



Regular Events

Sport & Fitness

- **Badminton** Weds eves 8-10pm all abilities, contact George 8349 0170 or John 8444 7163.
- **East Finchley Flyers running club**, Tuesdays 7pm at the tube station, 7k run and socialising. Nick 07593 367134.
- **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** 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.
- **Pilates** Beginners Classes Tue 9.30-10.30am, Holy Trinity Church Hall. Michelle 07767 804 564
- **Tae Kwon Do** for children & adults at Finchley Lido Mon & Fri 7-9pm 07949 612 706. www.taekwondo-uktd.co.uk
- **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 Lilian 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

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.
- **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
- **Bridge Club**, every Saturday 1.30-4pm, Ann Owens Centre, Oak Lane, N2 8LT. Contact Ray Tiano 07944 562180.
- **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
- **Youth Club** at Green Man Community Centre, Strawberry Vale every Tues in termtime. Ages 8-13, £1 entry.



Sallie (left) and Sunnah Rose

Mother and daughter mindfulness

By Sheila Armstrong

Sallie and Sunnah Rose are a mother and daughter from East Finchley who have a very successful working partnership. Sallie teaches meditation and Sunnah yoga, their regular workshops in both disciplines complementing each other. Both have trained at ashrams in India.

Sallie ... teaches mindfulness meditation which focuses on the breath and trains the mind to reduce stress. She has lived in Greece and India practising as a meditation teacher for 30 years. She trained in secular mindfulness and wants to bring meditation into busy urban lives.

A typical meditation session involves a body scan concentrating on all parts of the body in turn, and then meditation based on attention to breathing.

Her next four-week Introduction to Mindfulness Meditation course starts on 13 February. She offers group, corporate or individual lessons and can do a combination of yoga poses with meditation in lessons if requested. More information about Sallie's courses at www.meditationnow.co.uk, or email her at sallie@meditationnow.co.uk

Sunnah ... runs the Rose School of Transformational Yoga, based for the most part in Holy Trinity Church, East Finchley, and has taught yoga for over 10 years. She teaches hatha yoga and describes herself as a pregnancy yoga teacher and a childbirth educator. She also teaches post-natal yoga and general yoga classes from beginners upwards.

Her emphasis is on connecting to and having an awareness of the body, giving attention also to the breath and mind. Lessons are on Tuesdays and Saturdays. Further details at www.stretchingpeople.co.uk. Details of her yoga retreats in the UK and abroad are on the website.

The next joint workshop on yoga and meditation run by both Sallie and Sunnah is on 15 February at Holy Trinity, Church Lane. Book a place on the websites or at sunnahrose@hotmail.com.

The Clocks Go Back

By Carola Groom

published in *Showtime 2012*, by East Finchley Writers

The citadels are trembling
At the time of plenty's ending.
Roof slates skitter to the ground, and crack.
The fox trots: stop, reverse, and go:
The hand unwinds to status quo.
A fine adjustment of the zodiac –
The clocks go back.

There's no watchmaker in the sky,
The Cosmos ticks and tocks all by,
Turns gold to silver, blue to grey to black.
With misted windows, buses glow.
Compacted in the earth below,
Rattled sleepers cough, consult the almanac.
The clocks go back.

The songs of spring? Ay, where are they?
We lie awake long before day.
Heartbeats skip in darkness, out of whack.
The days are shrinking, and stooped flowers
presage frost. Paint autumn hours
in sulphur, mustard, embers, Armagnac.
The clocks go back.

The year is older,
Turns a cold shoulder.
Hits the tiller, makes a tack.
Pulls in the slack.
The clocks go back.

The Slopes of Olympus

ARCHER reporter Janet Maitland has had a story published in a book called *From the Slopes of Olympus to the Banks of the Lea*.

"The book's about the Olympics, but it's got nothing to do with sport," said Janet. "It's a collection of words and images about how Londoners reacted to the whole thing."

Janet's piece is called *Waiting for the Apocalypse on the Isle of Dogs E14*. It's set by the tea hut in Island Gardens just by the foot tunnel to Greenwich on the day before the Olympics. Two old men sip their tea while military helicopters circle overhead. One of the men thinks he might as well be in Vietnam. The other is determined to be upbeat about the Olympics; after all, the disused toilets round the corner have been done up and reopened especially...

The book is published by Smoke: A London Peculiar, who used to produce a monthly magazine of the same name,

now only available online, given the scarcity of the kind of independent bookshop that used to sell it. Editor Matt Haynes describes what he publishes as "a love letter to London, to the wet neon flicker of late-night pavements, electric with endless possibility, to the overheard stories and unexplored histories, the facts and the fictions."

From the Slopes of Olympus to the Banks of the Lea is available from the website <http://smokealondonpeculiar.co.uk>. There's even the odd independent bookshop stocking it, such as The Brick Lane Book Shop.



Panto time: The Guild Players on stage in *Jack and the Beanstalk*.

Jack and the Beanstalk

Review by Daphne Chamberlain

The Guild Players' pantomime last month was Jack and the Beanstalk. They usually put on a good show, and this one was excellent. It was a genuine family production, with a script to engage everyone. As usual, costumes, make-up, scenery and props evoked "Ooh"s and "Ahh"s. The music was lively and the direction fast and inventive.

Waiting for Jack and his friends at the top of the beanstalk were the Giant's wife (magnificently over-the-top herself) and fleshcreeping Henchman. The Dreaded Dragon was there too, but he was just a cute little toy, and the baddies met their match in a Vegetable Fairy. (Fairy Godmothers were never like this.) Jack duly killed the Giant who, with overtones of the Wizard of Oz, we never saw. His gigantic voice roared through the hall, though.

That brings me to one tiny quibble. Acoustics in that hall are not first-rate, and occasionally some of the actors' words were lost to the back of the audience. The acting was good, however. We had a stage-commanding Dame, a Silly Billy who really com-

municated with his audience, two very unlikely Guardsmen with a talent for leading the singalong, a resonant-voiced Town Cryer, a hard-working multi-character, a King trying not to be Satupon (*sic*), a cheery Principal Boy, a Princess who definitely had a mind of her own, and a Cow who walked on two legs. Plus a very enthusiastic audience.

The Guild Players, who stage several productions through the year, rehearse and perform at Finchley Methodist Church, Ballards Lane, but are drawn from the whole community. They welcome new members, whether interested in acting or backstage: contact membership secretary Anja Blank on 077909 45422, or visit www.guildplayers.org.uk.

What's On... E-mail your listings to: the-archer@lineone.net

Friday 24 January

• **Business support workshop for over 50s** with business ideas, run by the Prince's Initiative for Mature Enterprise (PRIME), East Finchley Library. Details from www.prime.org.uk/courses or by phoning 0845 862 2023.

Thursday 30 January

• **The Finchley Society hosts History of Highgate Gatehouse** and its Theatre, a talk by John Plews, 2.30pm at Avenue House, East End Road, N3. Everyone welcome, £2 admission for non-members.