8444 0244/ 8489 8774

Police teams need your help

People in East Finchley are being encouraged to work more closely with their Safer Neighbourhood team to make a real difference to the community.

A new advertising campaign has been launched across London by the Metropolitan Police as it celebrates the milestone of having established a Safer Neighbourhoods team in each of the capital's 624 wards.

The advertising campaign is encouraging people to become involved with their local police teams in order to identify local problems and help improve the quality of life where they live.

Chief Superintendent Steve Bloomfield, from Safer Neighbourhoods, said: "It is by working together with the public and our local partners that we are able to provide long-term solutions to problems such as anti-social behaviour, drug using, smashed bus stops, graffiti and noisy neighbours."

Safer Neighbourhood officers are dedicated to local policing and public reassurance and are not taken away from their

neighbourhoods except in very exceptional circumstances.

East Finchley's policing team is based at 113 High Road and can be contacted on 020 7161 9014 or 07887 632767.

Nursery admissions

The closing date for applications for Holy Trinity CE School nursery for children born between 1 September 2004 and 31 August 2005 is approaching.

Parents and carers wishing to apply need to fill in an application form, available from the school, and return it with the relevant documentation by 20 April 2007.

For further information contact the school on 020 8883 1824.

New school: your views sought

A public consultation is under way on the proposed new Church of England-sponsored secondary school opening in Finchley in 2008.

The school, in Hilton Avenue, North Finchley, will be called the Wren Academy and will specialise in design and the built environment, as well as offering an all-round curriculum for 11 to 18-year-olds.

The consultation period lasts until 9 March. Full details are available on the school's website www.wrenacademy.org, by email on enquiries@wrenacademy.co.uk or by contacting Francesca Grimes on 0117 311 5268.

Planning Applications

Barnet

Oak Lodge School, Heath View, N2

Multi-use games area with associated sports fencing and hard surfaced surrounds and pedestrian and vehicular access.

68 Ossulton Way, N2

Loft conversion with addition of conservation type roof lights to side and rear.

Conversion of garage to habitable room. Construction of single storey link between house and garage.

36A Sedgemere Avenue, N2

Alterations to roof including insertion of roof lights, rear dormer windows and mansarding of rear roof slope to create a new self-contained flat in the loft

323 Long Lane, N2

Conversion of property to form one x 1-bed and one x 2-bed self-contained flats.

38 Brownswell Road, N2

Single storey garage to side

56 Brownswell Road, N2

Single storey rear extension.

New porch

642 Bedford Road, N2

Single storey rear/side conservatory.

30 Deansway, N2

Part single, part two-storey rear extension. Loft conversion including rear dormer window. Raised decking.

17 Howard Walk, N2

Proposed single storey rear extension plus loft conversion including 1 No. roof light to each slope.

76 Abbots Gardens, N2

Rear dormer roof extension to single family dwelling.

13 Abbots Gardens, N2

First floor side extension and loft conversion with hip end and rear dormer window.

7 Brim Hill, N2

1 x Silver Birch to be felled.

Land rear of Hornbeams, The Bishops Avenue, N2

Demolition of Hornbeams.

Haringey

29 Church Vale N2

Erection of single storey rear extension.

14 Shakespeare Gardens N2

Erection of single storey rear extension and conversion of loft to include erection of rear dormer window and creation of gable end.

The Badgers, White Lodge Close N2

Replacement of existing single family house with new single family house proposed, i.e., complete demolition.

1 Beech Drive N2

Erection of single storey side/rear extension and erection of rear and side dormer windows. Insertion of 2 x roof lights to front elevation.

70 Twyford Avenue N2

Erection of single storey rear extension.

37 Fordington Road N6

Alterations to elevations and front elevation involving conversion of garage to habitable room. Erection of single storey rear extension, with new terrace and steps. Erection of new rear and side dormer and roof light to front.

53 Fortis Green Avenue N2

Erection of rear dormer window and insertion of 2 roof lights to front elevation.

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Front garden parking to be made easier

By John Lawrence

Barnet Council is relaxing the rules for motorists who want to park their cars in their front gardens in a move billed as a boost for flexible parking.

Residents who want to pave over their front garden for parking will no longer need a minimum garden size of 4.8m long by 2.4m wide. Instead, they will enter into a legal agreement with the council that their vehicle will not overhang the pavement when parked in their driveway.

Rainwater drainage risk

Some may see this as a threat to the quality of our local streets and to our wider environment. *THE ARCHER* has previously printed letters from residents concerned that too many front garden lawns, trees and shrubs were disappearing under concrete.

safety benefits, too, because of the shorter distances from cars to front doors. In addition, cars parked in front gardens could mean more on-street parking spaces available to other residents and visitors.

A common-sense solution?

Councillor Matthew Offord, Cabinet Member for Environment and Transport, said: "This is a pioneering move, made with the needs of our residents in mind. Many people who drive small cars have been forced to park a long way from their homes and this is a common-sense solution that will relax demand for



Getting permission to park your car in your front garden, like these in East Finchley, is about to get easier

In 2005, Thames Water warned that the rush to pave over our gardens increased the risk of drainage overload and flash flooding because there were fewer places for rainwater to drain away naturally.

Although front gardens are usually private property, residents cannot park there until they have applied to Barnet Council for permission to install a vehicle crossover, or dropped kerb.

The council says the rules were relaxed in response to calls to make the policy fairer for owners of smaller and lesser-polluting vehicles and electric cars, which need to be located close to a power source for re-charging.

It claims there will be personal

on-street parking.

"We are, however, committed to maintaining the green and attractive look of the borough which is why we are spending a lot of time assisting residents to consider the most environmentally friendly ways of converting their front gardens."

Applicants will receive an information pack giving advice on environmentally-friendly design solutions to protect the front garden area while providing a suitable surface on which to park their vehicles.

What's your view on front garden parking? Write to The Archer, PO Box 3699, London N2 8JA, email the-archer@lineone.net or telephone 08717 334465 to leave your comment.

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Miranda at home with her children Jacob and Annabel Holland

From here to maternity

By David Melsome

When she moved into Bedford Road in September 2002, Miranda Levy was an N2 newcomer with a large pregnant bump. Now, she's the proud mother of two children and a big fan of the East Finchley vibe. She's also just published her first book *The Rough Guide to Babies* (Rough Guides, £9.99.)

"When I had my daughter four years ago, I was desperate for a book that really told me how it was," says Miranda, a freelance journalist who writes for publications including *Grazia*, *GLAMOUR* and the *Daily Mail*. "I needed reassurance that the devastation wreaked on my body wasn't permanent, that despite my utter failure to follow a routine I was still qualified to be a mother. Mostly, I wanted a book that made me feel normal. So I decided to write one myself."

Miranda's book contains lots of practical information on all

the basics: feeding (breast and bottle), sleeping (the baby's, and yours), crying (the baby's and yours), baby development and health. There's also a look at the questions new mums often ask: how will the new arrival affect my relationship, will I survive this chronic exhaustion and what type of childcare will suit me and my baby the best?

Thanks to East Finchley's baby-friendly atmosphere, Miranda, 38, enjoyed both her maternity leaves. She says: "The playgroups at the Methodist and Catholic churches were great, the Chorak cakes kept me sane, but best of all were the Bringing Up Baby screenings at the

Phoenix. The sight of all those little faces eating, sleeping and crying was more entertaining than the movies themselves. I also noticed the babies loved films with loud car-chases, but weren't too keen on dialogue. Subtitled movies tended to be the best choice."

Miranda's two children, Annabel, four, and Jacob, two and a half, attend Scribbles nursery on Hertford Road; Annabel is also at Martin nursery. Miranda's husband Mark can be found manically running or cycling up the High Road while Miranda herself prefers to spend her free time staring out of the large windows of Costa Coffee.

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A thief smashed the window of this car in East Finchley and snatched the satellite navigation system.

Smash and grabs are on the rise

Thefts of valuable gadgets from cars have doubled in the UK in a year, according to a survey, but Barnet Police are fighting back with a message to the car thieves: 'Beware when you steal from a motor vehicle; it may be a police car.'

Barnet Police have introduced a number of decoy cars across the borough containing smart security systems to gather evidence against anyone who steals from the vehicle. This evidence will assist in more successful prosecutions.

Satellite navigation systems have become a favourite target of the thieves with 814 stolen in Barnet in the last 12 months, nearly a quarter of all thefts from vehicles.

One third of owners admit to leaving the cradle of their Sat Nav machine on display, and 10 per cent leave the whole system in place, even when their vehicle is parked in public. The simple message from police is: "Don't".

It's not just Sat Navs. At 41 per cent, the number of respondents who said electrical equipment had been taken from their car was twice as high as last year. Stolen items included laptops, stereos, MP3 players and mobile phones.

Remove your valuables.

The research, commissioned by Autoglass, went on to say that 15 per cent of vehicle owners leave their valuables in full view and 28 per cent think that hiding things under the seats or in the door pockets is good enough

protection.

Detective Superintendent Richard Walton of Barnet Police said: "Theft from vehicles is still a prolific crime and the high priced gadgets often left inside vehicles in full view or poorly hidden in pockets or under seats is an increasing worry.

