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CARS & COURIERS

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A community newspaper for East Finchley run entirely by volunteers.

Ideas to make life better for everyone

A project aimed at making East Finchley a better place to live and work for everyone is taking shape and looking for new ideas and plenty of support.

East Finchley Altogether Better aims to connect the people, groups, businesses and services that make the neighbourhood tick. Even two months after launch, a number of projects are already in the pipeline.

Dreams and schemes

One is 'The Hub' which would be a centre or café run by young people, for young people, perhaps weekly: somewhere to go in the area where they can meet their peers and socialise in a safe place, and find employment.

Another is 'East Finchley Green Fingers' where young and older people can pair up to garden together, and share and learn skills. There could be a garden sharing scheme or use of community land for those who don't have any outside space.

Then there's 'Homes and Away', a group keen to find ways of getting care home residents out and about more, as well as bringing more visitors and activities into residential homes.

'You Shop and We Drop' is a scheme where local shops or volunteers deliver the shopping to residents, especially older or disabled people. This would encourage people to walk into town and shop, but not have to

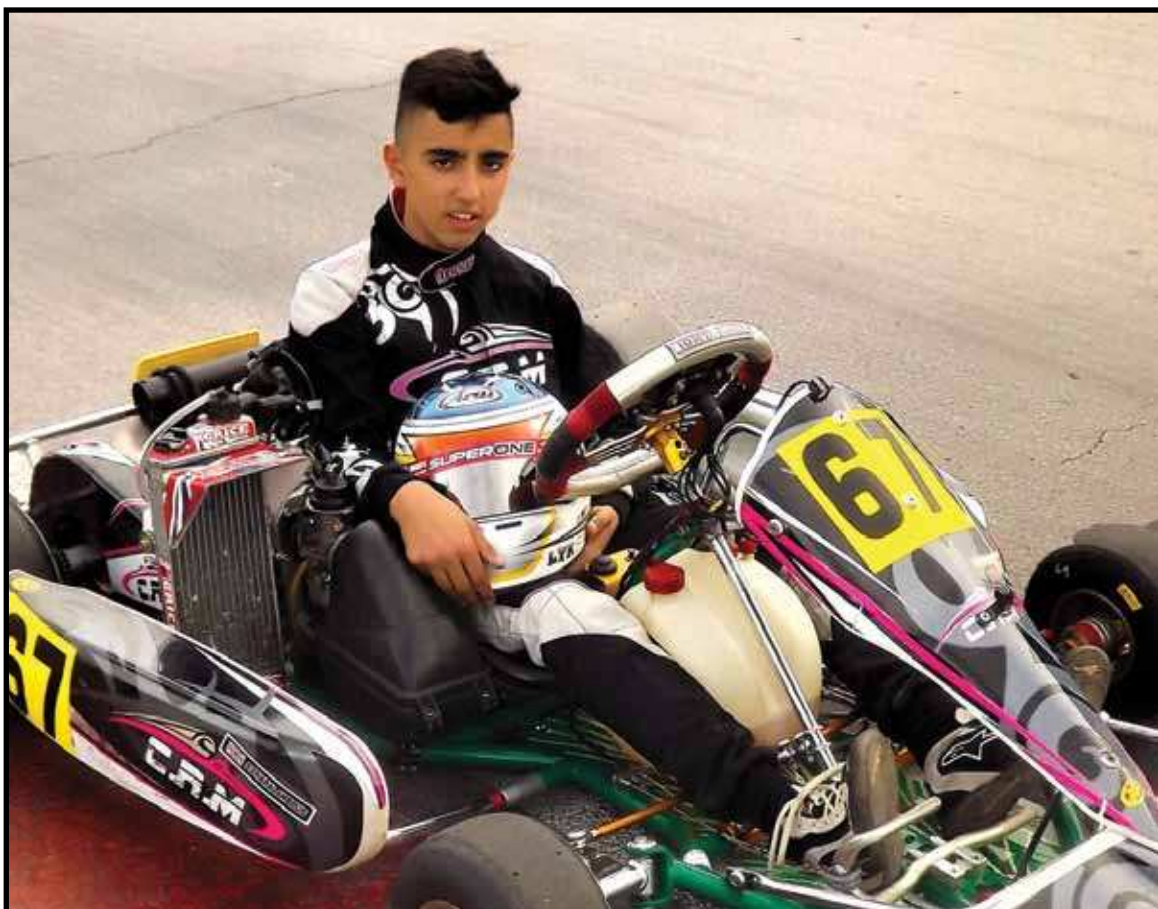
carry heavy bags home.

'Mums Who Run' is for mums who feel isolated and not as fit as they used to be and who could meet to run or exercise together weekly.

Free workshops

All these ideas depend on your involvement to get them off the ground so EFAB organisers are inviting everyone to come along to their free workshops. The first will be on Saturday 19 October at the Bobath Centre, 250 East End Road, N2, when there will be drop-in one-hour sessions from 10am to 12.30pm (visit efab1910.eventbrite.co.uk), followed by others on Tuesday 22 October at St Mary's Church, 279 High Road, N2, when there will be morning, afternoon and evening sessions (efab2210am.eventbrite.co.uk, efab2210pm.eventbrite.co.uk and efab2210eve.eventbrite.co.uk)

To find out more or to get involved, email: eastfinchley-altogetherbetter@gmail.com, call Lisa on 07909 998453 or write to: Stephen Craker, EFAB, c/o FMH, Granville Road, Finchley N12 0JE. You can also tweet @EastFinchleyAB or find the group at www.streetlife.com/page/east-finchley-altogether-better-efab.



Champion Stef puts his foot on the pedal

Stefanos Charalambous, 16, is making a name for himself in the world of karting. Find out how on page 5.

Alert over harmful toy

Barnet Council's Trading Standards team is asking parents to be mindful of some Huggle Buddy Hideaway ladybird toys which could be harmful to young children.

The ladybird toys have sharp metal prongs embedded within the antenna which can become especially dangerous as the toy can be folded to become a pillow. This toy was brought to the council's attention after a protruding metal prong scratched and cut a four-year-old.

The company which distributed this toy went into administration in January 2013.

For more information please contact Barnet Council's Trading Standards Team on 020 8359 7443.

In this issue:

Appeal for witnesses to accident.....p2
Pavilion plans update.....p3
Your allotments.....p4
Muswell Hill festival.....p5
New artisan food market.....p7
October at the Phoenix.....p10

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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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Councils

Barnet Council:

Admin/Town Hall	020 8359 2000
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 8359 3815
Muswell Hill Odeon	0870 505 0007
Phoenix Cinema	020 8444 6789
Warner Cinema	020 8446 9933

Transport

Nat. Rail Enquiries	0845 7484950
City Airport	020 7646 0088
London Transport	020 7222 1234
National Express	08705 808080
Heathrow Airport	0870 000 0123

Hospitals

Barnet General	0845 111 4000
Coppetts Wood	020 8883 9792
Finchley Memorial	020 8349 7500
Oak Lane Clinic	020 8349 7000
Royal Free	020 7794 0500
St Luke's	020 8219 1800
Whittington	020 7272 3070

Health Advice

AIDSline	020 8363 2141
Alcoholics Anonymous	0845 7697555
Barndoc	0300 033 3777
Barnet MENCAP	020 8203 6688
Cancer Support	020 8202 2211
Drinkline	0800 917 8282
Drugs Helpline	0800 776600
MIND	020 8343 5700
NHS Direct	0845 4647

OAPs' Advice

Age UK	020 820 35040
Contact (N2)	020 8432 1415

Crime

Emergency	999
Barnet Police	101
CrimeStoppers	0800 555111
Victim Support	0845 303 0900
East Finchley Safer Neighbourhood Team	020 7161 9014

Help & Advice

Advice Barnet Project	0844 826 9336
CAB Money Advice	020 8201 7727
Carers' Line	020 8343 9698
Childline	0800 1111
Disability Info Service	020 8446 6935
Gingerbread	020 8445 4227
National Debt Line	0808 808 4000
NSPCC	0800 800500
Rape & Sexual Abuse	020 8683 3300
Relate	020 8447 8101
RSPCA Inspector	0300 1234 999
RSPCA animal clinic	020 8365 3910
Samaritans	08457 909090
Refuge Crisis Line	0870 599 5443

Woman and child hurt in collision

By Nick Young

An air ambulance was called out to Avenue House on the evening of Friday 6 September after a woman and a baby boy were in collision with a car on East End Road.

