



residential sales · lettings · management
020 8444 5227
www.jeremyleaf.co.uk

Local News is our Aim

THE ARCHER




020 8883 5000
CARS & COURIERS

May 2016 No. 267 20p
ISSN 1361-3952 where sold

A community newspaper for East Finchley run entirely by volunteers.



'Doggy ID: A visitor to the RSPCA clinic is microchipped. Photo Mike Coles

Dogs have had their chips

By Neil McNaughton
The East Finchley RSPCA drop-in centre held a free microchipping session at the end of March to publicise the importance of identification tagging to dog owners.

Manager Emma Prosser told *THE ARCHER* that having your dog chipped is vital for tracing it if lost and to prevent theft. The service normally costs £15 but this was an opportunity for a free procedure. From 1 April, it has become a legal requirement that all dogs be chipped and a maximum fine of £500 can be levied on owners who fail to comply.

The drop-in centre in Park Road offers a range of small procedures for all kinds of small animals such as vaccinations and treatment for minor wounds or injuries, as well as useful advice. Stray cats are not dealt with locally but are sent instead to the RSPCA rehoming centre in Chingford.

The RSPCA Small Animals Clinic opens on Mondays and Thursdays from 5.45pm to 7pm. To contact the team there, email rspcafinchley@gmail.com or phone 07928 628771. Appointments are essential.

How first cut of £1m Big Local cash will be spent

By Janet Maitland

The Grange Big Local project team has revealed details of how it will spend £279,000 of lottery money to transform local estates and surrounding areas in the north west of East Finchley over the next two years.

Originally announced three years ago, the total award for the area bounded by Church Lane, East End Road, the North Circular and the High Road is £1million. Once the first schemes are up and running, the remainder of the cash will be

spent between 2018 and 2026.

"We're delighted our plan has been endorsed," said Pat Murphy, GBL chair. "We can now start making a real difference on the ground in our pocket of East Finchley."

Continued on page 2.

Tributes to Victoria

Staff at the Phoenix Cinema have added their voices to the many tributes paid to their patron Victoria Wood, who died on 20 April aged 62.

The comedian and writer lived in Highgate and had long been a friend of the cinema. She was not a big fan of public occasions but was happy to attend a fundraising event for the Phoenix in 2004, alongside fellow patrons Maureen Lipman and Michael Palin, and had resolutely supported the cinema ever since.

Kate McCarthy, head of the cinema, said: "Victoria will always hold a special place in the heart of the Phoenix. She was a generous and charming woman who created a sparkle whenever she visited. Despite

being a very private person, Victoria was happy to lend her name in support of the Phoenix and we will remember her here with warmth and joy."



Find your new home today...

Successful independent estate agent, established since 1992
Residential and commercial, sales, lettings and management specialists
Our friendly and helpful staff provide a professional and genuine service
Our office is situated 100 yards from East Finchley Station



40 High Road, East Finchley
London N2 9PJ
www.primelocations.co.uk
enquiries@primelocations.co.uk
020 8883 9090

VICTORY AUTO SERVICES

Servicing, MOTs, Vehicle Air-Conditioning
Tyres, Bodywork & Diagnostic Repairs

on all makes & models

57 Coniston Road, London N10 2BL
Tel: 020 8883 9707 / 2242



Everything Electrical
Roberts Discount with this coupon!
Blutune 65 £135
DAB, FM, Bluetooth, IPAD dock



Or 10% off ECO4 and iStream models
02084447994
38 High Road, London N2 9PJ



DIFFERENT STYLE & SERVICE

East Finchley Office
82 High Road, N2 9PN
020 8883 0033



eastfinchley@prickettandellis.com
www.prickettandellis.com

SALES & LETTINGS AGENTS | SURVEYORS | VALUERS | PROPERTY MANAGEMENT



THE ARCHER

PO Box 3699, London N2 2DE
www.the-archer.co.uk Email: the-archer@lineone.net
@TheArcherN2 www.facebook.com/TheArcherN2
Voicemail (messages only) 0800 612 0748 for editorial and general enquiries or 0800 612 4027 for Advertising enquiries only

| | | |
|---|--|--|
| Published by East Finchley Newspapers | Editorial Team Diana Cormack Daphne Chamberlain | Finance & Advertising John Dearing |
| Copy Editor John Lawrence | Sub Editors Ann Bronkhorst Jeff Robson | Distribution Toni Morgan Jane & David Marsh |
| Production Editor Alison Roberts | | Printed By Sharman & Co Ltd |
| Picture Editor Mike Coles | | |

Thank you to The Bald Faced Stag for providing us with a meeting place.
THE ARCHER team wishes to thank all the generous people who give up their spare time, in all weather, to deliver the paper for us.
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.

Copy deadlines – **June:** 13 May, **July:** 10 June
August: 15 July

USEFUL TELEPHONE NUMBERS

| | | |
|---------------------------------------|--|--|
| Councils | Help & Advice | Health Info Service 0800 665544 |
| Barnet | Childline 0800 1111 | MIND 020 8343 5700 |
| Admin/Town Hall 020 8359 2000 | Cruse Bereavement Care 0870 167 1677 | National Blood Centre 0845 7711 7711 |
| Council Tax 020 8359 2608 | Disability Info Service 020 8359 7637 | Crime |
| Recycling & refuse 020 8359 4600 | EF Advice Service 020 8444 6265 | Emergency 999 |
| Primary Care Trust 020 8201 4700 | Lone Parent Centre 020 7021 4146 | Police non-emergency 101 |
| Benefits Agency 020 8258 6500 | Missing Persons Helpline 0500 700700 | CrimeStoppers 0800 555111 |
| Employment Service 020 8258 3900 | National Debt Line 0808 808 4000 | Victim Support 0845 303 0900 |
| Haringey Council 020 8489 0000 | NSPCC 0800 800500 | Hospitals |
| Leisure | Rape & Sexual Abuse helpline 020 8683 3300 | NHS 111 |
| Alexandra Palace 020 8365 2121 | Relate 020 8447 8101 | Barnet General 020 8216 4000 |
| East Finchley Library 020 8883 2664 | Samaritans 08457 909090 | Coppetts Wood 020 8883 9792 |
| Gt North Leisure Park 0870 240 6020 | Refuge National Crisis Line 0870 599 5443 | Edgware General 020 8952 2381 |
| Muswell Hill Odeon 0870 505 0007 | Health Advice | Finchley Memorial 020 8349 7500 |
| Phoenix Cinema 020 8444 6789 | AIDSline 020 8363 2141 | Oak Lane Clinic 020 8346 9343 |
| Tourist Info Service 0870 128 8080 | Alcoholics Anonymous 0845 7697555 | Royal Free 020 7794 0500 |
| Warner Cinema Village 020 8446 9933 | Barnet MENCAP 020 8203 6688 | St Luke's 020 8219 1800 |
| Transport | Cancer Support 020 8202 2211 | Whittington 020 7272 3070 |
| BR Enquiries 0845 7484950 | Carers' Line 0808 808 7777 | Western Eye Hospital 020 7886 6666 |
| City Airport 020 7646 0088 | Drinkline 0800 917 8282 | OAP's Advice |
| London Transport 020 7222 1234 | Drugs Helpline 0800 776600 | Age UK Barnet 020 8203 5040 |
| National Express 08705 808080 | | Independent Age 0800 319 6789 |
| Heathrow Airport 0870 000 0123 | | Age UK (general advice line) 0800 169 2081 |

Do you have a story for us?

