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CARS & COURIERS

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A community newspaper for East Finchley run entirely by volunteers.



Low-speed tackle: Walking footballers enjoy their game

Footie at a gentler pace

R.I.P FC sounds a morbid name for a football team but a self-confessed motley band of ageing brothers is very much alive and kicking. Kicking footballs, that is.

This is a club for walking football, where players have to be at least 50 and running is prohibited. Some players come with significant health problems such as heart and lung disease or conditions like Parkinson's while others have knee or hip

problems. All are welcomed.

One is Howard, who retired last year but wanted to stay active. He said: "My knees cannot cope with serious running these days. Discovering walking football was a delight. People tackle but with care. And you still get that glorious feeling when you hit the back of the net."

Paul, who recently retired, concurs. He was made aware of walking football by a piece in *THE ARCHER* last year. He told us: "It's hugely enjoyable, I'm playing football again and keeping fit too."

Brendan had to retire early on medical grounds and because of his health has to exercise regularly. He said: "An hour's football every week without running, which I cannot do these days, really helps me maintain my exercise regime."

Jeffrey, who joined a few months ago, said: "Walking football has been great for me. I'm 79 and not even the oldest player. It helps me keep fit and is played in a great spirit, competitive but caring."

To join R.I.P FC contact Martin on 07951 813 677. To find out about other walking football teams email andy.perren@middlesexfa.com.

Free advice service opens again after five years

By Janet Maitland

At last, we have a local advice service again, thanks to the Grange Big Local (GBL) and the National Lottery. The service is run by Citizens Advice Barnet and opened in July at St Mary's Parish Centre, towards the north end of the High Road.

Relieving stress

"We chose to invest in this project because we know how much people valued the old East Finchley Advice Service on Church Lane which had to close," said Pat Murphy, Chair of GBL. "We want to help people who need good advice on issues like debt, benefits, housing and consumer rights."

"We want to put more money into the pockets of local people and help lift the burden of stress that these problems may cause. We're very grateful to Father Terry for letting us use St Mary's Parish Centre at a subsidised cost."

It is one of the priorities identified by GBL following an extensive consultation with local residents about how to spend the £1 million of National Lottery money awarded to the north-west corner of East Finchley.

The old advice service closed after Barnet Council cut its funding in 2011. Its new successor is open on Friday mornings between 9am and 1pm at St Mary's Parish Centre,

279 High Road, by appointment only, which can be arranged by calling 0300 456 8365.

Citizens Advice outreach

"We're delighted to offer this weekly outreach session and hope that local people will be encouraged to seek advice on their problems and concerns," said Daniel Bamford, Head of Operations at Citizens Advice Barnet. "Our service is always confidential, independent, impartial and free."

Citizens Advice Barnet is a charity that relies on local people to volunteer with them, in a variety of roles. "We hope that having this new service encourages East Finchley residents to join our team of volunteers, without which we could not continue the important work we do," said Mr Bamford. For more information go to www.barnetcab.org.uk/volunteering.

To find out more about the Grange Big Local project and how to get involved, contact Jon Woolfson at info@grangebiglocal.org or call 020 8364 8400, ext 241.

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Haringey Council 020 8489 0000

Leisure

Alexandra Palace 020 8365 2121

East Finchley Library 020 8883 2664

Gt North Leisure Park 0870 240 6020

Muswell Hill Odeon 0870 505 0007

Phoenix Cinema 020 8444 6789

Tourist Info Service 0870 128 8080

Warner Cinema Village 020 8446 9933

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Childline 0800 1111

Cruse Bereavement Care 0870 167

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Disability Info Service 020 8359 7637

EF Advice Service 020 8444 6265

Lone Parent Centre 020 7021 4146

Missing Persons Helpline 0500 700700

National Debt Line 0808 808 4000

NSPCC 0800 800500

Rape & Sexual Abuse helpline

020 8683 3300

Relate 020 8447 8101

Samaritans 08457 909090

Refuge National Crisis Line

0870 599 5443

Health Advice

AIDSLINE 020 8363 2141

Alcoholics Anonymous 0845 7697555

Barnet MENCAP 020 8203 6688

Cancer Support 020 8202 2211

Carers' Line 0808 808 7777

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MIND 020 8343 5700

National Blood Centre 0845 7711 7711

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Edgware General 020 8952 2381

Finchley Memorial 020 8349 7500

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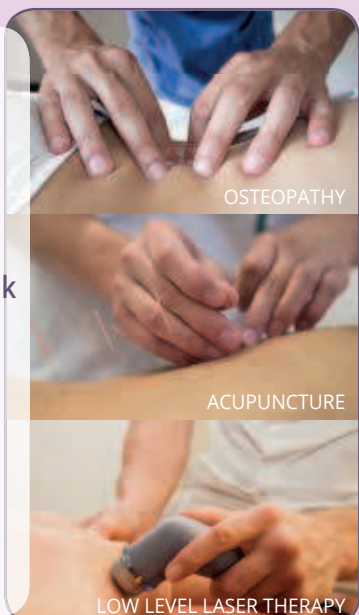
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Do something about the pavilion!

By Diana Cormack

The Friends of Cherry Tree Wood presented a petition to the Finchley and Golders Green Area Forum on 6 July about making the pavilion building in the park safe.

Barnet Council leased the premises for 25 years in August 2012. In spring 2014 a notice announcing the opening of a coffee bar there was followed by sporadic work on the site, which stopped after the theft of expensive equipment overnight. The derelict building was left to the mercy of the elements and those who wished to use it for their own ends.

The Friends felt it had become an urgent health and safety issue, being in an extremely unsafe condition and attracting anti-social behaviour which has escalated into serious crime in what had been an extremely safe wood. The day before the East Finchley Community Festival the pavilion was hastily boarded up and a secure metal fence erected around it.

Hopeful signs

Now it is hoped that a meeting between the lessee and Barnet Estate/Property Department will lead to a report on the feasibility of the project and an update on the terms of the lease to be presented to the next Area Committee meeting on 26 October.

It is also hoped that the petition will lead to other much-needed improvements in Cherry Tree Wood, such as animal-proof litter bins. The park has long been neglected and ignored. In the July issue of Barnet Council's newsletter *Barnet First* it does not even get a mention in an article on the borough's parks.

What do you think should happen to the pavilion and how could the park be improved? Let THE ARCHER know. Our contact details are above.



The current state of the Cherry Tree Wood pavilion. Photo Mike Coles

Planning Applications

Barnet Council

43 Abbots Gardens, N2

Part single/part two-storey side/rear extension, following demolition of garage. Raising roof over side extension. Roof extension with rear dormer and two front roof lights, to facilitate loft conversion.

45 Chandos Road, N2

Wheelchair lift to front garden.

241 Creighton Avenue, N2

Part single/part two-storey side/rear extension.

3 Durham Road, N2

Roof extension, involving rear dormer.

15 Edmunds Walk, N2

New basement storey, with new light wells to side and rear. Single-storey side/rear extension. New terrace. Two conservation roof lights to rear and one to side.

First-floor flat, rear 16 Fortis Green, N2

First floor rear extension to existing flat.

39 Hertford Road, N2

Single-storey side infill extension.

86 Hertford Road, N2

Single-storey rear extension. Roof extension, involving rear and side dormer and one front roof light, to facilitate loft conversion. New cycle store to side.