"I urge everybody to be responsible with possessions. Leaving your Sat Nav on full view in the window of your car is leaving yourself vulnerable to becoming a victim. Take it with you. Together we can make Barnet a safer place."

For more information about crime prevention go to www.met.police.uk/barnet.

Is history your thing?

The Finchley Society's Local History Group wants to expand its activities.

Anyone interested in getting involved, or who knows about any project to do with Finchley's history which the Society may not be aware of, should contact the Group's secretary Margaret Cullen on 020 8346 2091 or at margaretcullen@f2s.com.

Leaders of the pack in short supply

By Chris Haslam

It's quiet. Too quiet, but they're out there in the dark and they're coming. A single searchlight sweeps the barbed wire, scanning for wily infiltrators. They're almost close enough to feel their breath. Suddenly the searchlight finds one. "Gotcha!" cry the sentries and the enemy soldier shrugs as he gives himself up.

South Africa, 1901? The Second Boer War? North London, 2006, actually, and it's the 8th Muswell Hill Cub Pack playing their favourite game. Okay, the barbed wire is a barricade of stacked-up chairs and the searchlight is a bike lamp but when the lights are switched off and the collective imagination of 30 eight to ten-year-olds is switched on we could be behind the lines at Mafeking, back where scouting started.

Colonel Robert Baden-Powell brought the idea home and in 1907 started a movement that in its centenary year boasts nearly 30 million members worldwide. Starting with Beaver Cubs at six, boys and girls move up to Cub Scouts when they're eight, Scouts at 11 and Explorer Scouts at 14.

The 8th Muswell Hill has 33 Cubs and 32 Scouts on its books, but there are another 42 on the waiting list. With no troop in N2, East Finchley boys hike to Muswell Hill for their Scouting.

Ten-year-old Joseph is one of them. As leader of Black Six, he says he can spot a fellow cub even out of uniform. "It's easy," he says. "Cubs are more confident and have more abilities

and more adventures." In just one year, Harry, also from East Finchley has been camping, learned rifle shooting, archery, rock-climbing, kayaking and the fine art of making rockets.

Could you do your best?

The good news is that a new Scout troop is being set up in Muswell Hill, but there are no plans to establish a troop here in East Finchley. In Scouting's centenary year, perhaps that could change: all it takes is a handful of parents to be prepared to do their best.

Subscriptions vary from pack to pack: the 8th Muswell Hill, based in the United Reform Church Hall on Queens Avenue, charges £15 per term and the 9th, who meet at St. Peter-le-Poer Church in Colney Hatch Lane, £17.50. Uniform, comprising sweatshirt and cargo pants, costs £25. Scarf and woggle are free. Information and contact details of local packs at www.scoutbase.org.uk

Crash closes NCR junction

The slip road exit from the A406 to the A1000 opposite Strawberry Vale was closed on Monday 15 January after a serious crash occurred at 8.15am.

A white Peugeot 106 collided with a grey Vauxhall Zafira. The roof of the Peugeot had to be cut off by the fire brigade in order to free the woman driver, who was taken by ambulance to Barnet General Hospital. Her injuries were not life-threatening. The road was re-opened just under an hour later.

Philip King

THE ARCHER team was shocked and saddened to learn last month of the death of Philip King from cancer after a short illness.

Philip spoke up for local people as chairman of The Walks Residents' Association and was the driving force behind the campaign to protect the Stanley Road Playing Field from housing developers.

We will publish a full obituary in our next edition and in the meantime pass our condolences to Philip's family and friends.

How to discover your inner genius

Life coach John Williams, who lives and works in East Finchley, suggests a seven-step plan to help unlock our creative forces.

Have you noticed what a creative place East Finchley is? We have the East Finchley Open artists; writers, musicians and entrepreneurs; a loyal following for our independent cinema; a new art gallery and a community that's active about local issues.

Creativity isn't just for artists. We can all develop and use it in every aspect of life, from work to health to relationships. Here is my seven-step plan to enable anyone to discover their inner creative genius.

Try these steps for better results on your next challenge, whether it's writing a novel, tackling a new project, or working towards a goal you've set for 2007.

First clarify the problem you are trying to solve or the outcome you want to achieve. "A problem well defined is half solved," said psychologist John Dewey.

Secondly, work on your project a little every day, ideally first thing in the morning. In between, your subconscious will work on it. Aid it by doing something physical and simple: walking, gardening or washing up. The creative process often resembles sculpture, chipping away and refining something over time until you get the finished work.

Thirdly, immerse yourself in the topic. Watch videos, read books and visit exhibitions related to your project.

Fourthly, creativity researcher

Dr Robert Epstein says those we consider creative simply have good "capturing skills": they take all their ideas seriously and record them. So take a notebook and pen everywhere, in bed, on the train or at work, and note down any ideas.

The fifth step is to think 'quantity' not 'quality'. Generate as many ideas as possible, write for a set period of time per day, or take a set number of photos per week. This removes the pressure of getting it 'right' and generates more creative results. Later, go back and edit or choose your best results.

The sixth tip is to brainstorm with friends or colleagues if you get stuck, or to talk aloud to someone for 30 minutes while they simply listen. If on your own, try writing continuously on the topic for 10 minutes and see what comes out.

And finally, celebrate! Always acknowledge your successes when you crack a problem or reach a goal. Reward yourself and show your results to colleagues or friends.

Go to www.coachingcreativity.net for John's email newsletter.

Love the environment

Show your love for the environment this Valentine's Day by continuing to recycle everything you can. Currently, recycling in the UK cuts the amount of CO2 released into the atmosphere by 10-15 million tonnes a year. This is comparable to taking 3.5 million cars off the road.

Recycling from home can be done through Barnet's Black Box service, which collects glass bottles and jars, newspapers, junk mail and magazines, food tins and drink cans, aerosols, car and household batteries, foil, mobile phones, shoes, textiles, engine oil and Yellow Pages.

The more items we recycle in Barnet, the less rubbish has to be sent to landfill sites. For further information about the scheme, contact ECT Recycling by telephone on 020 8371 3670, by email at barnet@ectrecycling.co.uk or visit their website at www.barnet.gov.uk/recycle-from-home.

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... An average Briton will spend £1,537,380 during his or her lifetime, a survey from insurer Prudential suggests.

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Will our library win the lottery?

By Daphne Chamberlain

Campaigners and users supporting East Finchley Library were keeping their fingers crossed as this paper was being written. The East Finchley Library Users' Group has drawn up proposals for revolutionising the use of the High Road library building.

As reported in last month's ARCHER, this would be funded by a grant to Barnet from the Big Lottery Fund. Barnet Council has received proposals from elsewhere in the borough and has to decide which one to back.

Council officer Tricia Little was due to meet representatives from the East Finchley group in mid-January to discuss their ideas. The plan for East Finchley is dependent on using the library's upper floor, which in turn depends on installing a lift.

Polly Napper, spokes-

woman for the user group, told The Archer that the lift would fit with the requirements of the Grade 2 listed building. With full access to the upper floor, the library could then host activities to benefit not only East Finchley but also community groups from all over the borough.

The East Finchley Library Users' Group wants to keep the full details of its proposal under wraps until Barnet has finished its consultations, but when those are finished, watch this space.

Dispelling the myth of anger

David Woolfson, who practises anger management at Utopia in East Finchley, explains how we can all get the better of this emotion.

Anger is a feeling. Human beings routinely feel anger, sadness, hurt, happiness and fear. This capacity gives us our humanity yet many clients come to me believing that anger is a bad thing. They are ashamed.

The real problem is not anger but angry behaviour. Identifying this simple truth can be a huge relief because behaviour, however habitual, can be changed.

Angry behaviour is addictive. Anger management involves retraining the brain, breaking the addiction with a new set of skills and understandings. It is taught in three stages.

The first stage offers short-term controls to stop temper outbursts, manipulation, road rage and the bullying that hurts you, your partner, children and colleagues. Learn to time-manage the moment when your body tells you that you are about to explode. Stop, walk away. Learn to express anger by appointment only.

Stage two focuses on the causes of regressive anger. This is the anger you carry at all times. It is a bomb ready to explode at the slightest excuse and is always out of proportion to the event. Regressive anger is fuelled by pervasive negative thoughts and beliefs such as "I'm not lovable" and "I'm

not valuable". The combination of regressive anger and negative beliefs drives angry behaviour. So when you're about to explode, stop. Don't be hijacked by your anger. Ask yourself "What am I really angry about?"

Stage three offers new behavioural choices. Learn the 'rules of anger management' and how to express anger in a healthy way. It is possible to be assertive without being aggressive. Stop taking things personally and 50 per cent of your anger will disappear.

David Woolfson can be contacted by telephone 020 8444 9841 or by email at info@parliament-management.com. For further information, visit www.angerplanet.co.uk.

A career and home lifestyle of your dreams

By Liz Granato

Phoebe Oldrey, of Sylvester Road, has launched Smartstyle Interiors, a unique design service that can help you create the home lifestyle you have dreamed about.