The woman was pushing the child in a pushchair across the zebra crossing in front of Avenue House at around 6.20pm when the incident occurred.

The driver of the car, a man in his 70s, stopped at the scene while several passers-by tried to administer help. The air ambulance landed in the grounds of Avenue House while police and paramedics rushed to the scene.



The air ambulance in the grounds of Avenue House.

Photo by Donald Lyven

The woman, who is in her 20s, and the boy, who is approximately 18 months old and not related to her, were taken to a hospital in east London. At the time of writing, the woman was in a critical condition and the child was in

a stable condition.

The incident has led some local residents to call for traffic lights to replace the zebra crossing. The driver of the car was not arrested but police are appealing for witnesses to come forward.

Serial burglar gets three years

By Janet Maitland

A prolific Barnet burglar has been sentenced to three years in prison. Hassan Ali, 21, of no fixed abode, was found guilty of one burglary and one attempted burglary by Wood Green Crown Court in September. He also admitted to 232 other offences.

The court heard how Ali tried to break into a house on Chessington Avenue, N3, at about 4am on 19 May, while the owners were inside asleep. He tried to force open a window on the ground floor, which triggered the burglar alarm. Ali ran off, leaving white footprints on the window from the newly painted side gate he had climbed over. The owners immediately alerted the police.

About an hour later, Ali was spotted by a neighbour as he left a house he had broken into

on Cavendish Avenue, N3. The neighbour was suspicious as he knew that the property was vacant so he rang 999. Police officers were already patrolling close by, having been called out to the first burglary. They quickly tracked Ali down and stopped him.

A sniffer dog identified the burglar's scent on Cavendish Avenue, led the officers to a discarded claw hammer near the scene of the crime and then to Ali, waiting with the patrol officers who had apprehended him.

Planning Applications

Barnet Council

52 Abbots Gardens, N2

Converting garage into habitable room.

29 Baronsmere Road, N2

Single-storey rear infill extension. Width 4.3m, eaves height 2.75m.

18 Bedford Road, N2

Front access ramp with handrails. Single-storey infill rear extension. Depth 6m, eaves height 2.48m, maximum height 3.62m.

56 Brendon Grove, N2

Single-storey rear conservatory. Depth 4m, eaves height 2.25 m, maximum height 3m.

Cherry Tree Hill, 411 Great North Road, N2

Variation to planning permission involving ground floor conversion from B1 office use to two self-contained dwellings. Includes alterations to ground floor front and rear windows and doors, associated landscaping, refuse and recycling storage, parking, and amenity space.

101 Durham Road, N2

Single-storey rear extension with four roof lights. One new window to existing side elevation.

238 High Road, N2

Change of use from ground floor office B1a to residential C3 flat. Associated minor changes to elevations. Onsite parking.

104 Huntingdon Road, N2

Roof extension, including rear dormer, to facilitate loft conversion. New Juliette balcony, following demolition of existing window. One roof light at existing roof.

72 Lincoln Road, N2

Single-storey side/rear extension. Alterations to loft conversion, including windows and rear cladding.

4 Market Place, N2

Part single-storey, part two-storey rear extension. Removal of existing rear greenhouse and shed. New shed to back of rear garden. Obscure glass to first and second

floors of side elevation.

46 Park Hall Road, N2

Single-storey infill rear extension. Depth 5.9m, eaves height 2.8m, maximum height 4m.

Haringey Council

5 Beech Drive, N2

Single-storey rear extension. Two rear dormers. Conversion of garage to habitable room. Front porch. Two front roof lights. New crossover vehicle access.

50 Creighton Avenue, N10

Two-storey side extension. Roof extension with front and side roof lights. Side and rear dormers.

1 Greenfield Drive, N2

Side dormer and side roof lights.

3 Lanchester Road, N6

Extension of existing single-storey rear extension by 6m. Maxi height 3.5m.

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Uncertainty surrounds plans for park pavilion

By Diana Cormack

An application for change of use regarding the pavilion in Cherry Tree Wood has not met with the approval of some residents or The Finchley Society's Greenacre Project.

A notice dated 8 August proposed "change of use from existing Pavilion to A3 (Café), including new glazed windows and doors and incorporation of landscaped area for tables and chairs" (Ref: F/02410/13).

Extra time for comments

Any comments had to be submitted by 12 September. However, at the time of writing, it seemed that the planning office was offering an extension as a courtesy after alleged discrepancies regarding landscaping details and possible irregularities in the consultation process.

with regard to changes in the character or use of the building and its surrounds.

Concerns

There are concerns that the landscaping could encroach upon protected woodland. In a letter published in last November's *ARCHER* the leaseholder Pepe Dostizad, of The Village Bakery, stated that "the refurbishment will not mean the removal or damage of any trees".

There are also concerns about comments in the proposals such as "it is not likely that there will be any

cooking at the proposed café" (which is described as a simple café) and "at this stage, it is anticipated that no more than one, or possibly two, vehicles per week will be required".

Whilst

some see it as a potentially damaging to the area, bringing unwanted traffic, noise, smells and security problems, others feel that the refurbishment of the pavilion will turn what has become an eyesore into an attractive and useful facility for park users.



A blot on the landscape? Photo Diana Cormack

In August 2012 *THE ARCHER*'s front page featured Barnett's intention to grant a 25-year lease on the pavilion, which has become increasingly dilapidated over the last 30 years. It is sited on Metropolitan Open land so is subject to planning restrictions



Headteacher Mick Quigley welcomes students and parents as they arrive on the first day. Photo by Philip Vile

Excitement as Archer Academy welcomes its first students

By Cathy Halstead

Headteacher Mick Quigley and his deputy Lucy Harrison were at the gate to welcome each student personally as the Archer Academy opened its doors for the first time on 9 September.

After a welcome assembly, the students split into their tutor groups and were later joined by governors and founders for a whole school photograph. All 150 places for the first intake have been filled, and the students allocated into six tutor groups of 25 students.

Enthusiasm

Mick Quigley spoke of the atmosphere on the first day, saying "It was wonderful to see our first students arriving for the first time this morning, so full of enthusiasm and ready to learn. Our staff have worked so hard to get everything ready and the excitement in the air was palpable."

"As we all stood together for our first ever Archer Academy photo it already felt like an established school; I am so proud to be leading it and

will work hard to ensure it lives up to our community's high expectations."

Chair of governors Avis Johns, who spearheaded the campaign for a new local school and whose daughter is one of the first students, said: "It is hard to believe that in just two short years we have gone from talking about a lack of secondary school places for our community to creating a brand new school from scratch. We are so grateful to everyone who has helped us along our journey; we would like to assure you that the best is yet to come."

Open evening

The school will hold an open evening on Wednesday 9 October, from 6pm – 8.30pm, which prospective students and parents are welcome to attend. Year 7 students will be

offering tours of the school, giving attendees the chance to explore the classrooms and take part in some activities, as well as meeting the teachers and governors.

There will also be a series of open mornings for Year 6 parents and students starting on 10 October. Parents are invited to call 020 8365 4110 to book a place. For more information on the programme of events for 2014 admissions visit www.thearcheracademy.org.uk

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Angie Ng-Thomas at her award-winning allotment.
Photo by John Lawrence

Angie's A-list allotment

By John Lawrence

A tour of Angie Ng-Thomas's allotment is like a round-the-world trip. At the peak of September's harvest season, Italian Lollo Rosso lettuce rubs shoulders with oriental pak choi, fiery Latin American chilli plants sit side by side with Mediterranean peppers, and traditionally British vegetables like cauliflowers and peas nestle next to Chinese morning glory leaves.

It's quite a sight, with every inch of soil put to good use, and now all the hard work that Angie invests in her plot on the Pointhills site, off Long Lane, has earned her the award for best allotment in Barnet.