You can send your stories, letters, and photos by email to the-archer@lineone.net or by post to The Archer, PO Box 3699, London N2 2DE. Tweet us @TheArcherN2 and find us on Facebook. You can also find out more about contributing and advertising at www.the-archer.co.uk

How Big Local cash will be spent

Continued from page 1

The two-year plan

Over the next two years, GBL will work with other organisations and volunteers to:

- Tackle neglected footpaths, starting with the dingy and dangerous underpass between Manor Park Road and Trinity Road
- Develop a local advice service, a much needed resource since the Neighbourhood Centre on Church Lane was closed
- Work with the council to make a cafe the heart of the new community centre on Tarling Road
- Develop activities for children and young people, such as a summer play scheme
- Map out open spaces where new play areas can be built
- Set up a youth forum
- Run workshops and practical projects to help people find work and improve their skills
- Support local businesses and

encourage people to shop locally

- Endorse the development of an activity centre for older people
- Run an annual community festival

The plan has been built up over the past three years based on priorities identified by local residents over many months of consultation. Full details can be found at www.grangebiglocal.org

"The plan will enable a locally-led approach to making this corner of East Finchley a better place to live," said Julie Pal, CEO of CommUNITY Barnet, who will administer the funds and help the GBL to carry out the plan.

"Anyone who lives, works or volunteers in this area and would like to get involved is welcome to come to our AGM on 5 June," said Jon Woolfson, the GBL's community partnership manager. "For details of the time and place, contact me at info@grangebiglocal.org or

ring 020 8364 8400 ext 241."

Can you deliver?

Can you spare an hour or so each month to help us deliver THE ARCHER? We have spare rounds in the Fortis Green and Great North Road area and would be grateful if anyone could step in.

Copies of the paper would be dropped to you during the first week of each month and we ask that you post them through readers' letterboxes as soon as possible. A typical round takes 30-60 minutes.

If you can help, please email the-archer@lineone.net or leave a message on our free-phone voicemail number 0800 612 0748. Thank you.

CGW SOLICITORS

Cree Godfrey & Wood provide a full range of services including Residential and Commercial Conveyancing, Landlord and Tenant advice, Employment (Compromise Agreements), Family, Wills Probate and Elderly Client advice and Lasting Powers of Attorney.

Why choose CGW Solicitors?

Our team are:

COMMITTED to excellent customer service;

Offer **GOOD value and reasonable fees;**

Here to **WORK** for you and give you honest, straightforward and effective advice in a timely efficient manner.

Cree Godfrey & Wood 28 High Road East Finchley London N2 9PJ

T: 0208 883 9414

F: 0208 444 5414

W: www.creegodfreyandwood.co.uk

Email: gn@cgwsolicitors.co.uk



- Beginners -

Tai Chi & Qigong

** NEW COURSES ** in East Finchley

Wednesdays am & pm (Trial session: £5)

James Drewe is a qualified teacher and has been practising tai chi for 40 years. He is the author of 3 books on tai chi & is a member of the BCCMA.

Other classes: www.taiji.co.uk

email: james@taiji.co.uk phone: 020-8883 3308

Planning Applications

Barnet Council

11 Abbots Gardens, N2

Part single/part two storey side and rear extension, following demolition of garage.

31 Abbots Gardens, N2

Replacing existing semi-detached house with two storey semi-detached, with rooms in roof and basement. Associated works.

Office 3, Ground Floor, 1 Bedford Mews, N2

Change of use from B1 to D1 use.

9 Bedford Road, N2

Single storey rear extension.

24 Brim Hill, N2

Single storey rear extension. Single storey rear outbuilding. One rear and one side dormer, with rear conservation roof light. to facilitate loft conversion. One refuse store to front of the property.

40 Chandos Road, N2

Roof extensions, involving hip to gable end, rear dormer, 3 front roof lights and one roof light to

front projection Single storey rear extension following demolition of existing conservatory.

56 Deansway, N2

Roof extensions, involving raising the height, one dormer window to south east, and one roof light each to north west and south west. New front porch. Living room extension within existing building footprint.

139 Elmshurst Crescent, N2

Two storey rear extension

141 Elmshurst Crescent, N2

Part single/part two storey rear extension, following demolition of existing extension.

18 Hertford Road, N2

Single storey side and rear extension following demolition of existing extension.

212 - 216 High Road, N2

Division of existing ground floor restaurant into two units. Removal of staircase at rear and construction of two new staircases to existing flats. Associated alterations to rear elevation, including two storey extension.

24 Howard Walk, N2

Single storey rear extension. Loft conversion, involving rear dormer and one conservation roof light to side.

8 Huntingdon Road, N2

Single storey side extension.

11 Huntingdon Road, N2

Conversion from two self-contained flats into single family dwelling.

Ground Floor Flat, 2 Oak Lane, N2

Single storey rear extension including terrace to ground floor flat. New rear external staircase with associated railings and privacy screen to first floor flat and new access door.

Telecommunications Mast 70290, Strawberry Vale, N2

Replacing existing 13.7 metre high Phase 4 monopole and 3900A APM30H Version C cabinet with 15 metre high Phase 5 monopole and a stacked cabinet, measuring 600 x 480 x 1400mm, located at ground level. Associated development.

ROBIN KIASHEK

BSc (Hons) Ost Med

OSTEOPATHY in Fortis Green

including the Perrin Technique for Chronic Fatigue Syndrome/ME, (Western Medical) Acupuncture Nutrition, Life Coaching/NLP and Autogenic Training

52 Twyford Avenue
Fortis Green
London N2 9NL

020 8815 0979

07956 213 759

www.robinkiashek.co.uk





Summer festival 2016 promises to be a real hoot

Owls are flying in for this year's East Finchley Community Festival on Sunday 19 June. Visitors will be able to get up close and personal with the beautiful birds of prey in Cherry Tree Wood from 12 noon to 6pm.

In addition to the owls there will be entertainment for all the family. The megaslides and climbing wall will be back as will Punch and Judy and the storytelling tent for under fives.

Two stages, The Archer Community Stage and the main stage, will offer top quality local music and performing arts acts all afternoon.

More than 80 stalls will provide a wide range of goods, services and food; community groups will be on hand as well to let you know what they do and to raise money for good causes.

Graphic designer Peter Curzon has designed this year's bright and colourful publicity poster and programme cover for the festival, which you'll soon see popping up

everywhere and anywhere.

Can you help?

The festival is run by local people for local people and will be free to enter as always. To keep it that way organisers say they can always do with more help.

This year in particular they are looking for lively, outgoing, energetic people to promote the festival's raffle tickets, one of the main fundraising activities that help keep the festival free. Any volunteers willing to fill a one-hour slot would be warmly welcomed.

If you can help on the day, or beforehand, drop the festival team an email to eastfinchleyfestival@gmail.com. You can keep up to date with festival news on Facebook at 'myeastfinchley' and on Twitter @N2Festival.

Church Lane café closes

By Nick Allan

Sad to report that Boyden's Pantry in Church Lane, N2, has closed down. This popular local café served locally roasted Campbell & Syme coffee and homemade cakes.

It was popular with residents but proved too small with not quite enough trade happening in off-hours to meet the ambitions of its proprietors, Ben and Anna. They are keen to stay in East Finchley and are looking for somewhere bigger in an already highly competitive market with high street brands like Caffè Nero moving in to the High Road most recently.

There are now many coffee shops to choose from in East Finchley including Costa, the newly refurbished Chorak Bakery as well as a number of independent cafés all typically offering coffee, tea and bakery items. Fans of Boyden's Pantry can still enjoy their artisanal coffee and brunch at Ben and Anna's other locations at 1 Friern Barnet Road, N11 or 4 Potters Road, Barnet.