Phoebe will work with you "to put your heart into your home". She believes in putting clients' ideas and wishes at the centre of every design in order to create stylish and unique rooms at the same time as meeting the home's practical requirements.

Before being able to re-invent your home Phoebe had to re-invent herself. Originally her chosen career was acting but by her late 20s she decided this career wasn't going to tick all her future boxes.

With a scrap book already filled with design, colour and fabric ideas it didn't take her long to come up with the perfect choice: interior design, something she had always been passionate about on a personal level and would now take to a professional level.

When selecting the right course Phoebe met with minor discouragements such as being told that at 28 she had almost reached "the last roll of the dice" as far as the design world was concerned. She was also not eligible for any funding. Nevertheless she persisted, found the perfect course and, with a lot of hard work, graduated with top marks. After graduating she developed her skills by doing a three-month work experience placement with



Interior Designer Phoebe Oldrey.

Mark Humphreys, taking up employment later with Sue Symons, in a well-established and reputable design company in Stanmore.

In 2001 Phoebe had her five-year action plan in place. The five years are now almost up. "What was your ultimate goal in 2001?" The Archer asked. "To have my own company and to work for myself." She has certainly achieved that and has already launched her next five-year plan.

Phoebe will re-invent your house for you. She promises a client- and environmental-conscious service to suit your needs and pocket. Before you choose Smartstyle Interiors, Phoebe will come to your house and discuss your needs and the best options to meet

these. She offers this initial consultancy free of charge with no obligation.

For more details see www.smartstyleinteriors.com or contact Phoebe on 020 8343 0003 or info@smartstyleinteriors.com. Liz Granato is a life coach and can be contacted through www.processcoachng.co.uk.

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KALASHNIKOV KULTUR

By Ricky Savage, the voice of social irresponsibility

Hip to be cool

It's cool time again, time to slip into your Hong Kong silk robe, put on the Rolex Oyster Perpetual Chronometer, pick up the Walther PPK 7.65 automatic and enter Bondworld because 007 is back. James Bond is 50s cool in a very English Brillcream way. Back then it was cool to drive a Bentley Continental and even cooler to have your cigarettes made to order by Morland's of Grosvenor Street. Bond stayed cool through the 60s and even if Roger Moore was a bit naff, that wasn't Bond's fault, you could blame it on the 70s, a decade that cool forgot.

Back in 1953 when Ian Fleming invented the suave James Bond he was inventing the man he'd like to be, right down to the handmade shoes. As the British Empire careered out of control towards its nemesis at Suez it was comforting to know that sending in a well-dressed 'spychopath' would solve all our problems. In Bondworld there would have been no Suez crisis. Same thing with Vietnam, Bond could have gone in, killed the baddies, bedded the girls and showed the Yanks how to do it without needing to take off his tuxedo.

As time and cinema moved on, Bond stayed the same. OK, so the Aston Martins got newer, got replaced by a Lotus and then a BMW and then back to Austons. Gadgets became the name of the game and each new Bondworld theme park attraction had something new from Q. Invisible cars? No problem, Pens that turned into aircraft? They're working on it along with X-ray vision and the ability to walk on water.

Bond himself has been through almost as many regenerations as Doctor Who, but has stayed the same 'spychopath', the same killer and the same relic of a bygone age when 'men were men' and dreamed of driving a Bentley, getting their shirts from Turnbull and Asser and checking in at the Playboy club for a little light gambling. So no change there then; even if the world has moved on, Bond hasn't.



Kathryn Scorza working with a client, accompanied by Effie, her "healing cat".
Photograph by Rick Scorza

Did you know..?

...The London borough of Westminster has an average of 20 pieces of chewing gum for every square metre of pavement.

Healing experiences

By Daphne Chamberlain

THE ARCHER has been following the experiences of three local people at the hands of spiritual healer Kathryn Scorza to explore what is involved in this kind of treatment and whether it brings benefits.

Kathryn is a trained healer, listed in the NHS Directory of Complementary and Alternative Practitioners, registered with The Jewish Association of Spiritual Healers, and regulated by The British Alliance of Healing Associations.

Kathryn believes physical and emotional problems can be caused by internal energy blocks. She describes herself as a channel for healing energy, which flows through her, not from her. She channels this energy to a client by "tuning in" with her hands, which never touch the person being treated. Clients remain fully clothed.

When her hands locate a block, she keeps them above that place until she senses something moving or changing. The client, too, may feel these sensations.

When the block is removed, the body, mind and spirit may heal themselves if that is possible, but Kathryn never gives assurances. She does believe, though, that treatment can always bring positive benefits of some kind.

What were the verdicts of her volunteer clients?

Kate: "The past few years have been difficult, struggling with a sick partner and our eventual separation. I was coping, but felt that my head was only just above water."

She loved the peace of the treatment room, and made friends with Effie, the (optional) resident "healing cat", who held paws with her during one emotional session. The treatment released a lot of grief, but left her feeling "lighter", more at ease in herself, and feeling able to "re-connect with happiness". She also regained a sense of security, which had eluded her for years.

Sippy: Sippy has lupus and other physical problems. She described herself before treatment as a helium balloon, "out of control, flying from one thing to another, in panic all my life", and trapped in her own energy. The first session left her pleasantly sleepy, the second very energised. After the third, she felt much more relaxed, calm and grounded. She began to sleep better, and this helped ease her physical pain.

"I feel now I'm holding the balloon's ribbons. I'm more in control, and more accepting of others," she said.

Ian: "I have osteoarthritis in my right ankle. The sessions were pleasant and restful, and after the first I could walk downstairs more easily (although it had been particularly bad before). After the second, the next day showed some progress but the day after that it had deteriorated for no apparent reason and then reverted back to fairly standard. After the third, I didn't notice any particular change and I am now back on a fairly even keel as normal. Although I found the experiment interesting, the general result is no lasting or consistent improvement".

Although sorry that Ian's three sessions did not help more, Kathryn welcomed his honesty, saying that this is why healers never promise a particular outcome.

Kathryn Scorza can be contacted on 07703 404839, or look for her "taster" sessions in *The Natural Choice*, 105 High Road.

Did you know..?

... The man who was the voice of one of the original Daleks, Roy Skelton, also did the voices for George and Zippy in *Rainbow*.

How long will your resolutions last?

By our nutrition expert Judy Watson

If you overdid it during the festive season you've probably made a New Year's resolution to give up smoking, drink less or do a major detox. However, starting off with small changes in your diet can be more effective if you want to stick to your resolution in the long term.

So to give your liver a boost, try avoiding alcohol for two weeks. Replace it with antioxidant-boosting pomegranate juice and grapefruit juice. Then have a maximum of one small glass of antioxidant rich red wine while you continue with other changes.

If you find that you are mainly eating meat or cheese as your source of protein then

introducing vegan protein will help detox your system as it is lower in fat and high in fibre. A bean or lentil stew or soup will make a quick cleansing evening meal.

Make a big effort to eat at least five portions of fruit and vegetables a day to cleanse the liver and boost the immune system, especially if you've been run down with colds. If you're eating the

same vegetables, try something different such as grating celeriac and apple with sliced fennel in an olive oil dressing with ginger and lime.

Excess tea and coffee can deplete vitamin C and B vitamins important for energy and detoxification so reduce your intake to two cups a day.

Have at least one snack a day, preferably in the afternoon when most people's blood sugar drops. A great snack is a palmful of raw nuts, which contain calming nutrients, calcium and magnesium, essential if you want to give up smoking.

So there you are: a few changes can go a long way and help you keep your New Year's resolutions.

You can contact Judy at Utopia health and beauty in East Finchley on 07904 335763.

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Common talk

If you want to hear how most of Finchley Common has disappeared over the years, come to the Finchley Society talk by borough heritage officer Hugh Petrie.

Among the buildings on what was part of the Common are Islington Cemetery, the former Territorial Army site at the junction of High Road and the North Circular, the Lido site nearby and the Parkhall estate. The talk takes place on Thursday 22 February at Avenue House, East End Road, at 8pm. All are welcome.



Wood watch

By Sarah Hutton and Ann Bronkhorst

Work has finally begun on the regeneration programme for Coldfall Wood, part of the Capital Woodlands Project funded by the Heritage Lottery Fund. Walkers can cross over the stream on new bridges, sit on new benches and enjoy new views.

Foresters have felled a swathe of trees along the stream, opening up a very different view of the wood. Most trees are being coppiced, that is cut so that they will re-grow from the base. This will let in light, encouraging an increased variety of plant species alongside the stream.

The coppicing is central to the regeneration plans for the wood and has the full support of Friends of Coldfall Wood who are photographing all the work in progress.

A cleaner stream

Once the coppicing is complete, the spare timber will be used to make dams and part of the new reed bed intended to reduce pollution in the stream. Thames Water has finished investigating the pollution. Ninety per cent of properties in the catchment area were checked for misconnected domestic appliances and open surface water caps; more than

50 properties turned out to have one or both problems.

Co-incidentally, work has also started on the site of the old park keeper's lodge at the entrance to the wood opposite Fortismere School. This is a separate development, which has nothing to do with the coppicing programme or the Capital Woodlands Project. Friends of Coldfall Wood objected to the plans on the grounds that they constituted over-development. In spite of these and other objections, Haringey Planning Committee gave permission for the replacement of the lodge with two houses.