107 Hertford Road, N2

Roof extension with one rear dormer. Single-storey extension, following demolition of conservatory. Fenestration changes to side,

involving new doors. Hard and soft landscaping front and rear.

330 High Road, N2

Non-illuminated fascia sign.

Leopold Road Service Station

Eight residential dwellings, two and three storeys high, with rooms in roof space. Associated amenity spaces, including roof terraces. Off-street parking for 12 cars. Cycle and refuse storage. Hard and soft landscaping.

57 Manor Park Road, N2

Single-storey rear extension. Maximum depth 5.8m, eaves height 2.7m, maximum height 3.2m.

Haringey Council

23 Aylmer Road, N2

Ground-floor rear extension. Front and rear dormers. Internal and external alterations.

116 Creighton Avenue, N2

Certificate of Lawfulness for loft conversion with rear dormer.

3 Durham Road, N2

Roof extension involving rear dormer. (Observations to LB Barnet.)

2 Eastern Road, N2

Certificate of Lawfulness for single-storey rear/side extension.

44 Twyford Avenue, N2

Extension of hipped roof over side extension. Rear dormer to facilitate loft conversion. Two front roof windows. Conversion of garage into habitable room.



Youth club thrown out after months at new home

By Diana Cormack

Last autumn East Finchley's youth club, known as the Monday Club, began meeting at the Archer Academy hoping that, after ten years, it had found a permanent home. An increase in attendance included some challenging youngsters who have benefitted from joining the youth club.

At the end of June the club was refused entry to the secondary school in Eagans Close by an employee of the lettings management agency Schools Plus. Earlier on the same day club founder Maureen Clemetson had been told by phone that their contract had been terminated, so she should come to the academy that evening to turn club members away.

The previous week she had been warned that if incidents shown on CCTV footage of club night were repeated, their contract would be rescinded. Maureen and her co-organiser Joe Strong say they have not seen this footage nor received any written record of unacceptable behaviour. They deny that any has occurred.

"Our behaviour record is actually outstanding and our young people deserve massive credit, not the closure of their club," Joe told *THE ARCHER*.

Stanley Field

Young footballers from the Monday Club were active in the fight to keep Stanley Field for the community in 2012 and it was a provision of the site going to the academy that their sports facilities would be available to local people outside school hours.

Having their allocated football time and pitch space reduced in favour of a boys' club from Camden was upsetting, as was finding the hall they used had sometimes been otherwise allocated, said Maureen.

Academy statement

We asked the academy why the youth club had been evicted. The school gave us a statement which said: "The Archer Academy facilities are available for use by the wider community outside of school hours, and 20 different groups have already benefitted from this in our first year, a number which we are confident will grow.

"Outside of school hours, the facilities are booked and managed by Schools Plus, an experienced lettings management agency. They have informed us of their decision not to renew a customer for operational reasons, and we understand that the

customer is finding alternative accommodation."

Mike Deakin, of Schools Plus, told us: "It would be inappropriate for us to discuss individual contracts, so I would refer you to the statement as issued by the school in agreement with us."

Bishop Douglass School has recently agreed to house

the Monday Club. The move to their latest home came as Maureen Clemetson was given an award for her services to young people in the community, see below, and as the Monday Club organises a family fun day at Martin Primary School on Saturday 20 August., details on page 8.

'Dedication and commitment' of youth club organiser

Eleven years ago Maureen Clemetson became aware that the closure of the Herbert Wilmott Youth Centre in East Finchley left many young people in our area disengaged and pushed them to the fringes of our community.

Maureen responded by inviting children into her home to play and very soon found her home swamped with hordes of youngsters looking for a space where they could relax and have fun. After that, Maureen moved her Monday Club through many different locations: The Old Barn, The Methodist Church, St Mary's, Martin School, Bishop Douglass and The Archer Academy.

New award

Over the years Maureen and her volunteers have engaged with hundreds of young people locally and in 2013 she received a Barnet Civic Award.

On 9 July Maureen attended the community awards event of AAA Strike 4 Success, a north London organisation that acknowledges those who make a contribution in the community in helping people aspire to a brighter future.

Cheryl Armatrading, director and head of the company said: "We decided to present an award to Maureen because of her love and passion for others, especially children and young people. Her dedication, commitment and effort in providing support for the youth goes above and beyond her call of duty as a citizen in the community.

"Maureen is an inspirational individual and the service which she provides in East Finchley is desperately needed. AAA Strike 4 Success Management



Maureen with Cllr. Patrick Vernon OBE

is honoured to present a lifelong community award to Maureen, a remarkable person whose work has endured despite several setbacks."

Accepting the award, Maureen made an impassioned speech regarding the prejudice and difficulties involved in working with the young and disengaged. She promised to carry on her work in East Finchley and is busy organising a Family Fun Day on Saturday 20 August at Martin School.

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Head in the clouds: Paresh reaches the peak of Kilimanjaro'

Long climb to the roof of Africa

By Diana Cormack

In mid-June, pharmacist Paresh Shah and members of his family ranging in age from 24 to 60 set off to climb Mount Kilimanjaro, a dormant volcano and the tallest peak in Africa.

With his three cousins, one nephew and a brother-in-law, Paresh had spent several months studying the different routes to the summit, with their eventual decision being based on scenic beauty. As he said: "We didn't want to just climb up and come down."

Training and briefing

As they were all so busy, the actual decision to go was only taken in April, leaving little time for preparation. Paresh, pharmacist at C. W. Andrew, High Road, N2, trained by walking along Fortis Green to Muswell Hill and Ally Pally, then gradually built up to hill walking.

After arriving in Tanzania, the group spent time with friends and family before moving to a hotel for briefings from the organising company. They were joined by an American and a Canadian and these seven climbers were led by three guides and supported by 18 porters and a chef.

Paresh told *THE ARCHER* that the food was fantastic, but the real touch of luxury on their trip was a portable loo!

Slowly to the summit

Each climber had to carry a backpack weighing 7-10 kilos containing food and water, plus clothing to suit a variety of conditions as they were travelling from rainforest areas through to mountain terrain.

Paresh felt daunted when he first saw the huge mountain in front of them. Once they got going, he realised the importance of mental concentration along with physical endurance. "You have to respect the mountain and listen to the guides who tell you to take it slowly, slowly," he said.

Just after midnight on 21 June they set out on their final stage, an eight-hour trek to the summit, tackling strong winds and ice under their feet. The view from the top was so incredible that Paresh found it hard to describe.

Would he do it again? Yes he would, again with his brother-in-law, because he was the one who first suggested the idea but was sadly prevented by illness from completing the climb.

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Charlotte Newland at the sewing machine. Photo Mike Coles

Charlotte is Queen Bee

Congratulations to Charlotte Newland, who was crowned the champion of the BBC's Great British Sewing Bee when the series came to an end at the start of July.

In a hard-fought contest, East Finchley resident Charlotte, 43, triumphed in the grand final by impressing the judges in a set of evening wear challenges: an

evening shirt with pin tucks, a cocktail dress and a full-length evening dress.

Afterwards the mother-of-three and former medical jour-

nal editor said: "What a ride! I'm celebrating with lemon meringue for breakfast. I'm a bit sad it's all over."

Man charged with rape

A 23-year-old man has been charged with raping a young woman on Long Lane, N3, in the early hours of Saturday 11 June. Ricky Otusi, of no fixed abode, was charged with rape and aggravated robbery and was remanded to appear at

a crown court on 5 August. The police informed *THE ARCHER* that he was also charged with assaulting a police officer.