Goodness gracious: Kate Gidley making her juice. Photo Mike Coles

Homemade juice takes off

By John Lawrence

While Kate Gidley was stuck behind a desk in her management job she was actually dreaming of standing at a freezing cold market stall trying to sell fresh fruit juice in the middle of winter.

Well, not exactly, but that's how it turned out when she decided to pack it all in and start her own business called Rocket Juice. Her first contact with customers was at a street market in Hackney and it just happened to be in the coldest month of the year.

She may not have made a huge profit then but she learned a lot and now her business is really taking off with her own juice-making team about to come on board and deals to sell her products in Tony's Continental and Budgens in East Finchley... and beyond.

Kate's juices come in five different fruit and vegetable combinations and are all cold pressed with no processing. Until now she has been making them at her home in Kitchener Road, N2.

The right name

"When I was in my previous job I was eating pre-packed food all the time and not really getting my five fruit or veg a day," said Kate. "I had a dream of being surrounded by nutrition and used to juice a lot with my housemates. Then one of them said why not try selling it, so I did."

"I called the business Rocket Juice because I wanted to give people the feel of the burst of energy and health they get when they drink it. It stays fresh for five days rather than sitting around on a shelf for weeks like processed juices."

Kate's dedicated juice-making team will mean she can leave the kitchen juicer behind and focus on striking sales deals with cafés and gyms, as well as getting out to big events like

the East Finchley Community Festival in June. Find out more at www.rocket-juice.co.uk.

Pop-up pics

A pop-up exhibition of photos from the project documenting people, traders and life in East Finchley High Road (The Archer, February 2016) is coming to Budgens in May. Passers-by will be able to see some of the images taken by East Finchley Open members in the supermarket's window on the weekends of 7-8 and 14-15 May. And look out for more pop-up shows in the future.

Nicky Sharp Osteopathy Clinic

*Cranial and Structural Osteopathy
and Acupuncture
All Major Insurers Accepted*

For consultations and appointments:

Telephone: 020 8815 9433

260 East End Road www.nickysharposteopathy.co.uk
London N2 8AU e-mail: info@nickysharposteopathy.co.uk

ARE YOU LIVING WITH CONSTANT PAIN?

Would you prefer to rely less on painkillers?

Have you been told nothing more can be done to reduce the pain?

If so, my new Hypnotherapy-based programme for chronic pain control could help.

YOU CAN TRAIN YOUR BRAIN TO BLOCK THE PAIN

Most people notice improvements from the very first session

KATHRYN SCORZA

Free introductory consultation

Call or email me to find out more:

kathryn@kathrynskorza.co.uk 020 8444 5498 07703 404 839
www.kathrynskorza.co.uk

Japanese Acupuncture & Moxibustion

Gentle, dynamic & effective.
Promoting health and vitality.
Treatment is tailored specifically
to your needs.

Fiona Hurlock

Ph 07795 203107

Please see www.fionahurlock.com
Utopia 1a Leicester Mews, N2 9EJ

ACCOUNTANTS FOR SMALL BUSINESS

At TaxAssist Accountants we specialise in supporting small businesses. We can help with:

- Self Assessment Tax Returns
- Business Accounts
- Corporation Tax
- Bookkeeping and VAT
- Business Start-ups
- Company Formations
- Payroll and HR
- Help with Finance Raising
- ...and much more.

TaxAssist Accountants
The Accountancy and Tax Service for Small Business

020 8883 5258
www.taxassist.co.uk/eastfinchley

Josephines

EXPERTS IN CREATIVE FLORAL DESIGN

For the freshest flowers around
Pop in and choose from the largest selection in the area. No excuses - to miss that special occasion

www.josephinesflowers.co.uk
Tel: 020 8444 9569
60 High Rd, East Finchley, London N2 9PN





How does your garden grow? A community plot is being opened for all-comers

Get down to earth in shared community garden

With spring well and truly sprung and summer not far away, now is a great time to get out into the fresh air, put on a pair of gardening gloves and get planting. But not everyone has easy access to their own garden or allotment.

That's why the EFAB team are setting up the new East Finchley Kitchen Garden, offering both novice and experienced gardeners the opportunity to grow fruit and vegetables in a sunny community plot in the grounds of Martin Primary School.

The project was the idea of Dawn Cremin, an avid vegetable grower on her plot at East Finchley Allotments, next door to Martin Primary.

Dawn explains: "I get so much pleasure out of growing my own produce I thought it would be great to share this interest so approached Lisa at EFAB with the idea. It's a great way to bring people of all ages and backgrounds together to learn or share skills and the produce tastes great too."

Saturday sessions

There will be two sessions a week initially. One will work with small groups of children from the school during their lunch hour one day a week and the other will be alternate Saturdays from 10am to midday for anyone to attend. Depending on interest, the garden can be opened more frequently for people to come and tend the plot.

Dawn and team are planning on growing a wide variety of

produce throughout the year. Whether you're waiting for an allotment, are an experienced gardener or new to it all, it should be a fun and relaxing way to spend some time outdoors in the fresh air. All tools and equipment will be provided.

Roger Chapman, EFAB Community Friend and local gardener, commented: "Both children and adults can get so much out of growing things. This promises to be a really exciting project and I urge people to give it a go and get involved."

To find out more and get involved contact Dawn for more information on 07939 530317 or email dawn@letstalkaboutveg.com.

Institute pulls back from brink of extinction

By Neil McNaughton

It used to be a central part of life in East Finchley but Hampstead Garden Suburb Institute, which moved out of its home near the tube station to Kingsbury two years ago, recently came very close to extinction.

Rumours of financial difficulties had been around for some time, but the gravity of the situation had only come to light this year. Chairman Robin Marks had resigned along with executive director Jose Gonsalves and summer term lessons appeared to be in jeopardy.

Donations

A meeting of students took place on 7 April and an organisation entitled Supporters of the Institute Ltd was set up. The new organisation was asking supporters to donate at least £100 each to see whether £100,000 could be raised quickly enough to save the Institute, but with time running out this was looking unlikely.

Then at the last minute on 22 April an announcement was made that a new Board of Trustees has taken over and that classes would start again, albeit a week late on 25 April.

End of an era

The Institute was founded by Henrietta Barnett, with the original Institute Hall, in the centre of Hampstead Garden Suburb, opening in 1909. HGSI operated from this site for many years, with a second site on Thomas More Way, N2. It later moved to the McDonalds building in the High Road and then to its own purpose-built premises in Beaumont Close. When financial difficulties forced the sale of Beaumont Close (now home to the Archer Academy), some courses were moved to Bishop Douglass School, but in 2014 the Institute moved completely to Kingsbury.

Thousands of local residents over the years have had their lives enriched, learned new skills and met and retained new friends. Should it disappear it would certainly be the end of an era, but for now it looks as if the Institute has been brought back from the brink.

Businesses together

Local businesses in East Finchley have joined together to form a network to generate revenue and help address the issues that face local businesses.

The support network and social forum for all of the trades in N2, including shops as well as home workers and independents, will provide a chance to meet and to work together constructively, forging closer links with the neighbourhood and reinforcing an already strong local community.

Due to be launched formally at the East Finchley Festival on 19 June, the network encourages any local businesses not yet involved to get in touch via: eastfinchleybusiness@gmail.com.

Four charged after man's death

Four men have been charged with murder after a man was stabbed in broad daylight in North Finchley on 29 March.

Police were called at 2.45pm to reports of a wounded man collapsed in the street in Woodside Grange Road at the junction with Grange Way. The victim, Ali Nasrollahi, was in cardiac arrest when the air ambulance arrived. He was treated at the scene then rushed to the London hospital trauma centre but died later that afternoon.