In digging to lay the foundations the builders seem to have reached the water table, which may have an impact on the woodland by diverting water from the surrounding trees. Again, the Friends will be monitoring how the developers deal with this problem.

My wildlife year

By Linda Mitchell

The heatwave of 2006 seems a long way off now but it was the start of a busy time for my East Finchley garden.

In June, the magpie, woodpecker and parakeets all brought their babies while long tailed tits flew about like helicopters. The sparrow hawk came in late June and killed a bird on the lawn.

Blue tits fed non-stop although there was a slight worry about the nut feeder. Not one bird came to it after I had bought nuts from a different source. It's certainly very important to buy bird food from a good reliable source.

Towards the end of July, with temperatures in the 90s, there was a marked decline in birds, butterflies and bees. They must have been sheltering somewhere cooler. Two young foxes slept on the shed roof at midday in scorching heat.

By September, the robins were becoming very territorial and blackbirds searched among leaves for their dinner. A jay dug up a piece of lawn with his beak, then stuffed leaves

into the hole.

Parakeets still come daily and at the beginning of December I counted at least 15 in the apple tree. Now I can see the squirrels building a drey at the top of the pear tree. If it wasn't for their unwanted antics, digging up bulbs and lawns and raiding the nut feeders, I would feel happy that they had taken up residence.

Parakeets in Barnet
Ring-necked parakeets, first reported in Barnet by our wildlife diarist Linda Mitchell, are now said to be regular visitors along most sections of Dollis Brook.

The RSPB Big Garden Birdwatch was held on 27-28 January. The Finchley Society's Derek Warren would be interested to know which birds you have spotted in your garden or local green patch. Derek can be contacted on 020 8346 5258.



Edir Oliveira da Cunha and Roy Barker in Pizzico. Photo by Diana Cormack.

Martin open day

Parents are invited to see learning in action at Martin Nursery, Infant and Junior Schools. Visitors will be able to see classes for three to 11-year-olds and afterwards meet with governors, teachers and members of the PTA.

The open afternoon takes place at the school in High Road on Tuesday 13 March from 1.30 to 3.30pm, with the first of five tours starting at 1.30pm.

Heart of the matter

By Sheila Armstrong
East Finchley's vintage clothes shop Lazooli is planning a pre-Valentine's Day evening event on Thursday 8 February from 7.30 to 9pm.

Local fashionistas of all ages are invited to have a glass of wine and browse through the rails, shoes and accessories ready for whatever Valentine's Day may bring.

Tickets for the evening are free but must be booked in advance as space is limited. Visit www.lazooli.co.uk, or telephone 020 8883 1117 to register to receive a discount next time you shop there.

Brazilian home cooking

By Diana Cormack

Despite the name you won't find any pizza at Pizzico, but you will find plenty of home-made Brazilian dishes cooked on site by owner Edir Oliveira da Cunha. For Edir, who lives in Tarling Road, East Finchley, has recently achieved her lifetime's ambition: owning a café.

Sixteen years ago Edir came to the UK intending to earn enough money to return to Brazil and take a cookery course. However, when working as a washer-up at the Working Men's College in Mornington Crescent, her kind gesture of baking a cake for a colleague marked the beginning of a change in her life. The delicious cake made such an impression that her boss asked Edir if she would become cook for the college. Edir was concerned that her English was not fluent enough to take on the task. His reply was, "Don't talk, just cook!"

So Edir continued cooking for teachers and students, including a couple of years for the University of the Third Age, but when the Grade Two listed building of the college closed for refurbishment she decided to try and make her dream come true. With the help of her good friend Roy Barker, whom she had met years before when they

were neighbours in Deanery Close, the search began for suitable premises and they recently opened for business at 289 Regents Park Road N3.

The flag outside Pizzico attracts Brazilian customers eager for a taste of their native food. They come from all over for, as Roy told *THE ARCHER*, there doesn't appear to be any other Brazilian eatery north of Camden although there are a surprising number of Brazilians. Many pop in for the quick snacks typical of Brazil. Traditional meat and fish dishes are served as well and vegetarians are well catered for. Unusual fruit drinks are available along with an award winning organic Fair Trade coffee.

Pizzico is open daily except Sundays from 11 am to 6 pm.

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YOUNG ARCHER

A pair of Valentines

By Diana Cormack

My grandmother always told me that Valentine's Day was the day on which the birds chose their mates and flew off to build a nest together. Apparently birds usually do pair off around the middle of February and this has been mentioned in the work of some well-known writers over hundreds of years. Often it is also linked with St Valentine's Day because, according to legend, a man called Valentine was killed by the Romans around 14 February some time during the third century AD.

That was such a long time ago that no one really knows the truth and so there are two stories about Valentine. One says that he was a priest who was jailed for disobeying the emperor's orders not to marry Roman soldiers to their girl friends. The emperor thought that unmarried soldiers could devote themselves better to fighting battles, but Valentine did not agree and carried on marrying couples in secret. When he was discovered, Valentine refused to say he was wrong and was thrown into prison, where he died.

Another story also features a prison where a man called Valentine had been put because he

would not give up his Christian beliefs. The jailer's daughter was very kind to Valentine and, the night before he was put to death, he wrote her a letter of thanks signed simply as "Your Valentine".

It is true that Valentine was made a saint and, when the Christians came to Britain, they found a Roman fertility feast was celebrated around the time of St Valentine's Day. The festivities included young men and women drawing lots to find a partner, so the Christians merged the two events. This produced a special day when people could show their feelings for each other, which we still celebrate as Valentine's Day.

Clever Clogs Corner

Can you match these people with their partners?

- 1) Ant and _____
- 2) Batman and _____
- 3) Bonnie and _____
- 4) Cinderella and _____
- 5) Hansel and _____
- 6) Jack and _____
- 7) Morecambe and _____
- 8) Peter Pan and _____
- 9) Robin Hood and _____
- 10) Romeo and _____

Answers: 1) Dec, 2) Robin, 3) Clyde, 4) Prince Charming, 5) Gretel, 6) Jill, 7) Wise, 8) Wendy, 9) Maid Marion, 10) Juliet

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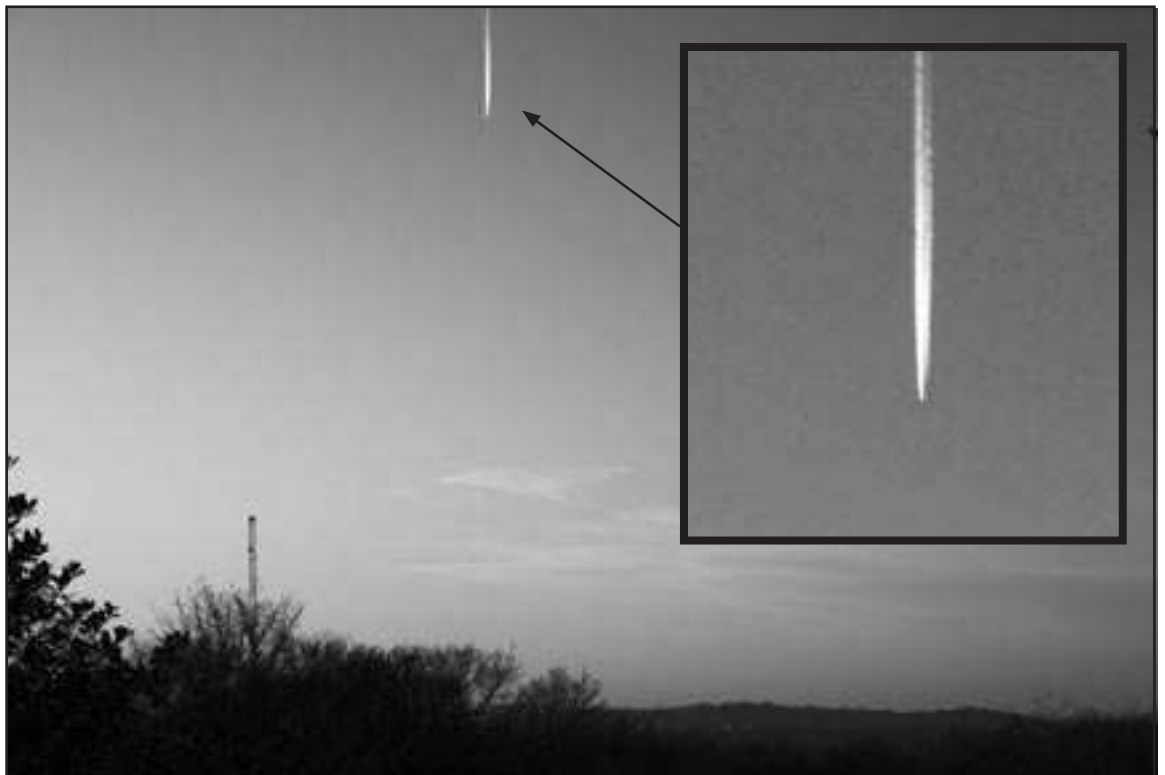
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Sky watchers in north London were lucky to catch a stunning view of a comet passing overhead in late January. Comet McNaught was captured by Archer photographer Craig Johnson as he walked near Kenwood House at the top of The Bishops Avenue. Astronomers said it was the brightest comet for 30 years. Discovered just last year by Australian Robert McNaught, the comet was in the middle of a close encounter with the sun which left it trailing a very visible stream of debris.