The alleged rape happened in the early hours of the morning on Long Lane near the junction with Vines Avenue, opposite Victoria Park.

Woman attacked near cinema complex

By Janet Maitland
A young woman was attacked and raped as she walked close to the Vue Cinema and David Lloyd Leisure site in North Finchley. She was pushed to the ground in Leisure Way by two men who dragged her onto an area of grass. One of the men then raped her.

The victim, who is in her late teens, was attacked between 11.45pm on Wednesday 6 July and 12.30am on Thursday 7 July. Police officers set up a tent and combed the area for forensic evidence.

Anyone with information that may assist the investigation should call police on 101 quoting reference 2416009/16. To remain anonymous call Crimestoppers on 0800 555 111.

Don't mess

Barnet Council has launched a crackdown on dog owners who allow their pets to foul public areas.

Notices have appeared in the Long Lane and Grange area of East Finchley warning that owners who fail to clear up after their dogs will face prosecution. The council says it was driven to take action after a significant increase in fouling in the area.

Fortismere expansion set to ease pressure on school places

By Neil McNaughton

Fortismere School in Muswell Hill has announced plans to expand the size of its intake in years seven, eight and nine to 270 pupils per year, to be spread in slightly enlarged class sizes of 27 for key stage 3. The increase will take place in September this year.

The school cites its high level of oversubscription and the shortage of secondary places in the area as the reasons for the decision. It says it will protect smaller class sizes for vulnerable groups in spite of the expansion.

The increased intake in years eight and nine is a surprise addition to the increase in year seven already announced. Places in years eight and nine will be filled by pupils still on waiting lists and by other applicants who can apply for admission through Haringey.

Although most of Fortismere's catchment area lies in N10, there will be some extra places for pupils living on the eastern side of East Finchley who are in the school's catchment.

New schools for Barnet

Meanwhile, in Barnet there are plans for a new free school in the near future, under the auspices of North Finchley's successful Compton Academy in Summers Lane, which, if they come to fruition, will further ease the pressure on places.

As yet it is not known where any new free school might be located but several possible sites are under consideration. This is in addition to plans being considered by Saracens Rugby club for a new school, though the latter are more likely to set up in the north of the borough.

The general shortage of secondary school places in N2, N3 and NW10 was highlighted earlier this year during the consultation over the admissions policy of the Archer Academy in East Finchley.



One careful owner: The Institution's home since 1839

Language courses... and more

A new autumn range of courses has been announced by the Highgate Literary and Scientific Institution which is in South Grove, Highgate, facing Pond Square.

Its popular language courses now provide for a wider progression of levels, with Italian now being available in four classes from beginners to advanced conversation. The other language courses are French, German, Spanish and a particular favourite, Latin for Pleasure.

Richard de Friend, the Chairman of the Education Committee, said: "We are very aware of the concerns which have arisen following the departure from Hampstead Garden Suburb and subsequent difficulties of the much-loved Institute.

"We are very proud of the quality of courses and lectures which we can offer

at the HLSI. While we cannot match the full range of courses which the Institute once provided, we hope that some of our offering will appeal to nearby residents and fill some gaps."

The HLSI is easily accessible by public transport with the regular 143 bus service from East Finchley stopping only a few yards away. Courses at the HLSI are open to anybody although members receive reduced rates.

The Institution has been in the same building since 1840. New members are welcome, as is anyone who just wants to look round the facilities. Further information can be found at www.HLSI.net.

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Don't make your phone a mobile target

By Jan Lovell, Safer Neighbourhood Team

The Safer Neighbourhood Team's biggest concern recently has been the number of mobile phone thefts by men on mopeds, mainly around East Finchley tube station and the bus stops on both sides of the road by the railway bridge (first reported in *THE ARCHER* in April).

There have also been a couple of reported thefts along the High Road between Fortis Green and Creighton Avenue. This is not just a local problem but one that police are seeing in other areas of London too.

The crime and the response

These moped-riding robbers come up very quickly behind their target, sometimes even mounting the pavement, snatching the phone while it's in use. Most offences happen near transport hubs because that's when we get our phones out.

These mopeds are usually stolen and can be coming across from other boroughs. Police are approaching this problem in multiple ways: CCTV, number plate reading and investigations into the patterns and connections of these offenders.

PC John Kenny and I have been at the station at different times to heighten awareness

for commuters, and the station has been assisting with advice on their dot matrix signs. British Transport Police for the Northern line are also working alongside us on this.

Protect yourself against phone theft

Don't get your phone out as soon as you leave a station; leave it for a while until you are in a safer spot. Don't walk and text at the same time.

Keep calls in public places as brief as possible and always stay aware of what's happening around you, especially in stations and crowded places. Never leave your phone on restaurant or pub tables.

The police have produced a leaflet giving advice about phone theft and what to do if your phone is stolen. If you'd like a copy or to receive my regular newsletter, please get in touch at EastFinchley.snt@met.police.uk or call 020 7161 9014.

Beware roofing scam

On Thursday 14 July an East Finchley resident was called on by two white men with Irish accents who said they would check his roof and give him an estimate for any repairs needed. They did not supply the promised paperwork but, the next day, sent three workmen to carry out the work they claimed to be necessary.

On the Saturday the two men returned to ask for money for materials and to pay the workmen, for which they wanted cash. The resident, who does not want to be identified, told *THE ARCHER* that, despite his gut feeling and the shoddiness of the work, he handed over £10,000.

Since then he has not seen the men, nor has he had any

response from phone calls made to the number on a card which they originally put through his door. The pair, he says, were in a van with an Irish registration number.

He cannot believe how unwise he has been and wants to warn others to be on their guard. "I could have bought a new roof with that money," he lamented.

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Never too many cooks: Chris Honor with the Spread a Smile team

Recipe for a smile

Muswell Hill chef Chris Honor gave guests a cookery demonstration for children's charity Spread a Smile in a private home in Hampstead Garden Suburb. Chris, who runs the Chriskitch café in Tetherdown, N10, showed guests how to cook a number of his own recipes. The money raised will go towards entertaining seriously ill children and teenagers in hospital.

Chris Honor said: "To be involved with something this special is amazing. It's a lovely thing to spread smiles and to help the charity make such a positive impact on these children."

Tree line to be trimmed in park

A project has been agreed to trim the tree line in Cherry Tree Wood to improve visibility and security in the densely wooded area of the park.

Following consultation between local police and Barnet Council, the plan is to raise the lower canopy of the trees that stretch between the tennis courts and the path alongside the tube line.

At the same time, buckthorn will be cleared at ground level. Ecologically important grassland will be preserved. No start date has yet been confirmed.

Jan Lovell, of the Safer Neighbourhood policing team, said: "There is currently very little visibility into the wood. The idea is to open it up so that parents by the playground or out on the field will be able to see further into the trees. This should make it safer for their children and for anyone else who wants to walk through the wood."

In memory of Sippy


Our obituary of Archer friend and charity fundraiser Sippy Azizollah will appear in our September issue.



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Visitors always welcome



Copse to be a space for children in need

By Cathy Young

On the edges of Muswell Hill, off Woodside Avenue, there is a haven known as Woodside Copse, an ideal habitat for local wildlife. However, that peace has been threatened by a dispute between The Friends of Woodside Copse and the charity Ambitious About Autism.