Angie, of The Mead, N2, is a mother of two who works full time as a dental nurse. She finds the time to cultivate during the evenings and usually all day on Sundays.

"I love the outdoor life," says Angie, whose parents were virtually self-sufficient during her childhood in Malaysia. "I get exercise from it and I never have to buy vegetables during the summer."

Transformation

Her 60-metre plot was all weeds and grass when she took it on four years ago. She planned on paper how she wanted it to look and, one bed at a time, it has been transformed. Besides the growing areas, there's a potting shed, a greenhouse, fruit trees and an ingenious seed nursery area covered with large offcast plastic moulds donated to allotment holders by Talbot Designs across the road.

This was Angie's third year in the allotment competition; she came runner-up last time round. Judges were looking for a plot with good structure, a wide variety of produce, absence of weeds, with plenty of recycling and mulching going on.

Angie adds: "It's been an excellent harvest this year after all the sunshine. Cucumbers and tomatoes have been particularly good. Mind you, last year was a real chore, dodging the rain all the time."

She avoids a glut by planting in stages, and then by sharing what she has with friends and family, or in an emergency asking them to store it for her in their freezers.

My tour over, I'm about to leave when Angie points to another 60m plot, with a greenhouse and some crops in the soil. "This is mine, too," she says. "Plenty more work to do here."



Three of the Challenge Network students show off the potatoes they dug up at Vale Farm Allotment. photo Mike Walsh

Students go back to their roots

Vale Farm Allotment on Tarling Road hosted 10 Challenge Network students for a day's training about vegetable growing and organic cultivation at the start of September. The Challenge Network is a UK-wide charity that runs community programmes for young people from a wide range of backgrounds. The students, all from north London, planted daffodil bulbs, painted gates and dug up potatoes.

Mystery of fox deaths on allotments

By Cathy Schling, East Finchley Allotment Association

Opinions are divided about the foxes with whom we share the allotments in East Finchley. Some people are slightly annoyed by the loss of one of a pair of shoes or gloves, a few regard them as vermin, while most allotment holders seem to really enjoy the presence of all the wildlife around our site and some become very attached to the foxes which frequent their plots.

During August we were shocked to realise that three different foxes had been found dead on the site, off Plane Tree Walk.

This realisation struck home when a plot holder contacted a member of the committee to ask for help burying a badly decomposed fox near her plot. Two other allotment holders then said that they had recently found dead young foxes and buried them. One of these had crept into a greenhouse where it was found and had to be removed as soon as possible.

Possible causes

We were concerned that these deaths might be due to some form of poisoning and

contacted English Nature. They advised us that they were seeing an abnormal number of deaths among young animals, which have to fend for themselves at this time of year, when their mothers have a new family. They believed this was due to the very dry weather, which had made food scarce.

We were also told to keep an eye out for any signs of poisoning amongst other wildlife such as birds and small mammals and all plot holders have been told about this. It is an offence to put down poison with unrestricted access and the police have a unit which will deal with this. We are hoping that only live foxes will be seen from now on.

Angie's six steps to a successful harvest

1. Always keep on top of your weeds
2. Grow what you want to eat and sow little and often to avoid a glut
3. Visit your allotment as often as time permits
4. Make time to socialise and build up a network of friends nearby (this is useful when you are unable to visit your plot)
5. Take advice from other plot holders; you can learn a lot very quickly
6. Always make your own compost

Bike vending machine

Next time your bike has a puncture, just make sure it happens in Minneapolis, US. Cyclists there can use self-service vending machines, open every day of the year. They can pop in to self-service kiosks to buy an inner tube or patch kit, pump up tyres for free, or make simple adjustments using supplied tools. And to set them up on their next stage, this wonderful vending machine also sells snacks, drinks and sunscreen.

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Stef laps up karting victory

Stefanos Charalambous ... remember the name. This young racing driver is beginning to forge a reputation for exhilarating kart racing that belies his 16 years, and he has just pulled off a series of fine performances to win British karting's London Cup.

Stef, of Ringwood Avenue, N2, races in karting's Mini Max category, for 11-17 year olds. At the Rye House Kart Raceway in Hertfordshire, where Formula 1 motor racing's Lewis Hamilton began his career, Stefanos raced brilliantly throughout the day to set himself up for the final. His performances were televised on Sky Sports' 'Men & Motors' programme.

On receiving the coveted trophy, Stefanos movingly dedicated his victory to his late friend Joshua O'Malley, a popular figure at Rye House and on the karting scene generally, who tragically lost his brave fight against cancer last year.

Dad's support

Like Lewis Hamilton, Stef has been racing karts since he was 12. His father Bambos has played no small part in his development, taking his son all over the UK every weekend, with valuable advice and encouragement drawn from his own years of rallying.

These long and tiring weekends have meant that Stef has had to keep up with his school work at any hour of the night or day that he can. It's a great



On the podium: Stefanos Charalambous picks up his winner's trophy.

credit to him that he managed to achieve good results in his recent GCSEs, and is moving on to his A-level studies.

As we go to press, Stef has just claimed another victory at the Kimbolton track, near Peterborough, finishing nearly 100m ahead of his nearest rival and winning the trophy for the fastest lap time.

Helpful public, heartless thieves

By Linda Sansom

An East Finchley man suffered a double blow when thieves stole the bike he had had to abandon after seriously injuring himself in an accident.

Gareth Brahams, a lawyer from Twyford Avenue, was on his usual cycle ride to work along the Parkland Walk to Finsbury Park when he braked suddenly and was thrown over the top of the bike.

Kind passers-by

"From Crouch End to Finsbury Park the path narrows and is overgrown with nettles and brambles," he said. "I was trying to slow down and must have jammed on my brakes a bit hard which caused the wheels to buckle, and I went over the top. It was a minute or two before anyone saw me, but then everyone stopped and was very helpful, which was life affirming."

Someone helped him to chain the bike to a wooden fence. Gareth, who had a stomach pain but didn't realise how badly he was hurt, continued his journey but couldn't face the train and went home to dose himself with painkillers. As things didn't improve he called a cab to take him to the Whittington Hospital, but blacked out on the way and called an ambulance. He was later transferred to the Royal

London Hospital for emergency major surgery to remove a ruptured spleen.

Opportunist strikes

As if things weren't bad enough, Gareth's wife Amanda went to retrieve the bike, only to find that someone had sawn through the wooden fence and stolen it.

"It's so depressing. Everyone else had been so nice, and then someone stole it," said Gareth, who was in hospital for a week, and still off work when *THE ARCHER* went to press. "To think you cannot leave a bike in broad daylight in Crouch End without it being stolen. I don't know how they managed to move it as the wheels were buckled."

A cyclist all his life, he's vowed to get back on a bike as soon as possible. Meanwhile he is hoping the thief, or thieves, will be shamed into returning his bike.



2-Life is the trading name of all services offered by Joel Korn: Counselling, Group Therapy and Training.

Joel is a qualified counsellor based in East Finchley.

Contact Joel on 07787 226 376 or email kornjoel@hotmail.com www.2-life.co.uk

RSPCA clinic still taking patients

The RSPCA is hoping to open its new shop in the High Road by the middle of October, while their animal clinic in Park Road will continue to be the place to take your animals for neutering and minor treatments.



RSPCA local chair Ann Lewis and Roger Fargher outside the Park Road clinic

The charity is moving into the shop that was once Teaching Trends, where it will be selling donated clothing, bric-a-brac and any other small items, although not furniture.

RSPCA's Roger Fargher said: "Please do not leave them on the pavement overnight or when the shop is not manned, but we will be very grateful for all donations, in particular clothes, from the local community."

We reported in April that there were concerns over the future of the Park Road clinic pending rent discussions with Barnet Council but as yet there is no decision either way so it will remain operating.

It is open, with an appointment system, on Mondays and Thursdays from 5.45pm to 7.15pm. To book an appointment, call 07928 628771 between 10am - 4pm Monday to Thursday.

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Great day out in the Wood

Three months after East Finchley's own, Cherry Tree Wood hosted its second successful festival of the year when our Muswell Hill neighbours took over for the day on Sunday 8 September.