Long live the Youth Theatre

By Francis Atkinson

I have the honour of being part of Finchley Youth Theatre, a wonderful part of our community. So much goes on there for young people. There are opportunities to do dance and drama or learn video and technical skills, regardless of age, race, gender or disability. I will be writing more about what is happening there in future editions of *THE ARCHER*.

One of the big performances there recently was *Romeo and Juliet* in which I played Capulet. It was hard work but we pulled it off thanks to the group's teamwork, especially Juliet and Romeo who worked very hard to learn their lines.

Hopefully many other performances will be coming soon for me to tell you about as there are several groups working on many different things. If you are interested, the theatre is at 142 High Road and you can pop in and ask about joining. The telephone number is 020 8883 9957.

FYT picture by Alison Roberts



Mardi Gras traditions

By Betti Blatman

Mardi Gras is French for fat Tuesday and falls on Shrove Tuesday, which this year is 20 February. It is a day of celebration and partying before the rigours of Lent's 40 days of fasting and sacrifice. Mardi Gras is celebrated in many countries but most famously in the American city of New Orleans.

The Mardi Gras customs of today have evolved over several hundred years. The observance of Mardi Gras before Ash Wednesday and the Christian Lenten period dates back to the middle of the second century in Rome when the Fast of the 40 days of Lent was preceded by a feast of several days.

In New Orleans, the Mardi Gras season of festivities begins on Twelfth Night at the end of Christmas. Rituals include outrageous costumes, parades, parties and general merriment. Parades are the main theme of Mardi Gras in New Orleans and they go on for nearly three weeks up to Mardi Gras Day.

Join in the fun

Mardi Gras parades in Louisiana are interactive. Parade members not only wave, but they toss 'throws' to the crowds who are participants, not spectators and stampede to catch as much of this loot as they can. The throws

consist of beads, plastic cups, doubloons and trinkets, so the crowd soon becomes festooned with colourful beads and other items. Parades are intensely rich, colourful and friendly experiences.

The official colours for New Orleans Mardi Gras are purple, green, and gold. They first appeared on a carnival flag in New Orleans in 1872 and a meaning was assigned to each colour. Purple represents justice, green represents faith and gold represents power. Costumes and masks are a long-time tradition on Mardi Gras Day. People spend all year making elaborate costumes that glorify heroes, ridicule public figures, or poke fun at customs, traditions or current events. It is parody, satire, and spoof.

Masking is permitted only on Mardi Gras Day and masks must be removed at dark. Mardi Gras ends at the stroke of midnight on Mardi Gras night.

Did you know?

The Germans have found a novel way of getting rid of unsold Christmas trees: they are feeding them to elephants! Trees left on traders' hands are being sent to German zoos where they are making a tasty change to the elephants' otherwise boring winter diet. Apparently they like the resin and are able to consume about five trees each for lunch.

Thousands of unused Christmas trees (used ones could be contaminated with chemicals) are also being fed to camels, deer and sheep. A zoo spokesman said that the trees contain essential oils that could aid digestion.



THIS is what's so great about East Finchley...

Two months ago, *THE ARCHER* asked you to tell us your three favourite things about life in East Finchley.

Our survey was launched at the same time as local traders and business people started a campaign to put our community on the map. They believe we need to move out of the shadow of our more high-profile neighbours Muswell Hill, Highgate and Hampstead and to shout more loudly about what we have to offer.

So, in response to our question "What's so great about East Finchley?" here's what you said:

Paul Homer, Phoenix Cinema manager:

- The Phoenix (well, I would say that)
- Majjo's in Fortis Green (best take-out curry in London)
- Bike and Run (quick, friendly efficient service with great range of stock and bikes to drool over).

Helen Drake:

- The vibrant community, the people and the fantastic shops
- There are no hills: a great attraction when I was a new parent and pushing a buggy around all day. When I was living in Archway and planning to move somewhere to start a family I made a trip to East Finchley to look at flats and immediately felt at home.
- The tube becomes overground at East Finchley. I don't like travelling by tube at the best of times and feel very claustrophobic when I have to, but when I get to East Finchley I always feel my spirits soar as daylight fills the carriage.

Margaret McAlister:

- The Phoenix and the Library
- Cherry Tree Wood
- The neighbourhood independent shops, *THE ARCHER*... There are many more than just three things!

the place to go. I like to escape from real life sometimes, so for me this is the place to do it.

- The friendliness of all the residents in East Finchley. On several occasions I have got into difficulties, but the locals were there to help me instantly. I think everyone living here deserves a pat on the back.

Avril Macdonald:

- The great gardens and orchards behind the houses, such as a back window view on a 'county' road, and watching the trees fruit every summer
- The breeze we get in a relatively high part of London
- Being able to recycle and the helpfulness of Barnet's recycling team.

Peter Wynne Davies:

- Our period tube station
- The range of shops
- The range of pubs

Harriet Copperman:

- Being able to do much of my shopping/travelling without needing to use the car because local shops meet many needs (apart from clothes) and transport is very accessible especially as an OAP!
- Access to Cherry Tree Wood and thence also to Highgate Wood. What

- Tree-lined roads and avenues.
- The man who sweeps up our litter. I see him out all days and in all weathers and he does an excellent job of keeping East Finchley clean and tidy.

Brian Marsh:

- The Vale Farm allotments
- Tony's Delicatessen
- Bike & Run cycle shop

Craig Johnson:

- Cherry Blossom trees in summer
- East Finchley Open House events

Julian Tomlin:

- Bumping into mates unexpectedly (always seems to happen)
- Sitting in our back garden in the middle of London and I can't hear traffic, only birdsong
- Proper local shops - Amici, Tony's, the fish shop - and Budgens, a supermarket that always surprises with its range of goods.

B.V.Milsom:

- The obvious improvement in "the village" in the last few years. It's now a cool place to live. Twas never thus.
- Forget Toffs, Muswell Hill! Is there a better fish shop than the Poseidon?
- We're so glad we decided not to move, with the bonus of house prices now.

Holy Trinity School:

Years 4, 5 and 6 at Holy Trinity School give their take on the good and the bad.

- We love the Phoenix Cinema because it's one of the oldest in London.
- The Hollywood Bowl complex is great because there are lots of things to do.
- We like the restaurants, takeaways and shops in East Finchley because there are lots of different foods to choose from and the shopkeepers are friendly.
- The woods and the parks are nice because there are good walks, especially if you have a dog.
- Transport is good in East Finchley and it's good to have our own tube station.
- One thing we'd like to change is to get rid of the betting shops and to have a sports centre.

Martin Junior School:

Pupils at Martin Junior School had some very strong likes and dislikes. Here's a sample of what they said:

- We like the library because we get to read loads of books and use the computers and they have reading challenges.
- Cherry Tree Wood is nice and calm and it's great for playing with your friends.
- The youth club in East Finchley is fun because you can meet new friends and have free time.
- There are lots of nice shops which keep mum busy spending her money.
- The atmosphere is fantastic. Everyone's so friendly and it feels really safe.
- We like the Lido and the Hollywood Bowl because there are lots of fun things to do there.
- The things we'd change would be to open more shops for children, and make sure there was less noise, rubbish and pollution in East Finchley.



And what would you like to change?

To prove life isn't perfect in East Finchley, we also asked you for the one thing you'd like to change. Here are some of your answers ... and we've kept them anonymous, just to be on the safe side.

- ⊗ Change the horrible paint job on the Bald Faced Stag and take down the flag. The World Cup is over!
- ⊗ Take down our 'village' signs. This is urban London, not the rural countryside! Celebrate that, not some barmy idea that we're all Morris dancers dancing around maypoles. Whoever came up with the idea has obviously no idea of a village.
- ⊗ I'd enforce traffic restrictions on HGVs. This would improve our local environment no end.
- ⊗ Restore Stanley Road Playing Field. This fantastic, floodlit sports facility, bursting with potential for the kids of the area, has been left to rot in the hope that housing can be built all over it. Meanwhile the derelict garden centre site on East End Road is protected against housing development, which is planning madness. The Football Association took one look at Stanley Field and offered a million quid on the spot towards its restoration. What are we waiting for?
- ⊗ I hate the 143 bus when it does not arrive.
- ⊗ As a relatively recent 'refugee' moving from Muswell Hill to East Finchley, it would seem that perhaps Cherry Tree Wood could be much better used in the summer months with open air concerts/theatre/brass bands, and perhaps revenue raised, or a fund-raising campaign initiated in order to renovate the pavilion.
- ⊗ The Christmas decorations aren't good enough.
- ⊗ I dislike Domino's Pizza shop in such a prominent site as it lowers the tone. They do not try to make their window attractive at all.
- ⊗ Too many flats.
- ⊗ The queues in the Post Office.
- ⊗ Transport. When the Northern line is down, which it frequently is, the furthest you can get into central London via bus is Archway.
- ⊗ Improve the on-street parking; you can't park for more than 90 minutes, how are people expected to watch a film?
- ⊗ The shops aren't as good as North Finchley.
- ⊗ I'd like more clothes shops and more shops for children.
- ⊗ Have fewer betting shops and more bookshops.
- ⊗ The thing I'd like to change is for the council to give us a recycling service for plastics.
- ⊗ Stop anti-social behaviour generally but especially the dropping of turkey carcasses and vegetables and bread on the pavement garden corner by Budgens, which happens even though there are two signs in various languages indicating not to feed the pigeons.
- ⊗ I would like to put an assault course in Cherry Tree Wood.
- ⊗ I would like to make Creighton Avenue a safer place to cross.
- ⊗ I would like to change Martin School into a free swimming pool. Yay, yay, yay!
- ⊗ In this day and age it's crazy that elderly and disabled people are prevented from using the Underground because of having to climb the stairs (in many stations as well as East Finchley) and I'd love a big sign in the station car park indicating the destination of the next train south, in order to know whether to run for it or not!