In our June issue, we reported on the Friends' concerns that the natural state of the copse was being altered by the charity, which runs the TreeHouse School on neighbouring land. *THE ARCHER* visited Ambitious About Autism (AAA) to hear their point of view.

Skills and experiences

AAA told us it rented the land from Thames Water to provide a space for children and young adults in their school to experience the natural world and develop their horticultural skills.

"We extend our care for pupils a year beyond 18 in

order to help them enter the workplace," Julia Lampard of AAA explained. "For many it is difficult to find and then keep jobs. With this project we aim to give them the skills to do both. Also, many of them have no access to gardens. Their families sometimes find it difficult to take them to parks and open spaces. We want our children to experience what other kids take for granted."

Showing capabilities

The charity gained permission to create an area where the young adults can develop their horticultural skills under strict supervision, with 12 raised

beds, two polytunnels and a shed on just a third of the land. For the welfare of the children who need a safe and enclosed space and to maintain the site itself, a chain-linked fence is to be erected inside the present iron railings.

"As well as enjoying nature, the outdoors and developing their horticultural skills, being out in the open gives our children a different experience and makes them visible to the rest of society," said Julia. "Many of them have complex issues but we want people to see what they can do, rather than what they can't."



On the road: Bill Tyler on Bornholm

Bill walks the walk on Baltic isle

By Daphne Chamberlain

In June we told you about Bill Tyler's plan to walk 82 miles along the rocky coast of the Danish island of Bornholm to raise money for Muswell Hill charity Ambitious About Autism. In spite of being temporarily trapped in some of those rocks, he has done it.

It was a solitary trek as the holiday season hadn't started. Among the rocks, he put his foot on a loose boulder. Next minute he was flat on his back, with his rucksack wedging him firmly in place. He told me: "I didn't worry about the tide. They hardly exist there, but I could see myself lying there all day, waving my arms and legs like a landed crab". Luckily he did wriggle free before a search party was called out.

He stayed every night at his Bornholm friend's house. The original plan of staying at B&Bs fell through because visitors' accommodation is now mostly in holiday homes. He did, however, manage to polish

off a few glasses of Carlsberg, and made regular "pit stops" at various welcoming English-speaking cafes.

Bill also took the opportunity to speak to local parents of autistic children. He is extremely grateful for sponsorship money which has come in so far, about £9,500, with more promised; and is looking forward to seeing Ambitious About Autism's new college which will give training and employment opportunities to young people with autism.

Donations will still be greatly appreciated. Please send cheques to Ambitious About Autism, The Pears Centre, Woodside Avenue, N10 3JA (mention Bill!).

Twelve hours on the march

Our very own sub-editor Jeff Robson and his partner Sue Bayford have raised more than £1,200 from their sponsored walk to Cambridge in aid of Blind Veterans UK (*THE ARCHER*, June 2016).



Jeff, who works for the 'i' newspaper, and Sue completed the 50km trek in just over 12 hours. "We didn't break any records," said Jeff, "but we really enjoyed it."

"It was worth all the blisters to raise so much money for such a worthy cause. Blind Veterans have given so much help and support to Sue's 91-year-old dad Jack, who served with the RAF in Burma during World War Two, and to ex-servicemen and women throughout the country, and we just wanted to give something back."

"We've been bowled over by how generous people have been. I'd like to say a huge 'thank you' to everyone who donated, and who sent us 'good luck' messages on the day."

"I think we've got the bug now, and would like to do something similar again. But we're taking a bit of a rest first."

We made it! Jeff and Sue, above left, at the finishing line

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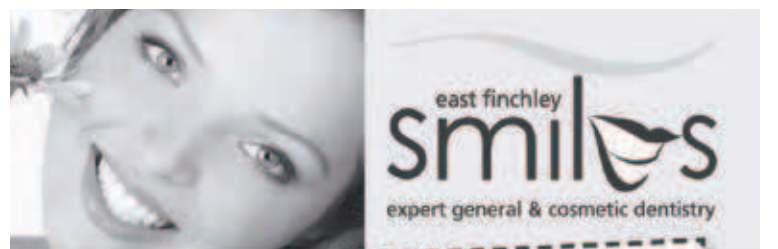
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More zebras

Barnet Council has given notice that it intends to install two new zebra crossings in N2, both in East End Road. One will be situated close to the junction with Stanley Road while the other will be just east of its junction with Market Place and Deanery Close.

No decisions have yet been made about the crossings and phasing of the traffic lights at the Fortis Green and High Road junction.



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Motorcycle racer misery

By Janet Maitland



Badly repaired: The motorbike barriers between Durham Road and Creighton Avenue'

Gangs of youths have been causing misery to local people by racing motorcycles and mopeds through the streets at all hours of the day and night.

"They go up and down King Street in the early hours," said one resident. "I even saw two boys on scooters with no number plates tearing through The Walks the other day. It's so dangerous."

Another resident told us: "They go speeding round and round Market Place, Beresford Road and Kitchener Road, revving and doing wheelies."

Built to last?

The streets along the east side of the High Road have also been plagued by this anti-social behaviour. The Safer Neighbourhood Team (SNT) tackled this in June by fitting motorcycle barriers at both ends of the alleyway between Creighton Avenue and Durham Road. The chicane gates were described as a "small but pleasing victory" by PCSO Jan Lovell.

But this victory was short lived. The gates were torn down in the early hours of 5 July, a few days after they were erected. So Jan Lovell asked the Highways Department for the gates to be refitted more securely. They were cemented in again, but the workmanship was so shoddy the gates were still insecure.

Councillor Arjun Mittra, who assisted the SNT in getting the funding to put up the barriers, has again stepped in to help. "The work wasn't done properly first time," he said. "When I complained to the council, they repaired the gates but the repair job isn't very good. I've asked for it to be done properly."

When the barriers are securely fixed Jan Lovell thinks that residents of the county roads should find their streets a little quieter and safer. "The gates do mean a bit of a weave for buggies and pedal cycles, but well worth it."



Brain haemorrhage survivor: Rachel Steadman

Unity in the community

By Yasmin Escayg-Lee

Parag Depala grew up in East Finchley. He believes that there has been a renewed fear recently about integrating within different communities... and he has decided to do something about it.

He believes his new project will help tackle the issue and reinforce the bonds that keep our community together. Unity in the Community is a fun fitness and food orientated programme that he hopes will allow people to embrace each other's cultures by sharing their culture.

Parag, 35, a fully qualified fitness instructor, will be running FREE exercise classes focusing on calisthenics training and kick boxing. He is also encouraging attendees to bring with them enough food to share so that participants can enjoy a post work-out picnic.

There will also be a chance for networking; each person will be allowed to talk briefly about their lives, their business or about what they do.

When asked why he thought fitness classes would be effective, he stated that people would be brought together by "similar goals that they can help each other to achieve".

Parag will be accepting donations for a charity, for which he has already started



Big idea: Parag Depala

to raise money by donating £1,000. All money raised will go towards buying sports equipment for orphanages and disadvantaged children.

He says his favourite motto is "We are all one family under the stars", an attitude inspired by one of his idols, Bruce Lee, and one he hopes he can inspire other people to have.

Classes will run every Sunday from Sunday 7 August in Cherry Tree Wood. Please call 07737303887 to book your place. Find out more about Parag at www.reshape-personaltraining.com.

