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Local News is our Aim

THE ARCHER



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CARS & COURIERS

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A community newspaper for East Finchley run entirely by volunteers.



Throw some shapes: The Zumba fundraisers get active

Zuper Zumba!

By Ally Curtis

A taste of Brazil came to St Mary's Church in the High Road when a group of about 20 people of all ages had the most enjoyable dance experience and raised £209 for refugees in Iraq and Syria.

Zumba is a Brazilian dance and aerobic fitness programme with an exciting Latin American beat. The event on Saturday 14 March was led by teacher Belkys. No partners or experience were required; we just put on our trainers and fitness gear and got started!

The participants were also able to buy refreshments and magazines offered by enthusiastic volunteers who also took part. Even Father Terry, our parish priest, took part and donated a generous amount to such a worthy cause.

Official: Our High Road is good for you!

By Stepan Stepanenko

East Finchley's main shopping parade is among the top 10 healthiest high streets in London. The mix of shops and businesses in the High Road earns it eighth place in the rankings drawn up by the Royal Society for Public Health.

Gaining positive points were the High Road's pharmacists, pubs and greengrocers as well as East Finchley library. It avoided negative points thanks to its relative lack of fast food takeaways, tanning salons, bookmakers and pay day lenders. Grading of London's high streets was conducted between December 2014 and February 2015.

Muswell Hill just edged past East Finchley into seventh place, with Temple Fortune being ranked fifth and Whetstone taking first place. Among

the unhealthiest high streets were Whitechapel, Camberwell and Finsbury Park.

The aim of the survey was to look for businesses with an unhealthy influence on communities and to ensure local authorities have the power to create a healthier commercial mix.

Ranking threatened

While eighth place is a fine result for East Finchley, it's no time to rest on our laurels.

Continued on page 2.

Festival help wanted

East Finchley's summer festival is little more than a month away and a call has gone out for volunteers to help the day run smoothly.

As always, Cherry Tree Wood is the venue for this community get-together on Sunday 21 June from noon, with family fun, food and drink, and entertainment on two stages.

Stewards and marshalls are a crucial part of making the event a success. If you can spare some time to help, the organising team would appreciate hearing from you by email at: eastfinchley-festival@gmail.com

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Phoenix fan Benedict

Award-winning actor Benedict Cumberbatch has been announced as a new patron of the Phoenix Cinema.

The star of Sherlock and The Imitation Game is a fan of the East Finchley cinema and will be making appearances at future events there, to be announced. He joins the line-up of Phoenix patrons: Maureen Lipman, Mike Leigh, Ken Loach, Michael Palin, Bill Paterson, Victoria Wood and Mark Kermode.

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