Tell us more

Thank you to every one who took part in our survey and we're sorry that we didn't have space to print every response.

If you'd like to tell us your favourite things about East Finchley or one aspect of life here that you'd like to change, we'd still love to hear from you.

Email us at the-archer@lineone.net, write to us at The Archer, PO Box 3699, London N2 8JA or telephone 08717 334465.

Congratulations to our winner

We put all our survey responses in a hat and chose the winner of our £25 cash prize. The lucky reader is Harriet Copperman. Congratulations and thanks for taking part.



Frieda Schweizer:

- It is near lovely open spaces like Cherry Tree Wood, Alexandra Palace, Kenwood and Waterlow Park.
- Being close to the Underground enabling you to go to the West End and the London attractions easily.
- Living in such a quiet road and yet being part of so big a city.

Rob Kellaway:

- Maddens pub: a proper, regular-frequented boozier, the antidote to all soulless theme pubs and hub of the community. And if you feel like a change, you will be invited to cross the Sea (High Road) for a night away in Ireland (Gertie Browns).
- Tony's Continental Store: they not only know your name but also your kids' names, and Chris does a mean Satsuma juggling turn during the morning and afternoon school runs.
- Holy Trinity School, a fantastic school in the middle of East Finchley where the kids are happy.
- And lest we forget, the Tube: unlike the trendies of Crouch End and Muswell Hill we can walk to our very own tube station.

Sippy Azizollah

- Cherry Tree Wood: it's the country in the middle of town.
- The Phoenix cinema is definitely

a privilege to have ancient woodlands on our doorstep in London.

- Much less crowded than Muswell Hill, but still busy and lively and does have a community feel because it has not yet become as impersonal as other areas.

Becky Tomlin:

- Proper espresso in Amici, a chat with Maurizio and a warm welcome for the kids.
- Park Hall Road in spring when the cherry blossom is out
- Always meeting someone I know when I walk along the High Road

Dawn Powell:

- It's a safe place to live. I can wobble home from the night bus stop after one too many orange juices undisturbed.
- Chorak: there is nothing better than reading the Sunday papers while chomping on their fantastic prawn cocktail baguette.
- The North London Hospice charity shop always has a great collection of cheap videos (the benefits of not owning a DVD player)

Richard Goddard:

- Having our own art gallery, our own library and our own cinema - and they're all good at what they do. Not many places in London can boast that.



Regular Events

SPORT & FITNESS

- ❖ **Finchley & Hornsey Ramblers Group** Call Vivien 8883 8190
- ❖ **Glebelands Indoor Bowls Club**, Summers Lane N12. New and experienced bowlers welcome.
- ❖ **Keep fit for the Retired** Wednesdays Christ Church N12. Ring Bridie 8883 5269
- ❖ **Muswell Hill Bowling Club**, Kings Ave, N10. New & experienced bowlers welcome. Tel: 8883 1178.
- ❖ **Pilates** in East Finchley, qualified teacher. Contact Dee on 8883 7029
- ❖ **Pilates class** Wednesdays, 2.15-3.15pm at Youth Theatre, N2. Ring Penny Hill 8444 2882.
- ❖ **Tae Kwon Do** at The Green Man Thursdays 7-9pm 07949 612 706
- ❖ **Tai Chi** at the Green Man on Mondays 1.30-3pm. An "ageing well" class for older people.
- ❖ **Tennis club** with four clay courts off Southern Road. Call 8440 6953.
- ❖ **Wood Walk**, meet 10am at Cherry Tree Wood cafe on 1st & 2nd Mon of month for 1 hr walk, Call 8883 8750.
- ❖ **Yoga, breathing & relaxation.** Weekly drop-in classes - N2, N6, N10. Phone Judy on 8444 7783.

DANCE, DRAMA, ART & MUSIC

- ❖ **Art Classes.** For info call Henry on 020 8888 5133.
- ❖ **Ballroom dancing classes**, beginners and improvers. Phone 01707 642 378
- ❖ **Club Dramatika** drama club for kids. Call 8883 7110.
- ❖ **East Finchley Writing Workshops.** Creative writing, poetry and prose Contact Dennis Evans 8346 9528.
- ❖ **Finchley Jazz Club** - 5 & 19 Feb at 8pm, Wilf Slack Cricket Pavilion, East End Rd, N3. New members welcome
- ❖ **Line dancing** Tuesdays from 8.30pm at The Constitutional Club. Call Maureen 8440 8530.
- ❖ **Memory Lane Singing Club** - a communal singing club. Call Idit Gold 8458 4508.
- ❖ **Over 60s come dancing** at Ann Owens Centre 8346 8736
- ❖ **Pottery Class** at The Green Man, Call Celia Holmes 8349 9315
- ❖ **Learn to sing** at Finchley Methodist Church. Call 8883 4070 for info.
- ❖ **Street Dance** every Tuesday at Old Barn for children of various ages Contact Lorna 07976 203669.
- ❖ **SwampRock** events feature a different band each month. See www.swamprock.org.uk or call Carole 8810 7454 or Neil 01727 830280
- ❖ **Symphonic Wind Orchestra** Contact Caroline Egan 8340 2706
- ❖ **Tap Dance** for children beginning at Old Barn every Monday, Contact Sharon 8349 4613

CLUBS & SOCIAL

- ❖ **Contact Lunch Club** Tuesdays at the Green Man. Call 8444 1162 to book.
- ❖ **East Finchley National Childbirth Trust**, Contact Jane on 8883 4340
- ❖ **East Finchley Writers** meet weekly at The Old White Lion. Call Lilian 8444 1793
- ❖ **Finchley & District Philatelic Society**, Contact Brian 8444 3251
- ❖ **Friendly Rubber Bridge** at The Old Barn. Contact 8349 4613
- ❖ **Haringey Recorded Music Society** informal meetings locally. Call David Mouldon on 8361 1696.
- ❖ **Highgate Film Society**, contact Admin Office 8340 3343 or email: admin@hlsi.net .
- ❖ **North London Bridge Club**, Muswell Hill. Contact 8348 3495
- ❖ **Muswell Hill and Highgate Pensioners' Action Group** Call Bob Cottingham on 8444 7635.
- ❖ **Muswell Hill Tetherdown Bridge**, contact 8883 4390
- ❖ **Old Barn pre-school club**, contact 8349 4613/1961
- ❖ **Parent & Toddler Group**, Green Man Centre, Julia 8444 2276
- ❖ **Probus Lunch Club** for retired professionals. Call John 8883 8114.
- ❖ **Stepping Stones**, interactive play session for under 3's. Karen 07957 278860.

Forefront of Indian art

The Noble Sage, the first gallery in the UK to specialise in Indian contemporary art, has a new exhibition, "In the Fore 2007", highlighting four leading figures in South India's thriving art scene.

The main focus is on the work of semi-figurative painter AP Santhanaraj. A former principal of the Madras College of Arts & Crafts, Professor Santhanaraj is famous for his abstract engagement with figurative subjects.

Alphonso Doss is known for his general spirituality, and his interest in world religions and their overlapping themes and motifs.

Rekha Rao, daughter of celebrated artist KK Hebbbar, paints with exuberant colour and tongue-in-cheek humour.

CF John deals with what is believably real for the human form, what is possible for a body under force, and what happens when a human subject's three-dimensional action is transformed into a two-dimensional image. He has collaborated with an American performance artist.



Alphonso Doss - 'Melting Sun (Gandhi)' (2006), oil on canvas.

Jana Manuelpillai, Director of The Noble Sage, says: "These four painters are in the forefront of their art."

The exhibition runs until 14 April 2007 at the Noble Sage Art Gallery, 2A Fortis Green, and is open Wednesday-Friday, 9am-6.30pm, and weekends 10am-5pm. See www.thenoblesage.com.

George Michael thanks nurses

Nurses at the North London Hospice in North Finchley were thrilled to receive tickets to a special George Michael gig in December at the Roundhouse in Camden Town.