I'll never forget the pain... but I'm alive!

Rachel Steadman is a freelance violinist who has played at Glastonbury, the BBC Proms and in the West End. She teaches at home in Long Lane, N2, and has been involved in fundraising for the National Brain Appeal for many years. Here, she explains why.

Once upon a time I had a brain haemorrhage. It was 12 years ago when I left my house to go busking in Covent Garden. As I started playing I was suddenly struck with the most horrendous pain in the back of my head.

I remember the pain, I remember not being able to tell the ambulance man where I lived, I remember not being able to walk and staring at a pair of pink slippers dangling from my feet trying to work out how to make them move. I remember my Dad having to feed me, I remember my brain not working properly, I remember not being able to write my own name and I remember the long struggle back to 'normality'.

The National Hospital for Neurology and Neurosurgery fixed my brain by putting about 20 bits of metal into my head to stop it bleeding. Each piece cost around £1,000. That's a lot of expensive metal! I owe more than money; much, much more.

This precious life

BUT I want to raise money for them and I want to thank them by using every little scrap of the life they gave back to me. So I am going to trek the Grand Canyon! I have never done anything like this before. I have been warned it will be tough but I have good reason for wanting to push myself.

Fifty per cent of people suffering a subarachnoid haemorrhage like mine die. Only 25% make a complete recovery. I can never forget how lucky I have been. I have a 'glad to be alive party' every year on the anniversary and I try to squeeze every possible bit out of this amazing precious life.

Please help me raise money for the National Brain Appeal that supports the hospital that made this possible. All donations would be very welcome. Find my page at www.justgiving.com/fundraising/Rachel-Steadmansbrain.



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YOUNG ARCHER



Cups and balls: The Camden youth teams on the pitch in East Finchley

Young football club ready to kick off the season

A new youth football club has already played in four tournaments and won three cups... and it's only been running for three months.

Camden Town Youth Football Club has teams for all youth age groups and is now preparing for the new season. Scott Cole, co-owner and Under 12 coach,

says: "Our club focuses on technique, fitness and providing guidance on nutrition. We are looking for children who want to maximise their potential both with football and in attitude."

The club has its week-night training at The Archer Academy in Eagans Close, N2, and its Saturday team training at Parliament Hill in Hampstead.

Co-ordinator and mum of one of the players Hazel Theorcharous says that with each session the boys are getting fitter and learning new techniques and the benefits of camaraderie.

If you would like to find out more about the club, email Hazel at hazel@camdentownyouthfc.com or visit www.camdentownyouthfc.com

A visit from Dr Fang the dentist

The 4th West Finchley Rainbows comprises girls from all round the Finchley area, including several from East Finchley. This pre-Brownie group of girls aged five to seven has recently been learning about professions and what adults do in our world.



Dr Fang talking teeth

To this end local dentist Dr Fang, based in Ballards Lane, N3, visited the Rainbows in June and told them many facts about their teeth and dental health. As well as learning about being a dentist, they found out what to expect when they lose their milk teeth and how to care for adult teeth.

The girls thoroughly enjoyed his visit and are looking forward to other such events in the future.

Ofsted praise for CCF

Christ's College Finchley was visited by Ofsted inspectors in May and rated 'good' in every category. Relationships between staff and pupils are described as excellent.

Headteacher Samson Olu-sanya said he was pleased to see that the inspection team agreed with the school's own evaluation that overall provision is now at a very high standard.

He assured parents that there was a relentless drive to continually improve the school which would be illustrated by the summer examination results and some additions to the strong teaching team in the autumn term.

Family fun day

A family fun day called the Together As 1 Festival will be held at Martin Primary School, Plane Tree Walk, N2, on Saturday 20 August from 12 midday to 6pm.

It's a free event for the whole family being organised by East Finchley's Monday Club in association with community organisation AAA Strike 4 Success.

There will be live performances by a variety of artists including local entertainers, stalls, bouncy castles and food from many countries. Strictly no alcohol will be allowed on the site.

Everyone is welcome so go along and enjoy a day celebrating harmony and love in the community.



Gold medallist: Alex Cassell

Best in the world

When Alex C took part in the World Education Games at the Archer Academy he had no idea how well he would do. Over to Alex...

I first heard of the World Education Games when our head of maths Mr Davies told us the whole school would be competing in a worldwide competition. It sounded quite exciting. When I did the first online round, literacy, that evening it was fun and I found it quite easy.

However, the next day when I arrived at school and entered the classroom everyone started cheering. I had no idea what was happening until my form tutor Mr Berkley explained to me that I had achieved first place worldwide in year seven and first in the UK! I was shocked as I was originally only in the competition for fun.

When I'd taken it in, I realised I might have a shot at getting a good overall result. Two days and two challenges later I finished first worldwide for Y7 literacy, fourth in the UK overall and in the top 100 in the world out of the 6.5 million students who took part.

I don't think my father has ever been so proud of me and I'm thrilled to get a gold medal from the World Education Games.

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Brexit: What Britain should do next

With our exit from the European Union a reality, *THE ARCHER* asked local negotiation expert Gavin Presman for his top tips on what the teams being assembled in Whitehall should do next to carve out the best deal for Britain. He writes:

There are a number of things we will need to consider before we are ready to negotiate in business or in our personal lives. While it is critical to consider your own position the best negotiators in business also consider the position of the other parties.

British negotiators will need to consider the issues that matter to the other European member states and put themselves in their shoes. Doing this will give them a good sense of what variables may be able to be most creatively used to come to a real win-win.

The golden rule is that the best variables add value to one party, while not costing too much pain for the giver. If we can find concessions we can offer the EU that are important to them, without costing us too much, then these are the concessions that will bring us closer to the best deal. Rather than just thinking about what we can get, we must be thinking about what we can give if we are to negotiate a deal with the best terms for all.

Finally the team will need to be careful that they are able to stick to business, and avoid letting their thoughts get out of control with emotions leading them into hostile territory. As soon as we see that our feelings are being triggered by challenging thoughts, and not the circumstances we are in, we are able to maintain the perspective that creates the perfect



Negotiating skills: Gavin Presman

environment for collaborative negotiations.

If our negotiators enter talks looking for winners and losers, then we may end up as the losers. In 20 years of training business people in their personal and professional negotiations I have found that those who create the best deals are those that use personal connection and professional creativity to craft win-win agreements. That way we can continue to have a positive and rewarding relationship with our European neighbours for many years to come.

Gavin Presman delivers negotiation and influence training with his company, Inspire, at the How To Academy in London, as well as for Microsoft and other international businesses. He is also an Innate Health Practitioner, working with educators and pupils, and Chair of Governors at Eden Primary @ GavinPresman

Look out, litter louts!

Dropping rubbish in the street or fly-tipping could land culprits with an £80 fine after Barnet Council launched an anti-litter campaign called 'Excuse me!'

Since the end of July, a dedicated team of enforcement officers has been patrolling well-known litter hotspots and investigating fly-tipping incidents.

The campaign highlights cigarette butts, chewing gum and dog fouling as common forms of litter that should be put in one of 3,000 bins across the borough, as well as illegal dumping of commercial and bulky waste on a larger scale.

THE ARCHER has been reporting in our last three editions on concerns about rubbish in our local streets. One hot spot is the pavement outside the KFC takeaway. Residents also claim that some shops allow waste packaging to pile up on pavements.