Live music rang out across the park as festival-goers enjoyed donkey rides, a full-scale funfair, a miniature steam train, a dog obedience show and dozens of food and craft stalls.

It was the 50th Muswell Hill Festival and was organised to raise funds for the London Centre for Children with Cerebral Palsy. Here are some photos from the highly enjoyable afternoon.



Far left: A festival-goer dances to the debut of The Roadrunners.

Left: Willing steeds from Dunston Donkeys did a good job giving stately rides to youngsters.

Above: Dozens of strange beasts and fantastical creations were assembled out of humble components for the Monster Veg competition. Here, five year old Lyla puts together her entry, watched by her dad.



Local band The Roadrunners were making their debut at the festival and in fact it was the first time they had played together in public. The crowd loved their performance.



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Fruit frenzy

By Harriet Copperman
Help celebrate Apple Day 2013 on Saturday 12 October outside Budgens in the High Road with the East Finchley Abundance group.

Fruit harvest time is here again, and EFA are asking for donations of fruit beforehand to enable them to make and give out apple juice on the day. They will be demonstrating how to extract fresh fruit juice and handing out free samples for passers-by to taste.

If there is a lot of fruit to spare, they will be giving that away as well as recipes for cakes and desserts which can be made with excess fruit. Individual pieces of cake made with apples may be available for a small donation.

Go along and enjoy the day from 10.30am to 2.30pm and if you have fruit to donate contact the group at efabundance@btinternet.com or write to c/o 32 Park Hall Road, N2 9PU

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Have your say!

By Daphne Chamberlain

How will The Grange and its neighbouring area spend the £1million awarded to them by the Big Local project? Paul Bragman, the Big Local representative, will give an update and answer questions at The Finchley Society meeting at the end of October.

And what's happening to Localism, similar to the Big Local but promoted last year, which promises to give residents and business owners more control over decisions that affect them? This is not confined to one area. East Finchley's Roger Chapman will be at the same meeting, also updating and answering questions.

Meanwhile, the regeneration of North Finchley is going ahead with a grant of nearly

£1.5million from the Mayor of London's Outer London Fund. That will be the third item on the agenda.

In one way or another, all this concerns all of us, so why not go along and find out more? The meeting is on Thursday 31 October at 7.30pm for 8pm at Avenue House, 17 East End Road, N3 3QE. There is an admission fee of £2 for non-members of The Finchley Society, but everyone is welcome.

Winter fair for combat stress

Former war correspondent and MP Martin Bell will open the Combat Stress Winter Fair on 2 November in Hampstead Garden Suburb.

Combat Stress, founded in 1919 and the leading UK charity specialising in the care of veterans' mental health, is currently caring for 5,200 servicemen and women, many of whom have been profoundly traumatised by their harrowing experiences in Iraq and Afghanistan.

The support services that Combat Stress offers are free for every veteran, so the charity relies on donations and fundraising events to help this group of people rebuild their lives.

Last year the fair moved from tiny Fellowship House to the Free Church Hall in North-

way, NW11 6PB and is now able to offer all-day refreshments, collectables, jewellery, crafts, books, home-made cakes and produce, Combat Stress Christmas cards, vintage and new clothes, festive season items and more.

Parking is free in nearby roads and the H2 Hail and Ride bus to and from Golders Green Station forecourt passes the door. Alternatively, you can take the 102 bus from East Finchley to Market Place on Lyttleton Road and walk up Northway. The fair will be open from 11am-3pm. Entrance costs £2.00; children go free.

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Watch out for your new bin

You may have yours already but, if not, keep an eye out because Barnet Council has started delivering its new blue recycling bins to homes in East Finchley.

From 14 October, residents will be able to put all of their mixed recycling in their new blue bin instead of sorting it into different boxes.

Residents will also be able to recycle much more than they used to, as the new service will allow the recycling of more plastics such as yogurt pots, margarine tubs and food trays.

However, there have been concerns, not least in our letters page last month, that our front or back gardens will have to accommodate another large recycling bin, replacing the smaller boxes that were easier to tuck away out of sight. The blue bins will be in addition to the existing black general waste bins and the green garden waste bins.

Brown bins too

Also this month, the council will be launching a new food waste collection service. Residents will use a brown food waste bin, a brown food waste caddy for their kitchen and a sample of 10 biodegradable bags to recycle their food waste. Houses and small flat blocks will see the changes first, while larger block of flats will receive the new food waste service in early 2014. Once the new service has been launched the majority of residents will have their refuse, recycling and food waste bins collected on the same day as part of a weekly collection. Find out more information by visiting www.barnet.gov.uk/recycling

Martin School celebrations

Martin School is inviting all former pupils, staff, parents and governors to help them celebrate the school's 100th birthday, with a Tea Party on Monday 7 October (2-4pm) and an Evening Reunion Party on Friday 11 October (7.30-10.30pm - over 18s only).

Do you remember this man?

Ray Weedon would like to make contact with anyone who remembers him. Born in 1945, he was brought up in Grange Avenue, North Finchley, and went to Northside and Hillside schools. His older brother, Mick, was a friend of David White (better known now as actor David Jason). Another friend was Brian Barnicote.

Ray did a paper round for a shop at the junction of Lullington Garth and Walmington Fold. After leaving school, he worked as a gardener at a nursery near Hillside School and at Victoria Park. Later, he trained as a groundsman at University College Sports ground in Mill Hill, and then worked in North Finchley Post Office. After marrying, he lived for a year or so in Squires Lane.

Ray is in Cambridgeshire now. If you would like to get in touch, please contact The Finchley Society at finsoc.editor@hotmail.co.uk or 020 8368 1620.

The organisers are keen to gather as many former school related folk as possible, so it's a good chance to ask your neighbours, customers and colleagues if they know anyone who had connections with the school in the past hundred years, and get them to come along! It'll be a great opportunity to catch up with old friends and visit the school's centenary exhibition.

To book your free ticket email martinprimary100@gmail.com or Tel: 020 8883 1455 www.martinprimary100.org



The artisan market in full swing at Avenue House.

Food and craft market inspired by the best of France

A new food market has set out its stall at Avenue House in East End Road with a clear purpose to champion local shopping.

The North London Artisan Market has found a home in the historic stables of the house, chosen by organisers Beulah and Cindy for its strong history of community involvement.

Started last March, the market brings together a wide range of traders including a fruit and veg grocer, British and continental cheese sellers, artisan bread makers, charcuterie specialists, olive selections and a variety of street food.

With Cindy being French and Beulah marrying into the

French culture, both are familiar with their local markets in France and believe that London should have its own borough by borough market scene.

The market is also a platform for enthusiastic foodies just starting out in business. For example there is the Secret Garden Confectionery stall run by Belinda who makes chocolates with Fairtrade and ethically sourced ingredients, and Silmar Taste run by Silvia who sells Portuguese sweet and savoury bakes.

Shoppers can buy lunch from the street food traders who cook on site. Other creative traders include arts and crafts people such as painters, tea cup sellers and silk scarf makers.

A special Christmas market is on the cards when the season comes around. Meanwhile the market runs every first and third Saturday of the month from 10am to 3pm. For more information visit www.northlondonartisanmarket.co.uk

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YOUNG ARCHER



Ally Pally gymnastics

The east wing of Alexandra Palace is the venue for new dance and gymnastic classes for children aged three and a half to 11. Sessions run on Saturdays from 9am to 2pm, with further classes expected to be added throughout the year.

Classes are run by the London Academy of Gymnastics and Dance. Founder and director Jessica Shenton, a professional dancer who trained with the Royal Ballet, said: "Gymnastics is not only fun but really good for children's general health and fitness." To reserve places, visit www.lagad.co.uk or call 07887 367171.

Reunion of 8th West Finchley Guides

The 8th West Finchley Guides are celebrating their 50th birthday with a reunion of all the ex-Guides they can contact. Brenda Deas, known as Leo, would like to hear of anyone who wants to come to the party on Friday 18 October. Contact her on 020 8445 6294. The guides are still flourishing under the leadership of Julie-Ann Watson and they plan to put on entertainment to make the evening go with a swing.