John Opoku Appiagyei, 29, of Ballards Lane, N3, Francis Osei Appiagyei, 23, from Brentford, Bright Osei, 21, of Ballards Lane, N3, and Nelphy Lelu, 22, of Portsdown Avenue, NW11, were charged with murder. A fifth man has been arrested on suspicion of murder and bailed pending further enquiries.

COMPUTER SAVIOUR

Friendly Visiting Specialist

For All Your Computer Needs

Maintenance, Repairs, Networking, Virus Removal And More.

Call Neill Hoskins: 079 600 89528

neill@computersaviour.co.uk



CLASSICAL GRADINGS

GUITAR + BASS LESSONS

RECORDING + PERFORMING
SONGWRITING + IMPROVISATION
READING + WRITING MUSIC

CRB CHECKED

STUDIO FACILITIES

DEMOS RECORDED
COURSE WORK RECORDED

020 8444 3778
0788 788 1853

ROSSMERRIN.COM

Majjo's
The Indian Food Boutique Est. 1994

Great variety of vegetarian and non veg dishes
Healthy tasty meals cooked in sunflower oil or olive oil
NO Ghee, NO Butter, NO Cream, NO Colouring
Simply Home Cooked Food

Selection of delicious gluten free, nut free and dairy free food
We cater for all events and occasions

Described as the 'local gem' in the **Good Food Guide 2016**
published by **Waitrose**

Addresses:
Majjo's Takeaway - 1 Fortis Green, London, N2 9JR
Majjo's Restaurant - 7 Fortis Green, London, N2 9JR

020 8883 4357
Follow us on Twitter @Majjosfoods
www.majjos.com



Friendly rivalry: Race the Neighbours last year

Race for your place

Places have been selling out fast for this year's Race the Neighbours 10k run starting out from Cherry Tree Wood on Sunday 10 July.

When registrations opened on 18 April, nearly 100 people signed up in the first hour and as we went to press organisers told us that well over half the 250 places had been taken.

Organiser Avi Freeman said:

"Registrations so far are coming more heavily from N2 than from N10 although the vast majority is from one of those two areas. The local neighbourly feel seems to be strong!" He urged runners to avoid disap-

pointment by reserving a place as soon as possible.

The race follows a route from East Finchley to Alexandra Palace and back. You can sign up online at www.racetheneighbours.com

Help stock up the food bank

By Erini Rodis and Sara Sibley

Volunteers will be collecting items for the Finchley Food Bank at Budgens in the High Road on Saturday 4 June from 10am to 2pm.

They have a shopping list of non-perishable foodstuffs that they'd really appreciate people donating so that they can be passed on to people in need.

On the list are: tinned meat, tinned fish, tinned vegetables, UHT milk, sugar, long-life fruit juice, soup, pasta sauces, tinned puddings, cereals, tea bags, instant coffee, rice, tinned fruit, jam, biscuits and chocolate bars.

Also very welcome would be basic bathroom and kitchen items like shower gel, shampoo, deodorant, shaving foam, razors, toilet rolls, washing up

liquid and washing powder.

How the food bank works

As we reported last November, the food bank has been set up by a number of local churches. It welcomes anyone, regardless of faith or belief, for tea and biscuits in the hall behind St Mary's Church, High Road, N2, on Saturday afternoons from 12.30pm to 2pm.

Users can self-refer, and their circumstances vary. They range from self-employed folk or zero-hour contract workers who simply have a gap in their work, to more vulnerable individuals whose assessment

for various types of disability allowance has meant a sudden cut in income.

The food bank will provide them with three days' worth of supplies, up to a maximum of five times.

Donations can be dropped off any time during the session at St Mary's.

THE ARCHER online

Did you know you can catch up with past issues of THE ARCHER online?

Every edition since the start of 2000 is available on our website www.the-archer.co.uk. The site also gives information on advertising in our pages and how you can contribute to the paper.

Are East Finchley streets getting more untidy?

By Nick Allan

Dropping or leaving litter in a public place is an offence. In fact, the Environmental Protection Act of 1990 states that anyone who drops anything that causes defacement in a public place is committing an offence and there is an unlimited fine for offenders.

Despite this, some East Finchley residents are increasingly concerned about the amount of litter in our streets and public areas. Many of the shops along the High Road also experience the result of this anti-social behaviour, particularly those located near bus stops.

Street scenes

One High Road shopkeeper told THE ARCHER that the entrance to his shop has to be cleared daily of discarded cigarette ends and fast food containers even though there are litter bins nearby. Sadly, many of these bins are filled to overflowing,

adding to the unkempt appearance.

A resident who regularly uses The Walks said: "The dog



Litter: The High Road / North Circular underpass

ties of alcohol and currently an empty pregnancy test kit."

A spokesperson for Barnet Council which is responsible for cleaning our streets said: "The bins are emptied regularly and the roads are swept on a 5-6 week rotation, dependent on staff availability."

No surprise

This perhaps highlights some of the problems, given how quickly litter and rubbish can accumulate. Councillor Arjun Mittra, who regularly highlights the problem on his Twitter feed with photographs of affected areas, said: "I sometimes feel we don't get the attention we deserve in East Finchley, particularly around the streets off the High Road. I often see bins overflowing that obviously haven't been emptied for some time. I don't think it's a surprise though, given the lack of resources and that funding for cleaning services has been drastically cut over the past few years."

Barnet Council, however, were keen to point out that they provide a hotline via their website at www.barnet.gov.uk where people can report litter problems which they will address. We will keep an eye on this story but suggest we all do our bit and take our litter home or put it in the bins provided...



Dumped: Items left on the pavement in the High Road

Almar BSL
Accountancy | Tax Consultancy | Bookkeeping & Payroll

Business services:
Bookkeeping & Accounting
Business planning
Business start-up
Company Secretarial
Corporate tax planning
eCommerce & Payment Solutions
Payroll
Service Charge Accounting
VAT

Personal services:
Personal tax planning
Self assessment

Specialist sectors:
Building profits
Charities
Owner directors
Retail
Sole traders

Why choose us?
By providing high quality of service and not charge over the top fees, we retain the business and loyalty of our customers, as well as win many new ones through word of mouth. We also work with tax specialists, investor advisors and auditors to provide clients additional services where there is a need.
Call us for a FREE review of your requirements and to discuss best way forward, with no obligation.
Tel: 0203 151 0750 or email: info@AlmarBSL.co.uk
Visit our newly improved website with useful and topical information: www.AlmarBSL.co.uk

Almar Business Solutions Limited is a registered company in England and Wales (registered number 04541322), holder of ACCA Practising Certificate with Association of Chartered Certified Accountants and has Professional Indemnity Cover for its business activities.

East Finchley Baptist Church
Just off the High Road in Creighton Avenue N2

Sunday Mornings at 10.30 am
Crèche and Sunday School during service
Wheelchair access

For more information please contact the Church Office
Tel: 8883 1544 (Minister: Simon Dyke)
www.eastfinchleybc.org.uk

Visitors always welcome

east finchley clinic

Wendy Longworth & Associates physiotherapy practice offers a variety of treatments at the clinic, or off-site, in patients homes, nursing homes, private hospitals and other organisations.

- Back Pain
- Neck Pain
- Whiplash Injury
- Sciatica
- Sports Injury
- Frozen Shoulder
- Arthritis
- Tennis Elbow
- Sprain or Strain
- Rehabilitation
- Neurological
- Stroke

www.eastfinchleyclinic.co.uk
020 8883 5888
2-3 Bedford Mews Bedford Road London N2 9DF

A Local Handyman
available for general household & garden maintenance.
No Job Too Small
Free Estimates
Call John on: 0789 010 3831
or: 0208 883 5325



"The starling tree" in the High Road.