See Letters, page 11.

Meditation to reduce anxiety

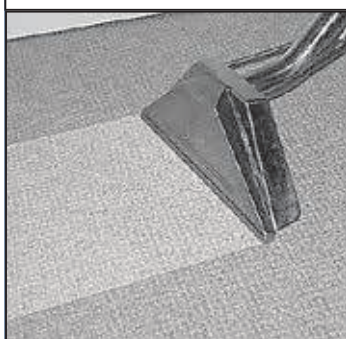
EFAB's Mindfulness Meditation sessions, led by local volunteers, are starting another five-week run at the Archer Academy in August and September.

Mindfulness Meditation practice is about learning to be in the moment, and can help bring feelings of calm to a busy and stressful lifestyle.

The group will welcome new students on Tuesday 23 August. Returnees who have already undertaken the beginners' course can now attend the new intermediate sessions, starting 16 August for five weeks.

Anyone wishing to take part on Tuesday evenings from 7.30 - 9pm can email Lisa on us@efab.org.uk or call 07909 998453. The cost is £4 per session, including refreshments and a chance to discuss experiences and best practice afterwards.

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More space: Volunteers in the toy library at Strawberry Vale

New home for toy library

East Finchley's toy library has moved to a bigger venue, giving more room for children to play and a wider choice of toys to borrow.

Its previous home was at the Newstead Children's Centre in Tarling Road but it has now moved to the Green Man Community Centre, Strawberry Vale, where it is open between 9am and 10.30am on Tuesdays.

Parents and children can borrow all the big brand names such as VTech, ELC, Galt, Bright Minds and many more. All the toys are brand new and selected to maximise fun whilst enhancing a child's develop-

ment.

Joining is easy, just pop along and speak to one of the friendly volunteers. Toys cost only 50p for two weeks' hire.

As a small registered charity run by the Barnet Lone Parent Centre the toy library relies on the efforts and dedication of volunteers. If you would like to help out, contact the team at the Green Man Centre on 020 3828 4834 or email nina.gentry@peabody.org.uk.

RICKY SAVAGE ...

"The voice of social irresponsibility"

Guitar man

Back when rock was really young and some poor white trash called Elvis Presley first went into Sam Phillips' Sun Studio, he was not the only person in the room. The date was 5 July 1954 and the other guys were bass player Bill Black and guitarist Scotty Moore. Together they came up with something that would change music. Elvis invented the rock 'n' roll star and Scotty Moore invented the rock 'n' roll guitarist.

The story goes that they spent that evening after work in the studio trying to get something, anything, down on tape. Just as they were about to pack up, Elvis thrashed out the chords of Arthur 'Big Boy' Crudup's 1946 blues blaster *That's All Right*. Bass player Bill Black joined in, then Scotty and Sam Phillips ran the tape. This was it; this was new, this was driven and this was rock 'n' roll.

Scotty Moore described his guitar playing as being just a combination of several styles rolled into one, but it doesn't matter what he said, what matters is what he did. His punchy, powerful sound drove the band along as much as Bill Black's slap bass and when they added DJ Fontana on the drums a sound was born.

Between then and 1958 when Elvis joined the army, the Blue Moon Boys were a live sensation. No one had seen anything like them and as Elvis became the king, Scotty, Bill and DJ were right there. They even played on the early film soundtracks.

Listen to those pre-army classics like *Jailhouse Rock*, *Heartbreak Hotel*, *Devil in Disguise* and *Hound Dog* and you will hear Scotty Moore inventing the future. Even after the army as Elvis moved onto safer ground and the movies there were still a few gems, but it was almost over. Scotty last played with Elvis at his 1968 NBC comeback special. After that it was production and studio work for the man who changed the way the guitar spoke.

Maybe that's why, while Mick Jagger wanted to be Elvis, Keith had more taste; he always wanted to be Scotty Moore and that, I guess, says it all.

Scotty Moore, 27 December 1931 to 28 June 2016

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- **Muswell Hill Bowling Club**, Kings Ave, N10. New & experienced bowlers welcome. Tel: 8883 0433.
- **Outdoor Fit Camp** Lyttelton Playing Fields, N2, 6.30pm Wed and 9.30am Sat. Call Martin on 07809 593952.
- **Pilates class** Weds 3.30 & 7pm at Ann Owens Ctr, N2. Call Penny 8444 2882.
- **Pilates Classes** Tue 9.30, Fri 9.15 & Sun 11am. www.pilatesineastfinchley.co.uk. Michelle 07767 804 564
- **Tai Chi & Qigong** in N2, Weds 1pm. James 8883 3308/07836 710281 or james@taiji.co.uk
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- **East Finchley Writers Group**, Weds at the Old White Lion. Contact Ralph 8444 5903.
- **East Finchley Poetry Writing Workshops**. Monthly on Saturdays. Contact Dennis Evans 8346 9528.
- **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.
- **Muswell Hill after school ukulele club**, Wednesdays 4.15-5.15pm, ages 6-10. Contact Margie 07909 439513.
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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
- **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.
- **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.

Spinning around at the Stables

By Daphne Chamberlain
The Art Stables, now a partner of East Finchley Open, invited visitors last month. It was an Open day with "taster" sessions. So I went along and threw several tubefuls of paint around.

The one-time stables of the Sternberg Centre are tucked away in East End Road, just over the N3 border. Rescued from decrepitude only three years ago, they are now a three-studio centre for the arts in every shape and form. Painting, drawing, modelling, sculpture, French, the guitar, the Alexander Technique, Pilates, yoga, meditation, street dancing: they are all on offer, as well as children's classes and weekend clubs.

There were plenty of people of all ages and backgrounds milling around happily. Two of the staff had constructed a spinner, a revolving machine similar to one apparently used by Damien Hurst. Anyone wanting to try their hand, including me, was handed tubes of different coloured paint. We then squirted these over a blank piece of paper inside the spinner, while the machine rotated wildly. These amazingly different, unrepeatable works of art were dried and displayed. Great fun. We also realised that even this wasn't just random. There were definitely some techniques.

To find out more about what is on offer, have a look at www.artstables.co.uk, or contact info@artstables.co.uk or 020 3302 5525. The Art Stables are at 80 East End Road, N3 2SY.

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Blooms and fancy dress

Hampstead Garden Suburb's Horticultural Society held its 281st flower show on Saturday 11 June at the Free Church Hall garden in Northway, NW11.

Entries for soft fruit and vegetables were down a bit, thanks to the cold spring, but the weather seems to have suited the Suburb flower-growers, whose many scented entries, especially the roses, greeted visitors, who included the new Mayor and Mayoress of Barnet Councillor David Longstaff and Ms Gillian Griffiths.

After opening the show, Councillor Longstaff went on to judge the fancy dress costumes and present prizes to the young princes and princesses who paraded round the garden in honour of HM The Queen's 90th birthday. He praised the high standard of the delicious cakes for tea.

The society's Autumn Flower Show will take place on 10 September, with Grimsdyke Brass Band making a welcome return visit to the Free Church Hall. It will be opened at 3pm by TV gardener and Royal Horticultural Society judge Jim Buttress.

Earthy drama needs actors

East Finchley resident Jake Eiseman-Renyard plans to show the importance of urban nature through musical theatre. Puppet production **One Planet Future** features foxes, mini beasts, fish, humans and anthropomorphic, discarded household items.