Howls of success

By Catherine Ling

Over one weekend in the summer, a group of Bounds Green-based scouts, the Wild Wolf Explorer Scout Unit, raised an incredible £2,200 when 30 of them performed a bag packing marathon at Sainsbury's Muswell Hill to help fund their international summer camp at Kandersteg International Scout Centre in Switzerland. Their politeness and dedication really impressed the customers who gave generously to help them on their way to a character-building holiday, an opportunity that many might not otherwise have been able to afford.



The Met needs you

By Janet Maitland

The Metropolitan Police has started a campaign to recruit 400 extra cadet leaders aged 18 to 65 to support a drive to increase its Volunteer Police Cadet (VPC) programme by 4,000 cadets.

The VPC is a uniformed voluntary youth organisation, supported by the Metropolitan Police, which is open to 13 to 18 year olds. The cadets help and assist in the community in a variety of ways, including

working with Safer Neighbourhood Teams, taking part in problem solving projects and stewarding at events such as Trooping the Colour and Remembrance Day.

Cadet Leaders, who are also volunteers, support cadets by helping them to develop life skills, including assisting them as they take part in the Duke of Edinburgh's Award scheme and weekend and school holiday camps.

To find out more, go to www.met.police.uk/cadets and for details on how to apply, go to www.metpolicecareers.co.uk/cadets or call 0845 434 9519 for an application form.

PARENT & BABY/CHILD ACTIVITIES

- **Baby & U baby massage.** Contact Ruth at babymassagewithruth@gmail.com, www.facebook.com/baby-andubabymassage
- **Dads' Club:** Get-togethers for dads looking after young children in East Finchley. Adam 07957 441435.
- **EF National Childbirth Trust** contact Ruby Yang or Patrizia Canwell at east-finchleynct@googlemail.com
- **Muswell Hill Toy Library** story time, singalong and other events. 8444 0244/ 8489 8774, www.muswellhilltoylibrary.com
- **Parent & Toddler Group,** Green Man Centre, Sajni 8359 3460/Julia 8444 2276
- **Phoenix Cinema activities,** Bringing up baby screenings, Weds, 11am; Kids Club, Sat, 12pm; Toddler Time, Tues, 11am. Full details from box office on 020 8444 6789.
- **Stepping Stones,** interactive play session for under 3s. Karen 07957 278860.
- **Teddy Bears' Music,** singing for 0-3s in Holy Trinity Church, N2; Thursdays 9.45am & 10.45am. Liz 07836 284538.

How to be the cat's whiskers

By Orca the cat, of Leopold Road, dictated to Linda Dolata

Miaow wow wow. Sitting on a nice warm paper on the table, I happened to read an article from young Harry the cat (The Archer, February 2013), so as an older adoptee I thought I'd give him the benefit of my experience.

I came from Cats' Protection with my name, a mug shot and a description: 5 years old; huge (over 8kg and no fat); black and white; fierce to cats. I lived wild and used to enter cat flaps to steal food. My name suits me. I'm so famous that they've named a white wine after me, and even a type of killer whale.

Now I have a slave I call 'That Stupid Linda'. I can make her do whatever I want. After a few weeks a cat flap was put in so I have the freedom of the manor. I'm gradually sorting out the local cats. I let the obedient ones join my choir; we'll put on an opera (AAAIEEEED-AAAA) eventually. But I'm just as happy lazing around doing nothing, now that I've trained T S L to pay proper regard to my comfort.



Here are some tips, Harry. I got TSL to put up indoor bells on the kitchen door, and when I feel peckish I simply swipe them with my tail. She soon responds.

If she gives me less-than-the- most- delicious food, I simply refuse to eat it, giving her a wounded look as if she's trying to poison me. It always works and there's no wastage as the rejected packets go to the Animal Aid shop on the High Road. I often send her there to find nice presents for me. Recently I made her buy me a new bed (see photo). Everyone smiles when they see me in it. I like to kip in other places, too: beds, cupboards, sofas, carpets... I'm good at sleeping.

Harry, just suck up to your new slave Jen. Give her a bit of attention, purr when she strokes you, come when she calls, look at her (avoid looking too contemptuous) as if you adore her, pretend to enjoy TV... you get the idea! I promise that in no time at all you can mould her to perfection.

Let me know how you get on.



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We will miss her greatly

Pam Kent, a member of the *ARCHER* team for most of our 20 years, died on 15 of September. She was the *ARCHER* typist in our early, pre-email days, and for many years she ran our distribution. This meant having over 9,000 copies delivered to her house, where she counted out the rounds.

When ill-health forced her to give this up, she continued to deliver her own substantial round until only a few months ago. She was also our proof-reader, and in addition proof-read locally written books and the N2 poetry magazine.

Print, in one way or another, was Pam's life. Born Pamela Morris in Hertford in 1942, she left school at 15 to work as a copy holder for a local printing firm. There she met her future husband, Cliff Kent, whom she married in 1963. They moved to Evesham, and Pam worked in nearby

Worcester for Kays Catalogue, writing copy and liaising with printers all over Europe.

Returning nearer home in the 1970s to support her mother, after her father suffered a stroke, she was head-hunted by a London printer, and she and Cliff settled in East Finchley.

Pam went on to arrange photographic shoots for Woburn Studios, and later worked as Assistant Production Manager at Carlton, and as an overseer of print jobs for IMG in Chiswick. This led to her becoming the UK agent for a Turin-based book printer.

She ran her own business, Kentprint, from her home in Hamilton Road, before purchasing the house next door as the business expanded. After retiring in 2002, she rented that house to MCC for their foreign cricketers in the season. Her "boys" included the Irish-born English international Eoin Morgan, William Paterfield, David Molam and Boyd Rankin.

One of Pam's main relaxations was the jazz scene, to which she was introduced by her neighbours. She ran the Finchley Jazz Club fortnightly, as well as a monthly club in Stamford, Lincolnshire. Many people will remember the two local jazz evenings organised by Pam in the last year of her life to raise money for Macmillan Nurses and Cancer Research UK.

Despite being diagnosed with cancer five years ago, she carried on with most of her activities until increasing ill-health forced her to cut them down. She had become closely involved with Bishop Douglass School, where she was a meal-



Pam Kent RIP. photo courtesy of Bishop Douglass School

time supervisor and part of the exam invigilating team, as well as co-ordinating the school's annual Christmas dinner for older people and driving some senior citizens to and from the event. In return, Bishop Douglass staff made sure she was well looked after during her illness, even supplying her with a daily school lunch.

Among Pam's many qualities were warmth, kindness, and willingness to help everyone. She was always the first to say, "I can do that", even when she became ill.

She left this written message. "Please do not mourn for me. I've had a wonderful life, met and stayed friends with so many lovely people, but now it's time for a rest. So to all my super family, friends, acquaintances, neighbours, work colleagues, and all the local cats, I leave you with only joy in my heart and much happiness."

We will all miss her greatly.

What is the Harington Scheme?

By Daphne Chamberlain

East Finchley's Arts Festival supported two charities this year: Noah's Ark Children's Hospice and the Harington Scheme. You may be assuming, as I did, that "Harington" is someone's name. Not so. The name is a blend of Haringey and Islington. It was founded by the local community 33 years ago, in Highgate Village, where several boroughs meet, but caters for people with learning difficulties or disabilities from a wide area of London.

These people are of all ages from 16 upwards, but about 80% are in the 16-24 age-group, and the scheme provides them with life skills and vocational training.

Work experience

Learners are helped to select the career which is best



A scene from last year's Arts Festival. Photo by Marian Harris.

Restaurant at the

crossroads

By Sheila Armstrong
BuFi, the new Italian restaurant in prime position at the High Road and Fortis Green crossroads, is run by Sofia Arricale and her father Mario. They have been very busy from day one in April and both say they are pleased with East Finchley's welcome to their restaurant.

Sofia has always wanted to open a restaurant. She describes it as a traditional Neopolitan pizzeria with a modern twist. Mario's lifetime experience working in restaurants has been invaluable and several other family members are also involved in the new venture.

