



YOUNG ARCHER



Visitors among the Auschwitz buildings.

We can only imagine...

Daniella Ekundayo was one of two pupils from Wren Academy in North Finchley chosen to travel to the Nazi extermination camps at Auschwitz in October with the help of the Holocaust Educational Trust. Here she records her impressions from the trip.

There is no one word that I can use to describe my day trip to Auschwitz. My response to the trip was to immediately write down and document what I saw and how I felt. Yet, I could only conjure up a cluster of thoughts and feelings which are insignificant when compared to those of the Jews who endured life in these extermination camps.

One student said to me: "Human feeling can't adequately take into account the magnitude of what happened". Another felt that "seeing the victims' hair really put things in perspective".

For me, what stood out was seeing a number of family portraits, individual photographs and suitcases. Thousands of suitcases, stacked one by one on top of the other and encased behind a glass window, for all to see and marvel at man's destruction.

To me, the suitcases represented the innocence and sincerity of the victims. They longed to be back home and maybe felt one day they would be. I suppose this gave them a tiny sense of hope, which I can only imagine helped to divert their attention away from the dark days ahead.

Hundreds of photographs of victims and their families were displayed to commemorate the loss of human life. Anyone who tours the camps today can identify with the victims. They

were people with dreams and aspirations just like our own.

Everyone should make the trip to Auschwitz if they can. We all need to be reminded of these horrible events in history, so that they are never repeated.

Behind the scenes of The Imitation Game

By Daphne Chamberlain
If, like me, you have *The Imitation Game* on your "must see" list, you might be interested in a look behind the scenes. In the film, Benedict Cumberbatch portrays the man who Churchill thought did most to win the Second World War. Mathematician Alan Turing led the team who cracked the famous German Enigma Code, but ended up taking his own life.

Some of the scenes were shot at Bletchley Park, where the codebreakers had worked in the utmost secrecy. From Monday 10 November, there will be a big new exhibition there about the making of the film.

Forty minutes by train from Euston, Bletchley is always worth a visit anyway. You don't have to be a geek to be fascinated by the historic computers, the very understandable explanations (including activities for children) of how the codes were broken, and the wealth of information about the brilliant engineers (like Tommy Flowers) and analysts who worked together as a secret army.

Not many of them were heroes in their lifetime: certainly not Alan Turing. Find out more at www.bletchleypark.org.uk.

Practising yoga at home and away

It can't be bad to have a job you really love in a city which has been rated number one in the world, even if it is 10,000 miles away from East Finchley! Lucy Cormack, who was born and brought up in Cherry Tree Road, has been teaching yoga in Melbourne, Australia since 2010.

She got into yoga whilst at university in Manchester and continued with it at The Manor, Fortis Green, when she was back here working in the fashion industry. At the same time she studied for a yoga teaching diploma at The Life Centre in London which enabled her to teach anywhere in the world. Lucy is a certified Relax and Renew Restorative Yoga Instructor who has studied under renowned yogis such as Rod Stryker, Judith Lasater, Donna Farhi, Shiva Rea and Richard Freeman, and at various ashrams in India.

One of the most common questions asked by her students was about the practice they should do at home and if there were any yoga DVDs she could recommend. So Lucy put two and two together and decided to make her own. Over 40 Hatha yoga postures are shown on the DVD *Prana Samana: Creating a Home Yoga Practice*.

It has been selling well in Melbourne and as the Christmas season approaches Lucy is hoping it will solve a lot of people's present-giving problems. For more information visit www.pranasamana.com



Yoga practice. Photo by Janitha Jayasingh

Let someone else arrange your social life

By Diana Cormack

When things go well, organising your social life can be fun, but when problems crop up such as friends cancelling dates or changing times and venues it can become a bit of a strain.

Frustration with such issues gave East Finchley resident Alexandra Felce an idea which she has turned into a reality. She has created a stress-free way for people to socialise at ready-made events where they can discover things in their own locality as well as attend venues further afield or take the opportunity to try something completely new.

Using her master's degree in Social Research Methods and getting opinions online and from community website Streetlife led to Alexandra, of Lankaster Gardens, setting up Who London, a members-only social events group.

Anyone wishing to join has to be over 50 years of age. Who London aims to make it easier for them to socialise, with pre-planned events available at the touch of a button eliminating the hassle about when, where, what's included and payment. Take a look at www.wholondon.co.uk or call 020 3393 3343.

Christmas is coming

St Mary's Church at 279 High Road invites everyone to its Christmas Fair on Saturday 22 November from 12noon to 3pm.

Meet Santa in his grotto from 1pm to 2.30pm, plus there will be kids' activities, face painting, cakes, mulled wine, knitting lessons, manicures, pottery, books, jewellery, tombolas and arts and crafts. No entrance fee.

Come and enjoy the Fun at:

THE HOLY TRINITY AUTUMN FAIR

On Saturday, November 19th

From 12 Noon to 3 p.m.

Featuring

Cakes - Face Painting - Jewellery
Kids Toys & Books - Raffle - Books
Bric'n'Brac - Clothes
Food & Refreshments
Kids Crafts

At Holy Trinity Church, Church Lane, N2

PARENT & BABY/CHILD ACTIVITIES

- ⊙ **Baby & U baby massage.** Contact Ruth at babymassagewithruth@gmail.com, www.facebook.com/babyandubaby-massage
- ⊙ **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-finchleyncct@googlemail.com
- ⊙ **Muswell Hill Toy Library** story time, singalong and other events. 8444 0244/ 8489 8774, www.muswellhilltoylibrary.com
- ⊙ **Musical Tots:** Wednesdays 11am at the Old White Lion and Fridays 11am at The Five Bells N2. [katemusicaltots.com](http://www.katemusicaltots.com) on facebook.
- ⊙ **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 for under 3s. Tues 10am, East Finchley Baptist Church. Liz 07836 284538.
- ⊙ **Teddy Bears' Music,** singing for 0-3s in Holy Trinity Church, N2; Thurs 9.45am & 10.45am. Camilla 07900 988149.