The starling tree

By Bugwoman.

Read her blog at bugwomanlondon.com

When my friend mentioned that she called the London plane tree opposite Bedford Road in East Finchley 'the starling tree' I had to investigate. The tree is by far the tallest on this part of the High Road, and it is a permanent hub for the local starling population. There are always a few in residence, chortling and whistling and wheeling around in friendly mini-murmurations. But why, I wondered?

Well, the very height of the tree is likely to be a factor. From up here, the starlings must have a literal 'birds-eye view' of the goings on in all the back gardens along the county roads.

A second factor must be that magnificent unpollarded crown. There is plenty of room for everybody, and if a crow turns up (as one did when I was watching the tree) you can harass him from a safe distance.

Finally, there is the question of location. This plane tree is directly opposite a low-rise

housing estate that was built on the site of a massive bomb explosion in 1940 which demolished everything on either side of the road. Hence, the tree is not crowded by shops or houses, as other nearby trees are, and has plenty of light and room to expand.

The question in my mind is whether the tree actually pre-dates the bomb - plane trees of a similar size in central London date back to Victorian times. If so, it has had a remarkably charmed life.

Watch out for roofing scam

By Jan Lovell, Safer Neighbourhood Team

A group of men is operating in the Barnet area offering to do roof repairs for a reasonable price but then demanding large amounts of money after the work has been done. They have been seen in East Finchley, are using a white unmarked van and call themselves All Seasons Roofers or similar. They also claim to be from Dyno Rod or water-related companies.

They are reported to be quite pushy: some folk may feel intimidated by them, especially the elderly, so please remind any family, friends or neighbours not to have dealings with door-to-door callers. Fortunately, no one has been duped, but it was

a disturbing experience for at least three residents.

If you know of anyone who is particularly vulnerable and you feel that a visit may help, do contact me, PCSO Jan Lovell, at the Safer Neighbourhood Team on 020 7161 9014 or at East-

Finchley.snt@met.police.uk

Holiday security

It may seem a little early in the year to think about how to secure your home while you're away on holiday, but it's always worth keeping in with your neighbours so you can watch out for each other's homes when you're away.

In February a burglary was prevented when a neighbour spotted some men in a garden. When they saw her looking it scared them off. When police attended they found a window had been forced open but no one had entered.

The resident is delighted and plans to get to know her neighbour better so they can both watch out for each other.

Inspiring speaker

Computer games pioneer Demis Hassabis returned to his old school Christ's College Finchley to give an inspiring talk to year 11 students.

Demis is the co-founder and CEO of DeepMind, a neuroscience-inspired artificial intelligence company, acquired by Google in 2014. He is now vice president of engineering at Google DeepMind and leads Google's general AI efforts.

Demis, 39, is a former child chess prodigy, who finished his A-levels at Christ's College two years early before coding the multi-million selling simulation computer game Theme Park aged just 17.

Following graduation from Cambridge University with a



Way ahead: Demis Hassabis

double first in computer science he founded the pioneering videogames company Elixir Studios producing award-winning games for Microsoft and Universal.

Community honours

Thirty five people and groups were recognised for their community work at the annual Civic Awards at Hendon Town Hall on Tuesday 12 April.

Six of the nominees were judged to have made an outstanding contribution to life in the borough and were presented with a framed vellum.

They were: Janie Knappett, recognised for her long service to Livingstone Primary School in New Barnet and for working with children with autism; Patrick Lyons, who helps the homeless and runs night shelters; Peter Packer, who was

honoured posthumously for his dedication over nearly 30 years to Finchley Memorial Hospital; Dr Christine Riley, recognised for her community work in the Totteridge area; Robert Wright, who has worked for many years as church warden at St John the Apostle in Whetstone; and Lalit M Nagpaul JP, a volunteer with Barnet Citizens Advice Bureaux who has also served 20 years as a magistrate.



NHS CHECK-UPS £18.80
(this includes x-rays where necessary)
NHS EXEMPT PATIENTS AND CHILDREN UNDER 18 ARE FREE

new NHS list now open

member of the BDA and the BDHF



smile with confidence

020 8444 3436

144 The High Road, East Finchley, London N2 9ED

www.eastfinchleysmiles.co.uk

All Saints' Church, Durham Road, East Finchley Church of England

Sunday masses at 8.00 a.m. and 10.00 a.m.

Weekday masses at 10.00 a.m.

(Coffee served after mass on Sunday and Thursday)

Prayer requests are gladly accepted.

The Parish has a *flourishing* social life.

Contact the Vicar, Fr Christopher Hardy,
on 020 8883 9315.

All Saints' also has a strong musical tradition and an enthusiastic choir.

Experienced singers are always welcome.

Contact Geoffrey Hanson on 020 8444 9214.

<http://www.allsaints-eastfinchley.org.uk>

What's happening on the Pasture?

With the warmer weather starting to wake up the soil, there is a busy programme of events planned this spring and summer for Long Lane Pasture, the wildlife haven opposite the fire station on Long Lane.

On Saturday 11 June from 10am to midday go along and see what flora and fauna you can find on Wild Flower and Pollinator Day. There will be booklets and advisors on hand to help you identify your discoveries.

Moth and Dragonfly Morning takes place on Saturday 16 July from 10am to midday. As part of the National Moth Count there will be a moth trap set overnight to identify those caught, after which they will be released. Previous counts have identified more than 100 species. Damsel and dragonflies should also be seen flying, and defending their territory, over the big pond.

Further ahead in August, blackberry picking begins on Saturday 6th when you are welcome to take your own containers in return for making a donation at the entrance. Then Saturday 13th will be Butterfly Morning from 10am to midday.

Most of the events are family friendly so take children along as there are plenty of other things to enjoy learning about. For more information visit our website www.longlanepasture.org.



Our independent pharmacies are 'threatened by government cuts'

By Neil McNaughton

East Finchley currently boasts four independent pharmacies, but as government cuts begin to bite they may not all survive. In December 2015 the government announced a cut of 6% in the funding paid to pharmacies for the services they provide to the community. This may not seem much but, on top of rising rates and rents, it could be enough to tip some over the edge.

Personal service

Paresh Shah, who runs Andrew's opposite the tube station, told *THE ARCHER* that smaller independents like his are less able to absorb the extra cost, while the chains, with their economies of scale, may survive. The independents, he added, are important because they provide a very personal service which supermarkets and chains do not.

Pharmacists can offer advice on the treatment of minor conditions and the use of medicines, not to mention the range of cosmetics and beauty products they stock. With additional pressure on general practitioners – East Finchley lost one GP practice in the High Road last year – the work of small pharmacies has become even more important.

Mr Shah said that practices like his are vital for those people who find it difficult to obtain doctors' appointments.

A good pharmacist, he said, can make judgments as to whether a patient can be treated quickly and simply or whether their condition requires further investigation.

Campaign against cuts

Alastair Burt, the minister in charge of pharmacy services, has admitted that up to 3,000 pharmacies may close nationally as a result of the funding reductions. What is more, the pharmacy industry now expects more cuts in the immediate future.

A campaign has now been launched to put pressure on the government to stop the cuts and so save independent pharmacies. Residents are encouraged to visit their local pharmacy to hear details and to join the campaign, which includes an e-petition, letters to MPs and lobbying of ministers. Information can also be found on www.supportyourlocalpharmacy.org.