The restaurant on the site of the former Barclays Bank uses buffalo meat and other products which are very low in cholesterol. Gluten-free pizzas and pasta can be ordered too, food that is not always easy for celiacs to find.

All the buffalo products sourced by Sofia come from the organic buffalo herd in Laverstoke Park in Hampshire, owned by ex-racing driver Jody Scheckter.

Sofia told *THE ARCHER* that she has plans for a second restaurant in the course of time. BuFi's website is www.bufirestaurants.com or 020 8883 4720.

for them, with help in reading, writing, maths, ICT and City and Guilds qualifications. Their OFSTED reports are excellent. Some go into retail, and have work experience in organisations including Budgens and Waitrose. Others have had placements with artsdepot in North Finchley.

The majority are found jobs or further training over a broad vocational range, with continuing support and liaison from Harington where necessary. Some need to be eased into employment via Harington Gardeners, which provides garden maintenance services to organisations and private households under the guidance of qualified professionals. All the income from gardening contracts supports the charity.

One learner said: "It's good because you do gardening, and

you can get work experience and a job. It's fun working outside."

Learning and growing

There is also therapeutic day provision for adults with learning disabilities or mental health needs, who benefit from working in Harington's beautiful grounds. It's nicely symbolic that a walled garden on the site once belonged to a 16th century apothecary. A motto of the Harington Scheme is "Learning to grow, Growing to learn". One of the clients summed it up as "A welcoming and easy-going place which has made me feel very confident and comfortable."

Twice a year, Harington holds plant and produce sales. We will keep you informed about these and other events. For further information, visit www.harington.org.uk or call 020 8341 3657.

KALASHNIKOV KULTUR

By Ricky Savage, the voice of social irresponsibility

Beware....Cliff!

In the weird and mysterious world of rock'n'roll no one's quite as weirdly mysterious as the aging phenomenon that is Cliff Richard. Yes, I'm talking about the rock'n'roll rebel who rebelled by not doing the whole sex'n'drugs thing, but God and tennis (not Sue Barker) instead.

Well he's back with his 100th album and this time he's returning to his fabulous rock'n'roll roots by doing Little Richard, Elvis and Buddy Holly covers.

In the 54 years since Cliff released his first album a lot of natural resources have been wasted as he has gone from Britain's answer to Elvis to being left off the Radio 2 1960s playlist for being seriously uncool. Highpoints have included 'Cliff', 'Cliff Sings' and 'Live at the ABC Kingston 1962' all of which were backed by The Shadows.

In 1962 he was bigger than The Beatles, but back then the Beatles were still playing the clubs. By 1964 they were bigger than everyone, including Cliff. There were other high points, records like 'I'm Nearly Famous' and 'Wired for Sound' and his reunion with the Shadows in 2009.

Low points? Well I'm spoilt for choice, but can't leave out 'Songs from Heathcliff', 'Cliff at Christmas' or 'Hymns and Inspirational Songs'. Anyway, the one album I would buy is the one they won't release and that's 'Singing in the Rain, Cliff Live at Wimbledon'. After all, that's the reason they had to put a roof over Centre Court so that he couldn't do it again and again.

To list the entire outpourings would constitute cruel and unusual punishment, especially when he's churned out 47 studio albums, 7 film soundtracks, 35 compilations and 11 live albums. At around 40 minutes per record you'd have to abandon nearly 3 days of your life to continuously listening to Cliff. Anyone who can manage that is either the ultimate fan or has lost the will to live.

Has anyone gone further than Cliff? Well, Elvis has. By the time he died of a heart attack on the toilet in 1977 he'd churned out 74 albums. Since then he's worked overtime and churned out a further 106. What worries me is that Cliff is trying desperately to catch up.

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- **Keep fit for the Retired** on Wednesdays, Christ Church N12. Call Bridie 8883 5269
- **Muswell Hill Bowling Club**, Kings Ave, N10. New & experienced bowlers welcome. Tel: 8883 0433.
- **Pilates** in East Finchley, qualified teacher. Contact Dee on 8883 7029
- **Pilates class** Weds 3.30 & 7pm at Ann Owens Ctr, N2. Call Penny 8444 2882.
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- **Tai Chi** class at EF Methodist Ch, Weds 1pm. James 8883 3308 or james@taiji.co.uk
- **Tennis club** with four clay courts off Southern Road. Call 8883 7723.
- **Yoga, breathing & relaxation**. Weekly drop-in classes - N3, N6, N10. Phone Judy on 07956 375607.
- **Yoga**, pregnancy yoga, meditation classes. Call Sunnah 07941 321 772 www.stretchingpeople.co.uk.

Music, Dance & Creative Arts

- **Art Classes**. Call Henry on 8888 5133.
- **Ballroom Dance Classes**, Wednesday eves for beginners & improvers. St Mary's Church Hall, N3. 8444 0280.
- **Ballroom & Latin American Dance Classes** - beginners & improvers. Wed & Fri eve, Bishop Douglass Sch. 8207 2323.
- **Creative writing classes** in informal, friendly atmosphere. Tel Sallie Rose 020 8444 7217.
- **East Finchley Writers Group**, Weds at the Old White Lion. Contact Carola 8883 5808 or Lillian 8444 1793.
- **East Finchley Poetry Writing Workshops**. Monthly on Saturdays. Contact Dennis Evans 8346 9528.
- **Ladies Keep Fit** Class for over 50s. Tues 10.30-11.30am at Tetherdown Hall. Sheila 8444 0084.
- **Memory Lane Singing Club** - friendly singing club meets every Friday in Finchley. Call Valerie 8458 4508.
- **Over 50s Tea Dance** at Christ Church, North Finchley. Every Weds, 1pm. 020 8444 0280.
- **Learn to sing** at Finchley Methodist Church, Ballards La. Call 8888 4412.
- **Symphonic Wind Orchestra** Contact Caroline Egan 8340 2706
- **Traditional music** at TOC, Highgate Hill on 1st & 3rd Tue each month from 8.30 pm. Free. All musicians welcome. 07958 282898.

Clubs & Social

- **Bingo evening**, 8pm Sundays, at the Constitutional Club, The Walks, N2.
- **Bingo Club** Mondays 7-9 pm, Green Man Centre, Contact: Jan 8815 5452
- **Contact Lunch Club** Tuesdays at the Green Man. Call 8444 1162 to book.
- **French conversation** in small friendly group with native speaker. 8444 9395.
- **Friends of Cherry Tree Wood** www.cherrytreewood.co.uk or 8883 7544.
- **Haringey Recorded Music Society** informal meetings locally. Call David Moldon on 8361 1696.
- **LGBT?** 1st Weds every month in a local pub. Welcoming atmosphere. Email efinchleylgbt@hotmail.com
- **Muslim Ladies Lunch Club** 1st & 3rd Weds, Ann Owen Ctr., Oak La. Call 8432 1415 to book.
- **North London Bridge Club**, Muswell Hill. Contact 8348 3495
- **Northside Bridge Club**, EF Methodist Church, Thurs 7.30-11pm. 8346 8145.
- **Jewish Friendship Club** for over 60s, Tues 1-3 pm at Muswell Hill Synagogue, Tetherdown. Anita 8886 6140.
- **Muswell Hill Tetherdown Bridge**, contact 8883 4390

Jazz Voices at The Clissold

By Sheila Armstrong

Held in the famous Kinks Room set aside free by The Clissold Arms in Fortis Green, Pete Grainger, Tina Learmonth and Carolyn Reisman, ably assisted by well-known keyboard player Geoff Castle, organised a Jazz Voices fundraiser for the MS Society.

Pete has a lifelong love of music and is a member of the North Camden Chorus. Carolyn, originally a classical pianist, sings with a jazz soul band. Tina started jazz singing a few years ago and is a member of the North London Group *Take Twenty*. Geoff has worked as a keyboard player since the 1970s with many top artists including Ronnie Scott's Quintet and Graham Collier's Nucleus.