Based on a school play by Debbie Campbell, Jake's show is set in a neglected allotment where rubbish has been dumped. Foxes Rag and Bone, mini beasts Wormy, Grub and Maggot (nature's original recyclers) and pond fish are joined by the GROTs (Got Rid Of Thats) such as Velocity the bike, Drip the fridge, Carrie the bag, Bulky the sofa and computer LT250, who searches the internet to discover what will become of their habitat.

Using Campbell's script and music and his own puppets,

Jake is looking for musicians, actors/singers/puppeteers to operate and voice the characters and a venue to host the show.

"Campbell is a genius at making ecology fun through her characters and songs," said Jake. "School plays are well and good, but her stories are crying out to go further."

The Battersea Arts Centre has agreed to see the production if it goes ahead, and then move it to the BAC if they're impressed with it. Contact jakeeiseman-renyard@gmail.com if you'd like to be involved.

Library turns into a garage

Barnet's libraries have been awarded funding from the Tinder Foundation to help local small businesses improve their online presence and digital skills. Known as the Digital Garage, pop-up training events will help those who own, work in, or want to start a small business.

The next scheduled pop-up will be at East Finchley Library on Saturday 20 August from 2pm to 4pm. Pre-registration is requested but drop-ins will be welcome. Bring your own mobile or laptop or use one of the tablets available at the library.

After an initial diagnostic session participants will be able to select from a wide variety of topics and lessons in the Google database that include web analytics, online marketing, social media and building an online shop.

This project is available for free to anyone aged 19 or over, such as sole traders, home-based business owners, employees of charities or students interested in starting a business. Each participant is asked to complete one hour of learning and at least seven lessons. Once registered for the project, learning can continue anywhere with access to the internet. For more information visit www.barnet.gov.uk/digitalgarage.

Can you deliver?

THE ARCHER needs volunteers to deliver papers to Ludlow Way, Ossulton Way, Maurice Walk, Blandford Close, Cornwood Close, Greenhalgh Walk and part of Lyttelton Road.

Please contact us by email at the-archer@lineone.net or by phone on 0800 612 0748. Thank you.

What's On...

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

Saturday 6 August

- **Blackberry picking** begins at Long Lane Pasture, opposite fire station in Long Lane, N3. Official start of the pick which may last through to September. Bring own containers, make donation at entrance. Please take care with brambles and try not to trample hedges which are habitat for birds and mammals.

Sunday 7 August

- **The Battle of Barnet: guided walk** with City of London guide Paul Baker. Explore the famous battlefield from 1471 (The Wars of the Roses). Meet 11am at junction of Great North Road and Hadley Green Road. More details: contact Paul on 07506 761294 or visit www.barnetwalks.talktalk.net.

Saturday 13 August

- **Butterfly Morning** at Long Lane Pasture, opposite fire station in Long Lane, N3, 10am to midday. If weather's warm and dry visitors should see many species recorded at the pasture. Booklets available, and help with identification.

Saturday 20 August

- **Together As 1 Festival**, a free family fun day organised by the Monday Club at Martin Primary School, Plane Tree Walk, N2, 12 midday to 6pm. All welcome to enjoy performances by local entertainers, stalls, bouncy castles and food from many countries.

Sunday 21 August

- **Walk with the Ramblers Association** on seven-mile route around Camden Town, following parts of the Jubilee Greenway on the Regents Canal. Walk will be at moderate pace, mainly on towpaths with some road walking. There will be a coffee stop and opportunity for pub lunch at the end. Contact leader John Dempsey on 07710 463920.

Saturday 28 August

- **Charles Dickens in North London: guided walk** with City of London guide Paul Baker. See how important Finchley, Barnet, Hendon, Highgate and Hampstead were in Dickens's life and work. Meet 2.30pm, High Barnet tube station. More

details: contact Paul on 07506 761294 or visit www.barnetwalks.talktalk.net.

Sunday 4 September

- **Hampstead Garden Suburb: guided walk** with City of London guide Paul Baker, 11am. Discover a dame's dream and an earthy paradise. More details: contact Paul on 07506 761294 or visit www.barnetwalks.talktalk.net.

Saturday 10 September

- **Spiders and Bugs Hunt at Long Lane Pasture**, opposite fire station in Long Lane, N3, 10am to midday. Pasture should be alive with grasshoppers, spiders and other creatures. Discover more about insects, observe the wasp spider, harmless to humans and find out how the bees are doing.

Saturday 10 September

- **Hampstead Garden Suburb Horticultural Society's Autumn Flower Show** with the Grimsdyke Brass Band, opened by TV gardener Jim Buttress; Free Church Hall, Northway, NW11, from 3pm. More details at www.hortsoc.co.uk.



Letters to the editor



Pile-up: Rubbish in Baronsmere Road

Litter still piling up
Dear Editor,

Barnet Council has failed to properly assess the problem at the corner of Baronsmere Road and the High Road, N2, as highlighted in your last edition by reader Kate Barnett.

The area has indeed become a dumping ground for fly-tipping, an eyesore and a hazard when regularly the large bins and piles of rubbish block the pavement.

The bins are not placed in the widest part of the pavement, as claimed by the council, but rather the narrowest part as there is a tree which significantly reduces the amount of available space.

Bags of rubbish, as well as dumped wood, old cookers and washing machines, chairs, the odd radiator, and even an armchair have been left there and not collected for days on end.

This problem has obvious consequences: as well as hygiene problems, pedestrians are regularly forced to either push past overflowing bins or even step into the road just to get past. I personally have witnessed an elderly resident almost falling over as he struggled with the obstacle course of rubbish and bins.

It would be nice if Barnet Council took this problem seriously and came up with a proper solution. My pictures illustrate the problem, taken on two separate days in one week.

Yours faithfully,
Tristan Kirk,
Address supplied.

Missing mail?**Dear Editor,**

I would like your help in making a public enquiry about missing post and whether other local residents are experiencing the same problem. I live locally and

have done so for about 20 years but since January my post has mysteriously been going missing, including books for courses I am doing and other important mail.

I contacted Royal Mail and they said that they had spoken to the local delivery office and that this would be unlikely to be an issue again.

Until last month. When I had to make contact with a sender as I had been waiting for a package for over 20 days and their reply was that this was delivered and had been signed for. Obviously this is a problem I am experiencing and was wondering if anyone else in the community was having the same grievance and how we can get this resolved if this is a problem. I have already contacted Royal Mail regarding my latest missing mail and am yet to hear from them, which obviously means me having to now try and track my package which is turning out to be a real pain.

Yours faithfully,
Jo K,
King Street, N2.

Eagle eyed**Dear Editor,**

Talk of the false animals of East Finchley (Letters, *The Archer*, July 2016) reminds me of the eccentric man on the county roads who had a big metallic eagle in the 1980s. He claimed it was to keep rooks away from his damsons, though I never saw much evidence of either.

Someone told me the eagle was later damaged in a dispute with a prominent local character I won't name though some might know who I mean if I say the word "cleft".

Yours faithfully,
Paula Greaves,
Address supplied.

Welcome to N2... but get your facts straight

By Daphne Chamberlain

Times Literary Supplement columnist David Collard visited East Finchley recently. Writing about his visit, he gives a thumbs up for the Phoenix Cinema, with its "baroque" auditorium, usually described as art deco. The station and Archie get a mention, and Black Gull is praised as "one of the very best bookshops in the capital".