Grand design: How the new centre will look

Fresh start for new community centre

By Janet Maitland

A new community centre on Tarling Road will open next year. Barnet Council's planning committee took a unanimous decision on 31 March after many months of often heated consultation. The centre will replace the Old Barn, which is scheduled for demolition in late summer or early autumn.

The Old Barn was a thriving centre for children and young people for more than 25 years until it was taken over in 2010 by a group of "trustees" who closed down all the services. The Old Barn Action Group campaigned for years to get the centre restored to the community. The building was finally wrestled back in 2014, with the lease reverting to the council.

Local needs

"We'll be working with the council to ensure the centre meets the needs of local residents, particularly children and young people," said Julia Hines, board member at the Grange Big Local, which is steering community projects in the area.

"We're keen that nursery hours are restricted to school hours so that after-school clubs and holiday schemes can still take place. It's vital the building is let at a peppercorn rent to allow groups working with the most vulnerable kids in the area to use it."

Return to N2

The new centre will also be home to members of the Somali Bravanese Welfare Association (SBWA), who lost their centre in Coppetts Road, N10, in an arson attack in 2013. This group, for people who fled war-torn Somalia in 1992, started life in Church Lane, N2, before moving to Muswell Hill in 1996.

Chairman Abubakar Ali told the *Hendon and Finchley Times*: "It's been very tough. People kept asking day in and day out when we were going to get our centre back. Everything was up in the air. It was so nice to be able to finally tell people what's coming."

Available space

The council decided in January to lease half of the ground

floor to a nursery, thereby reducing the amount of space available to local residents who are not nursery users or SBWA members to a quarter of the building.

We asked the council if they had considered making the sharing of allocated space, when not in use, an enforceable requirement for each lessee, to increase the space available for the wider community.

"We are looking to appoint a management organisation this summer, with any lease-drafting taking place in autumn/winter 2016," replied a council spokesperson. "Final decisions on space arrangements will be made following this appointment and decided after engagement with residents and groups."



brera gardens

- garden design
- maintenance
- hard landscaping
- irrigation systems
- soft landscaping
- East Finchley based
- indoor plants

Mob. 07939 557 934

Tel. 020 8920 3721

Email: breragardens1@btinternet.com



not just any old care...

Specialist residential, dementia and day care services in modern, recently refurbished care homes across North London.

- **Apthorp Care Centre** – New Southgate
- **Dell Field Court** – Finchley
- **Meadowside** – North Finchley

To find out more please call us on **020 8242 9443** or visit us at:

www.fremantletrust.org

A registered charity and not for profit organisation. (Registration No. 1014986).



Murder charge after stabbing incident

A man has been charged with murder after the death of Fikret Ahmed, 46, in a flat off the North Circular in the early hours of 5 April.

Police were called to a flat at Kinloss Court N3 at approximately 2.15am. When they arrived they found Mr Ahmed collapsed with stab wounds. A team from the Air Ambulance made extensive efforts to resuscitate him but he was pronounced dead at 3am.

Radek Sindler, 22, of Kinloss Court, was arrested at the scene. He was remanded in custody and charged with murder at Hendon Magistrates' Court on 6 April.

Anyone with any information is asked to call police on 020 8358 0300 or 101. Alternatively, call Crimestoppers on 0800 555 111.

Human Resource Solutions Plus

Helping you to manage, train and develop your employees at a commercially sensible cost.

www.hrsp.net

Richard Pell: info@hrsp.net • PO Box 27013, London, N2 0WX



Foot Problems? Chiropody Podiatry

Judith Costa BSc

At Utopia Clinic 1a Leicester Mews N2 9EJ

Tel: 020 8444 4226 (M) 07802 88 79 19

Discount for Pensioners





YOUNG ARCHER



Havana great time on holiday

Archer reader Pip Jordan, 11, looks like he's lapping up the lifestyle in this photo he sent us from his family holiday in Cuba.

Posing in the Parque Central in the capital Havana with an unlit cigar for display purposes only, Pip told us: "The cars in the picture are very colourful, and some of the houses are also painted blue or pink. But in both cases looks can be deceptive: I think maybe the reason Cubans have cigars is to cover the exhaust and sewer smells! So I thought Cuba was nice, but I still prefer East Finchley."

Pip, of Beech Drive, N2, goes to Norfolk House School in Muswell Hill which, his parents Lucie and Keith stress, operates a strict no-smoking policy.



Winner: Year 6 pupil Adam Neville with his twin Marcus

Sport Relief no obstacle for runners

By Rachel Ellis

Pupils at Martin Primary School put their best foot forward to raise money for Sport Relief. On 18 March all 660 children at the school, from nursery through to Year 6, took part in an obstacle course on the school field ranging from 960m to 1,800m.

They were cheered on by parents, staff and Connor Lynch, a youth coach from Barnet Football Club, as they jumped, crawled and ran around the course. The school raised £992 for the charity through donations and selling wrist bands.

Sports teacher Jeannette Adams, who organised the day, said: "Physical activity is so important for children. This was about getting all the children active and enjoying

themselves, while raising money for a good cause."

Connor Lynch added: "It is always good for children to be active when they are young and try new sports to see if it is something they want to pursue. Sport Relief is a fantastic cause and it is great to be part of it."

As well as taking part in the obstacle course race, some children in Year 2 were awarded medals for being young leaders. In total, Sport Relief raised more than £56 million this year.

Basketball team unbeatable

The Senior Basketball team at Christ's College Finchley, pictured, completed a fantastic season by beating a team from St James' High School, Colindale, in a close and exciting Barnet League Final at Woodhouse College in North Finchley. The game was a fitting finale to an outstanding season in which the team had been unbeaten in Barnet competitions and represented the school in the English Schools National Cup for the first time.



Traffic cameras

A new network of CCTV cameras has been introduced at 60 hotspots around Barnet in an attempt to improve road safety and to keep traffic moving.

Barnet Council will use the cameras to issue penalties to drivers committing illegal offences such as banned left and right turns or parking on a yellow zig-zag line near a school.

A full list of sites and possible offences can be found on the council's website: www.barnet.gov.uk/mtc.

PARENT & BABY/CHILD ACTIVITIES

- **Baby & U baby massage.** Contact Ruth at babymassagewithruth@gmail.com, www.facebook.com/babyandubabymassage
- **Musical Tots:** Wednesdays 11am at the Old White Lion and Fridays 11am at The Five Bells N2. [katemusicaltots](https://www.facebook.com/katemusicaltots) on facebook.
- **Muswell Hill Toy Library** story time, sing-along and other events. 8444 0244/ 8489 8774, www.muswellhilltoylibrary.com
- **Stepping Stones,** music and play for 0-3s. 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.
- **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.

Holy Trinity Church

Church Lane, East Finchley
Church of England

We're a warm and friendly congregation who look forward to welcoming you

Sunday Parish Communion at 10.00 am

Children's Sunday Club ♦ Meet over coffee after church
Fr. Gray Featherstone is happy to answer any enquiries:

Tel: 020 3602 2788

www.holytrinityeastfinchley.org.uk

A friendly welcome awaits you

EAST FINCHLEY METHODIST CHURCH

197 High Road, London N2 (opp. Creighton Ave.)

tel: 0208 346 1700

www.eastfinchleymethodist.org.uk

**Sunday service at 10.30 a.m.
With Crèche and Young Church**

Worship Music Social events Wheelchair friendly
e-mail: info@eastfinchleymethodist.org.uk Room hire tel: 020 8444 9887



Chef Victor Moscu and owner Zico Ali at Table du Marche. Photo Mike Coles

New restaurant brings French fare... and a pinch of Moroccan

By Seetal Savla

The premises at 111 High Road have been home to many restaurants in recent years and its latest incarnation brings a touch of Gallic gastronomy to East Finchley.