The singer arranged the concert as a thank you to NHS and hospice nurses in memory of the care given to his mother before she died 10 years ago.

He said: "The nurses who helped my family at that time were incredible people, and I realised just how undervalued these amazing people are."

Douglas Bennett, chief executive of North London

hospice, said it was a wonderful gesture.

Seen and heard

A man in his 20s was seen coming up to the receptionists at the Finchley Lido leisure centre and asking, "I've just come out of the gym. Can you tell me where the nearest KFC is?"

February at the Phoenix

By Phoenix manager Paul Homer

Cate Blanchett is playing consecutive films at the Phoenix. The hotly Oscar-nominated *Babel* followed by the north London-set *Notes on a Scandal* on 2 February adapted from Zoe Heller's novel and also starring Dame Judi Dench and our old friend Bill Nighy.

This is followed by the wonderful Michel Gondry's new film *The Science of Sleep* on 16 February with Gael Garcia Bernal. Gondry delighted Phoenix audiences two summers ago with *Eternal Sunshine of the Spotless Mind* and his new film matches his reputation for playfulness, surrealism and an innocent view of the world. He is a film maker with such imagination and verve that he is a genre all to himself.

We're very excited to welcome Michael Palin on 11 February for a special fundraising event for the Phoenix Cinema Trust. Michael will be reading extracts from his hugely popular diaries before taking questions from the audience, all this and a rare cinema screening of *Monty Python and the Holy Grail* beforehand. Tickets are on sale now at £25 (£20 concessions).

On 4 February at 2pm we celebrate the work of one of the all-time great British directors, Nic Roeg, with a double bill of his atmospheric tale of death, intrigue and sex *Don't Look Now* together with his rarely seen 1980 film *Bad Timing*. A jigsaw of narratives, time and characters, it is arguably Roeg's most fascinating film.

On 18 February we have a silent cinema event. We'll be presenting pieces from early cinema including the work of R W Paul, who lived and worked in the local area. His studios were based in Muswell Hill and the screening will include early footage of local sights including Colney Hatch Lane. Paul was a pioneering filmmaker shooting both documentaries and fiction films, and even using trick photography.



L-R: Edna James, Sippy Azizollah and Michael Solomons at The Artful 3 show and sale. Picture by Val Wall.

Artful teamwork makes money

By Sippy Azizollah

Recently, The Artful 3 (Michael Solomons, Edna James and I) held a sale of our artwork at the Homefield Gardens Community Hall, with all proceeds going to The Barbara Bus Fund, a charity providing accessible transport for wheelchair-bound people.

I've known Michael and Edna for a while, and wanted to show everyone the work they have created, and what an amazing couple they are. They were both born with cerebral palsy and have increasingly limited mobility, yet produce the most exhilarating paintings and pottery I've ever seen.

With the help of Brian and Charlie Heffernan, we started our publicity campaign. Homefield house managers Alan and Liz Caldwell kindly let us use their hall (and set it up for us), and local actress Carolyn Pickles opened the show. Carolyn wanted to tell people about the great work done by the Barbara Bus Fund for the disabled community. Fund Co-ordinator Julia Pryor brought an information and photo display, and also produced five raffle prizes from the Fund's committee.

And on the day....

There was a throng of just

two by noon, but that grew into a steady flow of visitors coming and looking, sitting and chatting. Wine and nibbles were supplied by my friends Esme Plant and Pete Graves. Joan Croggon, another friend, made greeting cards to sell, and ran the raffle. That raised over £100.

We sold lots of Edna's pottery, three of Michael's paintings and two of my graphic prints. Alan and Liz bought one of Michael's paintings, which now hangs in pride of place in the community hall. The total raised was £420, including donations made by people who couldn't be with us on the day.

The Artful 3 thank everyone, visitors and helpers, who made this show possible for us. It was a fantastic day with a very relaxed atmosphere, and we are looking forward to seeing you at the next show in 2007.

What's On...

E-mail your listings to: the-archer@lineone.net

Saturdays, 10 February to 31 March

Lauderdale House, Highgate Hill: Playtime with the playwrights. Cat Clancy (of the Theatre Museum) leads classes exploring theatre history, acting techniques and dramatists from Shakespeare to Wertebaker. Voluntary acting possible. £70 the course (£50 students/equity, £60 other concs) or £12 per session, no concs. 11am-1pm.

Sunday 11 February

Live music at East Finchley Methodist Church: Kike Pedersen, Paraguayan harpist playing Latin American, international, classical, jazz and Paraguayan music, including works by Bach, Barrios, Ledesmar, Oscar Benito, Digno Garcia and Francisco Tarrega. East Finchley Methodist Church, High Road (opposite Creighton Avenue), 8pm. Free admission with a collection in aid of the Paraguayan Institution promoting and developing young harpists. Venue fully accessible to people with disabilities.

Saturday 17 February

SwampRock's Mardi Gras party: Red Hot Louisiana sounds in SwampRock's authentic Bourbon Street Mardi Gras Party with beads and masks. Large dance floor, non-smoking, admission £9. All Saints Arts Centre, 122 Oakleigh Road North, Whetstone, from 8pm. Further information from Carole Lateman on 020 8810 7454 or Neil Papworth on 01727 830280.

Thursday 22 February

A talk about Finchley Common by borough heritage officer Hugh Petrie, 8pm, Avenue House, East End Road. Hosted by The Finchley Society, all welcome.

Saturday 24 March

North London Chorus presents Psalmfest, A concert of psalm settings from 5 centuries, at St Michael's Church Highgate at 7pm.

Coming up at artsdepot, North Finchley:

Thursday 8 February, 8pm: Julie Fowles and Nic Amhlaioibh. Friday 9 February, 8pm: Richard Herring. Thursday 22 February, 8pm: Oysterband. Friday 23 February: Folk in the Foyer. Sunday 25 February, 7.45pm: Ruth Waterman. Friday 2 - Sunday 4 March, 8pm (Sunday 3pm also): The Dateless Wonder. Sunday 4 March, 7.45pm: Muza Rubackyte.



Letters to the editor

Will security cameras move crime elsewhere?
Dear Editor

I am not a fan of street cameras but they are a feature of our time. However if we must have them it would make sense for East Finchley to be properly covered. Logically, cameras displace crime so it goes somewhere else.

Your front page article (*THE ARCHER*, January 2007) does not indicate that the south of our high street will be covered. There have been incidents at the local stores opposite the tube station, there is an ATM in the tube car park (I have suffered a 'skimming incident' at that machine) and of course there is the occasional car dangerously pushing the wrong way out of Baronsmere Road to watch for.

Unless the cameras cover this area too this end of the village becomes a softer target. I'd be interested to understand Barnet Council's rationale. Anecdotally, I heard from residents that the cameras introduced all over Wood Green Shopping City moved the street crime into the residential streets and muggings went up. Do the police and council have a plan for that all-too-likely outcome?

Yours faithfully,
Tom Bowman
Address supplied

Please don't close the gate
Dear Editor,

I was very sad to read that a developer is building a gated community in East Finchley (*THE ARCHER*, December 2006). Going on to read an article in the same edition of *The Archer* titled 'What's so great about East Finchley?' I suggest the mixed, open, dare I say, democratic nature of East Finchley without gated housing in the heart of the commercial area, or indeed anywhere, is one of our positive points.

Is it necessary? Homes, yes. We all know how desirable East Finchley is, but gated, no thanks. It sends out all the wrong messages. It's safe here and inclusive. Let's keep it that way.

Yours faithfully,
Fiona McEwan
Kitchener Road, N2.

Make more of our wood
Dear Editor,

I have recently moved from Muswell Hill to East Finchley and would like to make an observation about Cherry Tree Wood.

In September I helped on several stalls on the day of the Muswell Hill Festival and Donkey Derby. Apart from wonderful weather, I was totally impressed by the venue, which lent itself so well to large scale events, and I wondered why it has never been developed further.

The land to the south is on a slight incline bordered by tall trees, and if sponsorship could be organised, struck me as a wonderful natural amphitheatre for outdoor concerts.

Although the trains would pass by, I believe they are going very slowly and gently in/out of the station and the sound would not be excessively intrusive. What about some outdoor theatre there in the summer?

If large evening concerts are not feasible, what about a 'grandstand in the park' trial, using brass bands for an hour or so on a summer Sunday afternoon, with local refreshments on sale?

Some of the revenue raised should then contribute towards renovation of the dilapidated buildings in the park area, helping to raise its profile and that of East Finchley in general.

Maybe these suggestions have been tried and failed, but if so maybe it is appropriate to try to revive these activities, and perhaps it's not too late to consider some events for the coming summer which would help to put East Finchley 'on the map'?

Yours faithfully
Harriet Copperman
Diploma Avenue, N2

Support a runner
Dear Editor,

I have been a resident of East Finchley for 20 years and I've been running for the past six or seven years.

After two rejections from the ballot entry of the Flora London Marathon I have decided to take the terrifying leap and join the many who run for charities.

I think I will be among the majority of the 200,000 entrants as I believe only 40,000 get in by ballot.

I will be running on behalf of The Children's Society along with 75 others. This is a charity that focuses on children who may be overlooked or neglected by other organizations. This includes disabled children, those in trouble with the law and, a lot lately, refugee children.