The main reason for this talented quartet to get together in September was to raise funds for MS, especially poignant as

Pete's nephew Tim Barnett was diagnosed with the condition in 2009. Tim's family have all rallied round, forming the Buxton and Glossop Friends Fighting MS Group which has raised an amazing £25,000 in four years for the MS Society's Cambridge Centre for Myelin Repair.

Almost 100,000 people in the UK have MS, normally diagnosed between the ages of 20 and 40, and once diagnosed it is a lifelong condition. The causes are not yet known but treatment can help manage the symptoms. Donations can be made at www.bgffms.blogspot.co.uk

October at the Phoenix

By Cassie Birtwistle, manager of the Phoenix Cinema
We start the month of October with Woody Allen's *Blue Jasmine* starring Cate Blanchett as a narcissistic New York socialite who is forced to move in with her sister in San Francisco when her life falls apart.

Starting 11 October we're showing *Hannah Arendt*, a look at the life of the German-Jewish political theorist who reports for the *New Yorker* on the war crimes trial of Nazi Adolf Eichmann. Her criticism of the way the trial is conducted and the actions of some prominent Jewish leaders during the Holocaust causes great animosity in her own community.

The second half of October features Roger Michell's *Le Week-End*, starring Jim Broadbent and Lindsay Duncan as a British couple who return to Paris many years after their honeymoon to try to rejuvenate their marriage. Jeff Goldblum also features in this light-hearted paean to the difficulties

and joys of a long marriage.

Striking a different note is Clio Barnard's *The Selfish Giant*, which opens here on 25 October. Barnard follows up her brilliant debut *The Arbor* with another work of social realism in her retelling of Oscar Wilde's story.

In addition to some compelling main features the new season of The Met: Live in HD starts this month with Tchaikovsky's *Eugene Onegin*. There are very few tickets remaining for the live and encore shows so book soon if you'd like to see this new production starring the charismatic Anna Netrebko opposite Mariusz Kwiecien. We hope to welcome you to a screening this month.



Sippy with Slimming World consultant Jackie Toserkani.

Slimming woman of the year

By Daphne Chamberlain

East Finchley's branch of Slimming World held their Woman of the Year competition recently, and Sippy Azizollah was voted one of the group winners. Consultant Jackie Toserkani told us: "We had four worthy winners. Sippy was an inspiration in my 12 o'clock group. She has lost over one and a half stone since she joined, and plans to lose eight stone over the next few years."

Sippy is ecstatic. Her weight has been a problem for years, and her physical condition means that she can't exercise. She says, "The support and advice from Jackie and my group members is great. It's healing to talk and to realise that everyone is in the same boat. I felt I was alone with my problem because of my disability, but I've come to see that others have their problems too."

Jackie emphasised that Slimming World encourages healthy eating through a wide variety of foods. Recently the morning group took part in a walk for Cancer Research, the organisation's chosen charity, raising over £150. The local branch meets in the East Finchley Methodist Church on Wednesdays at 9.30am, 12

noon, 5pm and 7pm. Anyone interested in joining should call Jackie on 07941 400058.

Pottery classes

Ceramics graduate Cecilia Holmes is running an eight-week series of pottery classes from her home in Park Farm Close, N2, between now and Christmas.

Cecilia hopes to repeat the success of the classes she held for children and adults at the Green Man Centre. Sessions take place on Thursdays from 7pm to 10pm. Contact Cecilia on 07533 750400 or ceciliaholmes@btinternet.com

What's On...

Sunday 6 October

- **Marvellous Mill Hill**: guided walk with City of London guide Paul Baker. Meet Mill Hill tube station, 2.30pm. For details contact Paul on 020 8440 6805 or visit www.barnetwalks.talktalk.net

- **An Evening with Jonathan Miller**, one of Britain's most intriguing minds, in aid of North London Hospice, 8pm, Middlesex University, The Burroughs, Hendon NW4 4BT. Tickets £20 including refreshments, from Peter Kraushar on 020 8883 4736 or peterkrau@alo.com

Monday 7 October

- **Grange and area Big Local meeting**, 6.30-8pm. Venue to be decided. Details from Paul Bragman on 07887 721825.
- **Open Mic Music Night** at The Raglan Hotel, Queens Avenue, Muswell Hill, N10 3NR, from 7.30-10.30pm. Call Cecilia if you wish to perform: 07533 750400. Musicians get chance to play two or three songs, classical, jazz, guitarists, any musical instrument/genre within reason/

discretion. Grand piano on loan from London Pianos available on the night.

Saturday 12 October

- Free juice, and recipes for cakes and desserts, at **Apple Day with the East Finchley Abundance group**, outside Budgens on the High Road from 10.30am to 2.30pm. Donations of surplus apples welcome on the day or in advance. Contact efabundance@btinternet.com or write to c/o 32 Park Hall Road, N2 9PU

Sunday 13 October

- **Free music concert at East Finchley Methodist Church**, High Road, N2, opposite Creighton Avenue, 7.30pm; Sanae Honda, violin, Junko Ishigaki, violin, Helen Cooper, cello, and Caroline Soresby, piano, perform Frank Bridge, Beethoven, Mozart and Prokofiev. Free admission, collection in aid of the Multiple Sclerosis Society. Venue fully accessible to people with disabilities
- Thursday 17 October**
- **Quiz night** with fish and chip supper included, Avenue House, East End Road,

7.30 - 10pm. Cash bar, plus tea and coffee.

Sunday 20 October

- **Battle of Barnet**: guided walk with City of London guide Paul Baker. Meet at junction of Great North Road/Hadley Green Road at 2.30pm. For details, contact Paul on 020 8440 6805 or visit www.barnetwalks.talktalk.net

Friday 25 October

- **Jonathan Veira** brings his entertaining and very funny one man show to Christ Church, North Finchley at 7.30pm. Tickets £10 & £8 concessions from church office on 020 8445 2532.

Sunday 27 October

- **Halloween Howler fun** in aid of Noah's Ark Children's Hospice; pumpkin carving, traditional craft activities, spooky shoot-out, trick or treating, face painting, tractor rides, ghost stories and a haunted trail; Capel Manor Gardens, Bullsmoor Lane, Enfield, EN1 4RQ from 10am to 3pm. For details contact Priya Singh on 020 8449 8877 or email psingh@noahsarkhospice.org.uk

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

Monday 28 to Thursday 31 October

- **Barnet Hallowe'en walk**. Meet each evening at High Barnet station, 7.30pm. Prize for spookiest costume. For details contact Paul Baker on 020 8440 6805 or visit www.barnetwalks.talktalk.net

Thursday 31 October

- Find out more about the **Big Local project for The Grange** and neighbouring area, plus updates on other localism projects and regeneration of North Finchley at the Finchley Society's meeting from 7.30pm, Avenue House, East End Road, N3. All welcome with admission fee of £2 for non-members.

Saturday 2 November

- **Combat Stress winter fair**, opened by author and BBC journalist Martin Bell, with refreshments, collectables, jewellery, crafts, books, home-made cakes and produce, Combat Stress Christmas cards, and vintage and new clothes; Free Church Hall, Northway, Hampstead Garden Suburb, NW11 6PB, 11am - 3pm. Entrance £2, children free.

**Letters****Stamp of approval**

Dear Editor,

Twice in recent months, I've turned up at the Post Office in the High Road to find it shut due to strike action. Annoying, but looking into the reasons for the temporary closures, I can see why they might be necessary.

There always seems to be a lot of grumbling about the size of the queue in the Post Office but I think the staff do a tremendous job and the fact that so many of us use the place is a sign of how important it is to East Finchley.

To see the office transferred into a shop, or taken over by someone outside the postal business, as the Post Office is proposing, would have terrible consequences for everyone who has come to appreciate a reliable and easy-to-reach local service.

Let's hope that wiser counsels prevail and the Post Office we have stays as it is. In the meantime, we should all use it as much as possible to show how much it is valued.

Yours faithfully,
Stephen Gregory,
Fortis Green, N2.

Plans for pavilion

Dear Editor,

Just to say that I will not have time to see all the plans for this development as they have come out with somewhat short notice. It is, however, very important that we local people are informed as to who is proposing these changes, what type of food will be served and most important of all to use the right name, e.g. Wood and not Park and therefore trees should not be felled without consultation with residents.