Table du Marché officially opened its doors on 9 April, offering classic French fare such as steak frites and moules marinières. Inspired by the flavours of their native Casablanca, head chef and owner Zico, along with his business partner Khalid, have devised a melting-pot menu combining the best of France and Morocco on a plate.

Sourcing local veg

An eye-catching neighbourhood initiative they've started is collaboration with local allotment owners. Zico and Khalid are asking ploholders to supply them with their excess vegetables and herbs in exchange for meal vouchers at the restaurant.

They say working with top-quality produce is essential for them, and they will be marry-

ing locally-grown ingredients with items like olive oil and preserved lemons hailing from their farm in Casablanca.

This philosophy also applies to meat and fish, which is sourced from the same local butcher and fishmonger they have used for the past 25 years.

Zico says their vision is to recreate the relaxed buzz of Parisian bistros, where "you can have a beer at the bar, then sit down to eat if you like; all very informal".

Gourmet history

Between them, Zico and Khalid have over 30 years' experience in the food industry gained by stints in more than 50 restaurants, including Mamounia Lounge in Mayfair. Their skills have been widely recognised, too, with their Cork-

based gastropub named Best Newcomer in The Irish Times in 2008 and a nod from The Evening Standard in their 2007 list of Local Steaks to Die For.

Their East Finchley restaurant will hold a series of events, from Moroccan-themed evenings to tasting menus with paired wines. A recipe book is on the cards, as well as on-site cookery courses.

Books on prescription

Ascheme has been launched to help people with dementia by offering them 'books on prescription'.

The initiative allows GPs to prescribe their patients a range of books offering practical advice about living with dementia, drawing from a list of titles selected by health professionals. Patients or their carers can take the prescription to a Barnet library where staff will help them find the title they are looking for. The books are available at Hendon, Chipping Barnet, Edgware, Church End and North Finchley libraries but can be reserved at East Finchley Library. Anyone can borrow the titles without a prescription, too. Books on the list include *Coping with Memory Problems* by Sallie Baxendale, *ABC of Dementia* by Bernard Coope and Felicity Richards and *Dementia: Support for Family and Friends* by Dave Pulsford and Rachel Thompson. The national scheme is run by The Reading Agency and the Society of Chief Librarians and is also available to patients with mental health conditions such as anxiety and depression.

RICKY SAVAGE ...

"The voice of social irresponsibility"

Only one King I care about

Everyone has gone anniversary crazy, not about wars, that's so last year, this time we're doing queens, culture and rock'n'roll. And why not? It's 400 years since Shakespeare died, 200 since Charlotte Bronte was born, 100 since Yehudi Menuhin arrived and 90 since the Duchess of York had her first child. None of this matters much to me. What I care about is 1956 and the birth of rock'n'roll.

So what if the first rock'n'roll record was probably Fats Domino's 'The Fat Man' in 1949 or that Elvis Presley first wandered into Sam Philips' studio in 1954, it was in 1956 that rock'n'roll moved out of the South and became the kind of thing parents hated and teenagers loved. That was the year that Elvis released Hound Dog and Heartbreak Hotel. That was the year he first appeared on national television. That was the year that he offended America's middle class.

It wasn't just Elvis, there was also Jerry Lee Lewis, Chuck Berry and Little Richard, exploding into the consciousness. Never mind that one was pure white trash, one was black and one was black and gay, they wouldn't have crossed the colour line in the way that they did without Elvis. Why? Because in a world where segregation was still king, a white boy who sounded black and sang songs written for black r'n'b singers was pure commercial gold. Besides, teenagers had arrived and they didn't want jazz or jive or swing.

For a few short years the world exploded. Nothing would ever be the same again, but it didn't stop middle America wanting to turn the clock back. They wanted Pat Boone and crooners, they could almost accept doo-wop and would allow space for the Brill Building pop in the early 60s. But rock'n'roll was another matter; it had to be stopped.

Soon enough Jerry Lee was disgraced, Chuck arrested and Little Richard marginalised. And Elvis? Simple, draft him into the army. By December 1957 he had his draft papers, by March 1958 he was in the army and when he came out he was neutered and the world was waiting for the Beatles and the Stones.

But, 60 years ago, Elvis was the King. He shook his hips, sneered, pouted and flicked the hair out of his eyes. As he did the world changed, rock'n'roll was born and there was nothing anyone could do about it.

Don't do yourself a mischief

Spring cleaning can be strenuous work and it is not surprising that many people get injured as they prepare their homes and gardens for the summer.

Physiotherapists report a seasonal influx of patients at this time of year, many of them seeking treatment for shoulder, neck and back problems and general aches and pains from overdoing it.

Steven Berkman, who runs Boost Physio's four London clinics, including one in East Finchley, says that if you're tackling a deep clean you can take some precautions to minimise injury and keep pain-free.

"Before you get the mop and dusters out, make sure your body is ready to tackle this very

physical task," he says. "Just like with any physical activity it's always good to warm up. A brisk walk around the block will get your muscles ready or, if not, a quick stretch can prepare your muscles for the demands of heavy cleaning and lifting.

"On the plus side, while physically challenging, spring cleaning can be as good as doing a workout if you do it properly, but you need to be careful."

One of the best ways to avoid injuries from repeatedly straining is to break tasks down into manageable bite-sized chunks. That means you are alternating the heavy physical work with less strenuous activities to give your muscles time to rest. Find more advice on the blog at www.boostphysio.com.

Klages Plumbing & Heating Agency LTD.

CONTACT TELEPHONE No: 020 8346 7218 / 8636

KLAGE

A NAME IN PLUMBING FOR OVER 40 YEARS

LICENSING ACT 2003

NOTICE OF APPLICATION FOR A PREMISES LICENCE

Notice is hereby given that **Lukasz Olejniczak** has applied to the Licensing Authority of London Borough of Barnet for a Premises Licence to permit: **the supply of alcohol**, for the premises

Polish delicatessen "Bulka z Maslem" situated at **36 High Road N2 9PJ**.

A register of licensing applications can be inspected at Building 4, North London Business Park, Oakleigh Road South, London, N11 1 NP.

Appointments to inspect the register can be made by telephoning 020 8359 7443 during office hours. Any person wishing to submit relevant representations concerning this application must give notice in writing to the London Borough of Barnet, Licensing Team at the address above, giving in detail the grounds of the representation no later than: **31/05/2016**

The Council will not entertain representations where the writer requests that his identity remains anonymous. Copies of all representations will be included in the papers presented to the Licensing Authorities Sub Committee and will therefore pass into the public domain. Representations must relate to one or more of the four Licensing Objectives: the prevention of crime and disorder, public safety, the prevention of public nuisance and the protection of children from harm. It is an offence liable on conviction to a fine up to £5000 under section 158 of the Licensing Act 2003 knowingly or recklessly to make a false statement in connection with an application.

Dated this **Fourth** day of **May** 2016. Signed

Station joy

Its graceful curved glass towers and imposing statue of Archie aiming his bow down the Northern line have earned East Finchley a place on a list of London's most photogenic tube stations. The Londonist website describes our local station as "a joy" and says Archie is a huge attraction for the camera lens.

Other good-looking stations on the list are: Southgate for its art deco appeal, Gants Hill for its Moscow-style magnificence, Canary Wharf for its impressive scale, Wembley Park for its football connections, Baker Street for its Victorian features, Sudbury Town for its elegance and simplicity and Westminster for its cat's cradle of beams and escalators.