In David's words: "That's about it. The place lacks romantic allure." He dismisses N2 with a poem by Julian Stannard: *It's always sunny in East Finchley. It's always funny in East Finchley. That's enough about East Finchley.*

That said, he moves on to what he calls "Finchley proper... a mile to the north-east". Get your maps and compasses out! Why does Mr Collard think we are called East Finchley?

Father and son

He's heading for Avenue House on East End Road, now known as Stephens House and Gardens. He describes this as the former home of Dr Henry Stephens, FRCS, inventor of the celebrated blue-black writing fluid known as Stephens' Ink.

Well, Dr Stephens did invent the famous ink, and he did live in Finchley. However, he died in

1864, and it was his son, Henry Charles Stephens, who bought Avenue House in 1874. It was Henry Charles, too, who became known as Inky Stephens. He was the businessman who really brought the ink to the world's attention, and also became the local MP.

So, if you read David Collard's blog at <http://bit.ly/29PLE1h>, remember that it

mixes up father and son. To be fair, though, it might tempt people to visit the really interesting little museum about the house, the ink and its uses.

The Collection is open Tuesday, Wednesday and Thursday from 2pm to 4.30pm at Stephens House and Gardens, 17 East End Road, N3 3QE. More details at www.stephenshouseandgardens.com.

Any reader who feels strongly about any matter is invited to use this "Soapbox" column. Please note that opinions expressed are those of the writer alone.



Don't leave it sticking out

By Malcolm Goldstein

What is the connection between information about services provided by builders, decorators, gardeners and minicabs, discount offers from retailers and various eating places, and the security of your home?

Well, think of how much of this information comes to you via leaflets and mail-outs (AKA junk mail) through your front door. Then think again of how many times you notice that these leaflets are left sticking out prominently from the letter box of your front door... a wonderful way of letting potential intruders know that no-one is at home.

As the Neighbourhood Watch co-ordinator for my area I am extremely dismayed at the number of times I have returned home to this precise scenario and also disappointed that for the last two publications *THE ARCHER* has been left protruding through my letterbox.

I have frequently complained to companies who allow this to happen and occasionally spoken to the individuals distributing the items. Unfortunately I am not hopeful that this irritating practice will cease.

So what can be done so as not to compromise the security of our homes? Be a good neighbour and if you see freebies sticking out of your own neighbours' letter boxes then just push them fully through. You could be helping to avoid a possible break-in.

Editor's note: THE ARCHER encourages all its volunteer deliverers to make sure that copies of the newspaper are pushed fully through readers' letterboxes.

Cooking club is back

The Wooden Spoon and Apron Club will be starting its latest set of shared cookery sessions on Thursday 1 September from 5-8pm at the Ann Owens Centre, Oak Lane, N2.

For six weeks, participants will be led by a local 'chef', an experienced home cook, and two sous chefs, to prepare their recipes from Brazil, China, Europe, India, Thailand and Vietnam, and then eat their creations together at the end of the session.

Sessions cost £7.50 each, with participants encouraged to attend as many weeks as they can in order to get a true taste of all these international cuisines. To book your place, please email Lisa on: us@efab.org.uk

Healthy kids' centres

All of Barnet's 10 Children's centres have now been awarded a 'Healthy Children's Centre' special health status to recognise their hard work and dedication in helping to improve the health of children and families in Barnet.

The centres follow a programme based on six key priorities: healthy eating and exercise, oral health, emotional wellbeing, reducing alcohol and substance misuse, smoke-free households, and increased child immunisations.

Stories of the refugees

By Lavina H, Nadir M, Steph K and Charlie M

As part of Refugee Week, year nine students at the Archer Academy met Holocaust survivor Eva Schloss, who is the step sister of the famous diarist Anne Frank and who spent time as a refugee in hiding during the Second World War.

Eva spoke to students about her story and emphasised the need for people to be compassionate towards refugees. The students spoke openly about the effect Eva's powerful words had on them. Steph K told her: "I will never forget the story you told us."

Lorin Sulaiman, who arrived in the UK as a Syrian Kurdish refugee in 2002, spoke to year seven pupils about her experiences. Her life changed forever when her brother and father went missing, presumed dead, for their political opposition to the Assad

regime.

Charlie M told Lorin, who now works in human rights law: "You made me think about how lucky we are not having to one day be told to pack what you have and flee your country never to return and be put on a lorry in the darkness not knowing where you are."

Some year eight students were involved with a workshop on refugees with author Miriam Halahamy while year nine students of history visited the Jewish Museum.



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N2 runners keep their hands on the trophy

Runners from East Finchley triumphed over their Muswell Hill counterparts when the second Race the Neighbours event took place on Sunday 10 July.

Starting and finishing in Cherry Tree Wood, the 10k race took 350 runners on a circuitous route to Alexandra Palace and back. The fastest racers returned in around 50 minutes.

Organisers took the aggregate times for the fastest 25 runners from each of N2 and N10 to work out that East Finchley could retain their trophy from

last year. But there were only seconds in it.

The fastest female runner overall was Rebecca Bunting and the fastest male was David Andrade. Then the fastest N2 runners were Ilana Swimer and Alister McDonough, and the fastest from N10 were Jane Nodder and Thomas Wocial.

Avi Freeman, one of the



And they're off! - racing the neighbours. Photo Mike Coles



Fantastic four: Race the Neighbours runners Jane Nodder, Rebecca Bunting, Martin Bright holding the Cherry Tree Cup on behalf of N2, and David Andrade

organising team, thanked all the runners, suppliers, sponsors and volunteer marshals. The race

Actor training aid

A drama school is offering scholarships that will cover half the cost of their actor training courses.

The Bridge Theatre Training Company runs a two-year professional acting course and a one-year postgraduate acting course from its base in Kingsway, North Finchley. The next audition day is Saturday 20 August. More details can be found at www.thebridge-ttc.org.

was run this year in support of the Bobath Centre for Children with Cerebral Palsy in East End Road.

Avi said: "Everyone involved did brilliantly. We had lots of

runners commenting on how helpful, happy and encouraging the marshals were as they went round the course. Being encouraged on the way can make a real difference to a tired runner."

Institute on the brink again

By Neil McNaughton

Following months of rescue attempts, including requests for donations from past and current students, it looks as though the Hampstead Garden Suburb Institute is now facing the final curtain.

Despite a history of more than 100 years offering a wide variety of adult education courses, at first in the Suburb and more recently in East Finchley and finally in Kingsbury, the latest news is extremely pessimistic.

In a news release the Institute informed students and friends: "We are not confident that we will be able to remain open. We are therefore seeking further advice regarding our future... We would like to thank all students for their support and loyalty over the past years."

It was not a final notice of closure but there was no mistaking the finality of this statement. A recent attempt to raise money by asking past and present students to donate £100 or more seems not to have been successful enough to stave off closure.

End of an era

The Institute has battled its way through several years of financial difficulty. Once based at Henrietta Barnett School in the Suburb, its recent history includes a spell in the McDonalds headquarters building next to East Finchley Station and a move last year out to Kingsbury.

If this is the end, it will

be the sad passing of an era for this part of north London. Many thousands of students, young and old, have attended courses ranging from fine arts and pottery to languages and computing. Its disappearance will leave a considerable gap in adult education provision in East Finchley and surrounding districts.



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