What is meant by "right of way"? This area has been sadly neglected over the years and is just used as a muddy dumping ground for cars by people who do not live in the area.

We chose to live here many years ago as it was a safe area for our children to walk about and play. People who live at the end of Summerlee Avenue near to the Wood are also being ignored. Boris Johnson and Barnet Council please note.

Yours faithfully,
Jeanne Wray,
Baronsmere Road, N2.

Send your correspondence to: "Letters Page", The Archer, PO Box 3699, London N2 2DE or e-mail the-archer@lineone.net.

Letters without verifiable contact addresses will not be printed. Contact details can be withheld on request at publication. We reserve the right to abridge letters for reasons of space.

Saturday bridge club

Bridge players are welcome to join a regular Saturday afternoon session at the Ann Owens Centre in Oak Lane from 1.30pm. It's a friendly and non-intimidating place to play, and the venue is accessible to disabled people. For further information, contact Ray Tiano on 07944 562180 or email raymond.tiano@yahoo.co.uk

Menace of the monster weed

By Janet Maitland

Has Japanese Knotweed invaded your garden? Are the new shoots already thrusting up sturdily through your soil even though you thought you'd dug it all up last year?



This weed, pictured, introduced into Britain in the 19th century as an ornamental plant, can grow at the rate of a metre a month, with even concrete and Tarmac proving no barriers. It has taken over huge stretches of woods, roadsides and river banks all over the country.

It's an offence to "cause it to grow in the wild" under the Wildlife and Countryside Act 1981. If it's on your land and it's invading other gardens, a civil action may be taken against

you if you don't get it under control. It's also illegal to dispose of roots, leaves or stems in the wrong place, like your green recycling bin, or the council dump.

How to deal with it

Don't try to dig it up, unless you're prepared to dig to a depth of three metres and over an area that's seven metres wider than your patch of weed, and then to sieve the soil you've dug up to remove every tiny piece of root. The most up-to-date advice is to use a combination of herbicides and cutting to get it under control.

Cut the stems right down to the base every three weeks throughout the spring and summer. This will eventually weaken the roots. Use secateurs, not a strimmer, as a tiny piece of root or stem can produce a new plant in only 10 days.

The advice of the Environment Agency is to put the cut stems into securely tied bin liners and get them collected and taken to an approved site for disposal. For further advice go to www.environment-agency.gov.uk For photographs of the weed and other useful information go to www.cornwall.gov.uk/PDF/JKGuidance.pdf

Tips to kick the smoking habit

It's October again and with it comes Stoptober, a month-long campaign to encourage people to stop smoking. If you have decided to stop smoking this month, here are a few tips from cognitive hypnotherapist Muriel Bouvier to help you on the way.

- Review your reasons to stop smoking and ask yourself how motivated you are (on a scale of 0 to 10). The clearer you are about your reasons, and the more motivation you have, the more likely you are to succeed.
- Remember that cravings are usually mild and only last about 3 to 5 minutes. They also rapidly decrease in number with time.
- During a craving, sip a little water, take some deep breaths and if you like, have a sugar-free mint or gum.
- If you often have a cigarette when your phone rings, change the ringtone of your phone.
- Hold something in the hand that you would normally use to hold your cigarette (a bottle of water or your phone, for example).

Last year, 160,000 people signed up to Stoptober. Why not do it this year? Remember that will power has very little to do with your success. It is mostly changing your thoughts that will make a difference.

For information about her hypnotherapy sessions in East Finchley, contact Muriel on 020 8374 4468 or through her website www.MurielBouvier.com

Nigh-on 50 years in the flower trade

By Nick Young

One of the High Road's longest-serving retailers has retired after almost half a century of serving the people of East Finchley. Florist Michael Blan, 65, has worked at Josephines (60 High Road) for 49 years and took the decision to retire this summer.

He had worked at Josephines since leaving school at the age of 16 in 1964, and ran the shop with his sister Tricia and brother-in-law Jimmy Olney for many years until it was sold to the present owner in 2004.

"Anyone who has served in the same shop and the same area for almost 50 years in a pressured job like floristry deserves a comfortable retirement," said proprietor Michael Doukaki, adding that Michael Blan has "served East Finchley long enough and it's about time for him to put his feet up and enjoy

having spare time... I as well as all our customers would like to wish Mike a happy retirement!"

Josephines has been a part of the East Finchley community since the 1950s and is named after the original owner. In recent years, the business has diversified in order to compete with the supermarkets and the rise of online shopping, and nowadays sells greetings cards, chocolates and champagne as well as flowers. More information can be found on the company's website www.josephinesflowers.co.uk

Any old valves?

By Daphne Chamberlain

If you happen to have any valves hanging around, Bletchley Park could be interested. One of the highlights at the Second World War codebreakers' museum is a copy of Colossus, designed by Tommy Flowers, first used in 1944 and now officially recognised as the world's first electronic programmable computer. The originals were destroyed after the war, but this duplicate is wowing all visitors.

Obviously enormous (room-size), it needs an awful lot of valves. So donating any you have would be a great way of recycling (and you won't need a bin of any colour). Do get in touch with the National Museum of Computing first. There are also many other ways to support the computer gallery, and many other interesting

things to see and hear about at Bletchley Park.

It couldn't be easier to visit by public transport. It's 40 minutes on the train from Euston to Bletchley, and about 300 metres walk from the station. Your admission ticket is an annual entry pass. For more information, visit www.tnmoc.org and www.bletchleypark.org.uk.



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A right Carry On at Ann Owens Centre

By Daphne Chamberlain

The East End wasn't the only place Barbara Windsor visited last month. East Finchley viewers of *This Morning* were amazed when the programme's Take a Moment slot showed her singing along in our own Ann Owens Age UK Centre. Clientele at the centre in Oak Lane were delighted to see their special visitor.

Nell Thorpe and Lily Dear told *THE ARCHER*: "We thoroughly enjoyed it, and it made a lovely change to have such lively entertainment. Barbara was very bubbly. She's never changed, has she, in all the time we've seen her on the TV. She was so friendly. One of us girls! She was also surprised how old we were, and said she hoped she'd be in such form when she was 90 odd."

The Carry On star and former *EastEnders* Queen Vic landlady enjoyed herself too. Staff say she helped serve tea and cake and "took time to have a natter", as well as singing with her audience, and dancing with some of them. Kelvin Thomas, pianist and director of music at St John's Church, Friern Barnet, accompanied her in songs including *Maybe It's Because I'm A Londoner*, *The Lambeth Walk* and *When You're Smiling*.

Barbara is a supporter of Age UK, which is one of six charities benefiting from the



Barbara Windsor pictured with Olive Clancy

Take a Moment campaign. The Government has pledged £5 for each of the first 50,000 acts of kindness reported to *This Morning* (this can mean simple good neighbourliness or volunteering locally).

Get outward bound with a ramble on our old railway lines

By Daphne Chamberlain

You don't get an award for taking part in a Northern Heights Railway Walk, but The Finchley Society predicts you'll have a good and interesting day out. Already this year they've explored the disused railway lines to Alexandra Palace, Copthall and Mill Hill. Next up is the walk to Finsbury Park. This goes via Cherry Tree Wood, Highgate Wood, the never-used ghost station at Highgate (from which a line to Moorgate was planned), and the long-disused station at Crouch End.

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Upon the Northern Heights we have definitely suffered from the closure and never-opening of these railway lines, but there is another side to the coin. They have become very attractive woodland walks, boasting wild flowers, lovely views, and the company of joggers, cyclists and dog walkers.

Organisers promise a leisurely pace, with drop-out points along the three and a half mile route. Meet at East Finchley Tube on Sunday 13 October at 11.45am for a 12 noon start, stop for lunch at the cafe in Queens Wood, and finish with tea in the cafe in Finsbury Park. And, unless you're bounding with energy, it's bus and tube back. (If those lines had been opened, it could have been the train back to East Finchley...)

For more information, contact Mike Gee on 020 8346 5503.

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