The London Marathon is on 22 April and people are able to support me by going online at www.justgiving.com/LFMvictoria.

Every donation, no matter how small, is much appreciated. In the meantime, you may see me out running in the streets of East Finchley, though not young and bounding by any means!

Thanks for your help.

Yours sincerely,
Victoria Davenport
Durham Road, N2

In search of my grandmother
Dear Editor,

I am looking for records of my grandmother, who lived at 27 Cherry Tree Road, East Finchley, during, and shortly after the last war. Bertram Charles and Katherine Alice Newman are known to have been there in 1941. Bertram died there sometime between 1945 and 1949 and Katherine died there at the beginning of 1952 but that bare detail is all that I know of my grandmother from 1941 until her death.

Does anybody have any information on these two people? Katherine Alice was married to another man (Ernest Carr) in Barnet Register Office in 1915, so some time between then and 1941 she became widowed or divorced and, presumably, married Bertram, who was himself married to someone else in 1922.

They must have moved to Cherry Tree Road between 1928 and 1941, but can anybody narrow that gap for me? I have family records going back into the 16th century and it is a great disappointment that I know more about the early members than I do about my own grandmother. Can anybody help me? Please write to me at Penycommin, Tallylyn, Brecon, Powys, LD3 7SY.

Yours faithfully,
Mike Stammers,
Tallylyn, Powys

Let our children play
Dear Editor,

The playground stands deserted. The gates are padlocked with a sign: 'Danger. Keep out of playground'. Ironic, as the only danger here was anti-social behaviour which went on 20 years ago, leading to the gates being permanently locked.

When will Barnet Council learn that abandoning and demolishing play facilities only worsens bad behaviour in children who consequently have less to do?

This is the playground at the top end of the High Road by the North Circular flyover and the Grange Estate. Two rusting climbing frames remain that would have to be dismantled if the playground were reopened.

I believe that the slide on top of a concrete pipe tunnel could be retained and new play equipment plus shock-absorbing surfaces could be installed so that children can play here once again.

The majority of people living nearby seem in favour of reopening the site and, as with Stanley Road field, which has featured a lot in *THE ARCHER*, meetings have also been held to decide what to do with it. Sadly, no progress has been made.

The only case against it is that it is near a noisy main road and the high wire fence could resemble a zoo cage. Why not plant creepers over it to hide the road and give the kids the feel of being in a jungle? Perhaps even a jungle theme for the new playground?

Yours faithfully,
Jake Eiseman-Renyard
Fortis Green, N2

From pillar to post
Dear Editor,

Understandably, there are concerns about powerful wave emissions centred on the proposed placement of a mobile phone transmitter mast in Church Lane.

While attention has been focused on that issue, some organisation has placed tall forbidding twin masts close by the forecourt of the Five Bells pub in East End Road. Who put them there, was permission granted and by whom? What power and wavelength do they generate or absorb and what is their purpose?

My own suspicion is that both pillars are linked to the appalling increase in passenger aircraft that circulate above East Finchley. If this suspicion is correct then I'll give the front window seats at the Five Bells a miss. Oh, and welcome to Heathrow East Finchley.

Yours faithfully,
Name and address supplied.

OBITUARY

Muriel Lowe 26 Jan 1916 - 4 Nov 2006



Muriel Lowe on her 90th birthday

A long-standing local resident, Muriel Lowe, passed away at the Princess Alexandra Hospital, Harlow, last November. Muriel was the eldest of three daughters who moved with their parents John and Nellie Crook from Highgate to Durham Road in 1935.

In her working life Muriel had various secretarial posts, first with a film company where she met many film stars, followed by jobs in local businesses. She was employed for some time at The Finchley Memorial Hospital then, until her retirement, became receptionist at an East Finchley doctor's surgery where her concern and helpful attitude made her very popular. For a brief period Muriel stood as a Liberal candidate for Finchley Council.

In 1940 Muriel married her husband Hugh, with whom she enjoyed ballroom dancing and going to the pictures on a Saturday at the Gaumont Cinema, North Finchley. After living in a small flat in her aunt's house in Western Road, they moved to the North Circular Road opposite the Glandfield Lawrence Garage where Muriel stayed following Hugh's death in 1971. Due to the development of the North Circular Road, Muriel took a flat at Homefield Gar-

dens, East Finchley, where she remained until her death.

She loved gardening and, as well as proudly cultivating her own patch, she helped and encouraged the residents around her with their gardening interests. She enjoyed a wide range of music, was an avid book reader and loved doing crosswords.

Though she lived alone Muriel was never lonely or bored. She had a cheerful outlook on life and was always concerned for others, ready to listen and to give help and advice if required. Muriel was down to earth; she liked correctness, but was not shocked by what people might say. She never lost her young outlook on life nor her interest in young people. At the advanced age of 90 Muriel still enjoyed driving her car!

Muriel attended All Saints Church, Durham Road. Her funeral took place at All Saints Church, Bishop's Stortford. She will be greatly missed by her family and friends.

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Private Williams on his 18th birthday, wearing army body armour.

Contact says thank you

By Marian Stratton
On behalf of all of us at East Finchley Neighbourhood Contact we would like to say a big thank you to East Finchley Artists' Open for choosing us as their local charity again this year.

We received a cheque for £710 from them, the donations taken at their highly successful Winter Fair at Martins School on 19 November. This money will pay for a whole year's rental of the venue for the Traditional and Muslim Lunch Clubs. We receive no specific funding towards these costs so it is a great relief to know they will be met.

The Lunch Clubs offer an invaluable opportunity for the local elderly and the more vulnerable members of our community to meet with others and enjoy a home cooked lunch in pleasant surroundings.

Help for smokers

The next few months will be a very busy time for Contact as we have been awarded a number of small grants from the Barnet Renewal Fund for Training of Volunteers and for a Cessation of Smoking Programme for the older adult.

If you are over 55, still smoking and would like help to cut down or stop we invite you to participate in one of our workshops to be held in East Finchley in February and March. If you would like to be included please call us at Contact on 020 8444 1162 as soon as possible.

We are always looking for transport and escort volunteers as well as befrienders, so if you feel you could contribute some of your time during the week or at weekends please call us on the same number.

Youngest soldier to fight for PM and country

By Andy Shirlaw
Private Julio Williams, of Coldfall Wood estate, is just 18 and the youngest soldier in the Queen's infantry regiment, the Royal Green Jackets. He left for Iraq in December to fight for his country, wearing the new boots that he bought out of his own pocket.

The Queen is Colonel-in-Chief of the Royal Green Jackets. As the youngest recruit Julio had the honour of being presented to her in September. Julio told her that he was proud to be a soldier.

After training he had to wait three months to turn 18 and be sent to the war zone, where he is one of the youngest British soldiers in Iraq. After six months in Basra he will have another six in Afghanistan. Julio likes the army and the comradeship in his unit but he has reservations about going to fight in Iraq.

He proudly showed me his uniform and body armour. He told me about the terrific weight of equipment some infantry soldiers carry as they go into battle. Then he told me about the 126 deaths the UK forces have suffered in Iraq and the hundreds of soldiers of the Princess of Wales regiment in Afghanistan

who returned injured, out of a total fighting force of 900. There is growing anger in the ranks about the level of compensation paid to injured troops. Julio said: "One soldier only got £97 compensation from the Army, after being so badly injured he became paraplegic, and is now fighting his case in court." Stories like this have led to a shortfall of 5,000 troops in the British armed forces.

Julio says British soldiers feel undervalued and poorly supported. The clothing and equipment issued to them is sometimes sub-standard.

"The US army is better supported and better equipped," he said. "My mates plan to swap some of their kit with American soldiers. They get more training and support and they have access to the internet. I had to buy my own boots as I refused to take the re-issued pair of boots."

STEWART DUNCAN

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Stride out through London's green spaces

Walkers are being invited to sign up for the annual Big Fun Walk on Sunday 25 March to raise much-needed money for the North London Hospice. This year will be the 12th time the walk has been held.

Walkers will set off from East Finchley station from 9.30 am onwards and follow a fascinating route through London's green spaces, with a brief stretch down busy Baker Street, to finish at Westminster, a distance of just over seven miles.

There's plenty of fun along the way through Cherry Tree Wood, Highgate Wood, Parliament Hill, Belsize Park, Primrose Hill, Regent's Park, Green Park and St James' Park. Everyone enjoys the biscuit stop at Belsize Park and the picnic in Regent's Park, all laid on by the organisers. Fancy dress is optional.

Hundreds of adults and children, and some dogs, take part in the walk every year. Last year's event raised more than £150,000 for the multi-faith hospice in Woodside Park, which needs £4 million every year to meet its running costs. Only a quarter of this comes from the NHS.

You can register online at www.bigfunwalk.co.uk and download a sponsor form and check-in form, or contact the 24-hour Big Fun Walk line on 020 8202 5586, or write to Vivienne Bentley, 11 Westchester Drive, London NW4 1RD.



Walkers at the start of the 2004 Big Fun Walk. Photo by Toni Morgan

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