Regular Events

Sport & Fitness

- **Finchley & Hornsey Ramblers Group**
Call Vivien 8883 8190
- **Glebelands Indoor Bowls Club**, Summers Lane N12. New and experienced bowlers welcome.
- **Ladies Keep Fit** Class for over 50s. Tues 10.30-11.30am at Tetherdown Hall. Sheila 8444 0084.
- **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** 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
- **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.
- **Women's kick boxing**, Thursdays 9.30am, East Finchley Combat Academy, Church Lane, N2. Contact 07956 340540.

Music, Dance & Creative Arts

- **Art Classes**. Call Henry on 8888 5133.
- **A-Chord**, friendly choir, all genres, open to all. Thursdays 8pm at NNLS, East End Rd. Laura 07732 120464. www.a-chord.uk
- **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.
- **Dance conditioning classes**. New body in 10 lessons. Diana: 07580 041270. www.boldbodies.co.uk.
- **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.
- **Traditional tunes** @ TOC Highgate Hill, join in playing by ear - 1st & 3rd Tues monthly from 8.30pm. Free. 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
- **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.



New eye on the familiar

Finchley artist Michael J Duke displayed some of his digitally-manipulated photos of local events in an exhibition at the Phoenix Cinema. He has a journalistic style of photography and treats his images in a way that takes them out of the two-dimensional. He won a Landscape of the Year award with the Hampstead Photographic Society in 2014. See his work online at www.mjduke.co.uk.

Photo art: Children's Orchestra by Michael J Duke

Powerful American music in concert

By Marian Bunzl

North London Chorus members are learning to sing with an American accent and brushing up our Hebrew pronunciation; both are needed for our June concert of 20th century American music.

The programme features Aaron Copland's *Old American Songs*, a lively medley of minstrel songs, ballads, and hymns, including the well-known Shaker song "Simple Things", arranged for choir and orchestra, and Eric Whittaker's beautiful *Hebrew Love Songs*, five of his wife's poems set to music, each one a delicate personal celebration of their courtship.

The main work of the evening is Leonard Bernstein's *Mass*. Premiered in 1971, this amazing work projects a political as well as a religious message. Based on the Roman Catholic Mass, the Latin liturgy for choir and orchestra is interspersed with ancient Hebrew prayers and 20th century lyrics and spoken texts by composer

Stephen Schwarz, Paul Simon and Bernstein himself.

The *Mass* was originally designed to be performed by street singers and a rock band, as well as choir and orchestra. Mercifully for us there is a later edition for a standard concert setting. However, even in this scaled-down version, Bernstein's powerful musical expression of the crisis of faith and cultural breakdown of the post-Kennedy era still resonates today.

Please come and enjoy our performance of these varied musical expressions of America at St James Church, Muswell Hill, on Saturday 11 June at 7.30pm. Tickets priced £10-£22 are available online at www.northlondonchorus.org/tickets and also from St James Bookshop and Les Aldrich Music Shop in Muswell Hill.

Charming quartet's virtuoso display at Methodist church

Review by Ken Carter

Here were four ladies, each with distinction. Viola da Cunha, mezzo, studied at Trinity College of Music, London; Andrea Whittaker, soprano, trained at Sydney Conservatorium of Music; Yukiko Osedo, piano, took a masters at the Royal Amsterdam Conservatory of Music; and Litsa Tunnah, violin, graduated from the Royal Academy of Music.

We began the evening at East Finchley Methodist Church sedately with duets by Mendelssohn, lieder by Schubert and Richard Strauss and the first half ended with the lilting charm of Offenbach's 'Barcarolle' as a duet.

Yuki, who earlier had given discreet accompaniment throughout, opened the second half with a vigorous take on Mozart's 'Turkish Rondo' from the sonata KV 331. Viola and Andrea followed with three songs each by Rossini, Seiber and Granados.

Then came the most spectacular event of the evening: Litsa and Yuki playing Sarasate's 'Zigeunerweisen', a breathtaking virtuoso display for violin, reinforced by robust piano accompaniment. Halfway through this showstopper, I realised how splendid an instrument Litsa was playing. I felt privileged to hear this partnership of splendid performer and equally splendid instrument.

The concert finished uproariously with Humperdinck's dance duet from 'Hansel und Gretel', where Andrea let rip, letting us see how lucky the people of Sydney had been to have her as the lead soprano in their Gilbert & Sullivan Society.

Greene Driving School

East Finchley N2

From **£17.50** x 2 Hr lessons

Safe driving for life
Low Co2 footprint 114
Eco & Low Maint Tuition
Pass Plus 4 cheaper
Insurance. Greenedriving.co.uk
Call **John M.I.M.I**
0773 851 4406

Midhurst Butchers

Certified organic meat
at reasonable prices
Free-range poultry
Home-made sausages
(including Boerwors)
2 Midhurst Parade,
Fortis Green, London N10
Tel. 020 8883 5303

What's On...

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

Thursday 5 May

• **Garden open for the National Gardens Scheme:** Anne and Alan Dalman at 27 Wood Vale, N10, from 6pm to 9pm, with wine. Admission £5, children free.

Saturday 7 May

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

Sunday 8 May

• **Free concert at East Finchley Methodist Church**, High Road, N2, opposite Creighton Avenue. Journey with Yuki Osedo on piano and Chika Tsuji on flute performing Mozart, Ravel, Liszt, Debussy, Takemitsu and Gershwin, 7.30pm. Free, with collection in aid of Save the Children. Venue fully accessible.

Sunday 15 May

• **Garden open for the National Gardens Scheme** at 33 Wood Vale, N10, from 2pm to 5.30pm. Admission £3 with homemade teas.

• **Charles Dickens in North London:** guided walk with City of London guide Paul Baker. Explore sites connected to Dickens's life and work in Finchley, Barnet, Highgate, Hampstead and North London; 2.30pm. For meeting place and more details, contact Paul on 07506 761294 or visit www.barnetwalks.talktalk.net.

Sunday 22 May

• **Garden open for the National Gardens Scheme** at Princes Avenue Gardens, N10, from 2pm to 6pm. Admission £4, children free, with homemade teas, plants for sale and a raffle.

From Friday 27 May to Sunday 26 June
• **Wallis, A Certain Person:** new play with music set between 1931 and 1936

dramatising the love affair between Edward VIII and Mrs Simpson that led to a constitutional crisis. Upstairs at the Gatehouse, Highgate Village. More details and bookings on 020 8340 3488 or www.upstairsatthegatehouse.com.

Saturday 11 June

• **Wildflower and pollinator day at Long Lane Pasture**, opposite fire station in Long Lane, 10am to midday. With the help of warm, dry weather the pasture will look its prettiest in June. Booklets and advisors available to identify flora and fauna finds.

• **North London Chorus and Meridian Orchestra** perform Aaron Copland's *Old American Songs* and Leonard Bernstein's *Mass*; St James Church, Muswell Hill, 7.30pm. Tickets online at www.northlondonchorus.org/tickets or from St James Bookshop and Les Aldrich Music Shop, Muswell Hill.



Letters to the editor

Too close to home

Dear Editor,

It was interesting to read recent letters about the Oasis café and shisha bar in Church Lane, printed in *THE ARCHER*.

It's worth noting the authors do not live in close proximity to the establishment as many of those objecting. For those who live within 10, 50 or 100 metres, the objections are more valid than the letter writers would have you believe.

Those objecting do so only against the new shisha area at its rear, not the restaurant itself. If people like Mrs Broome enjoy the food or décor, they still could, even if a shisha smoking area for 43 people was not granted planning permission.

Why does it need to have a smoking area for people to gather, until 11.30 at night, to smoke shisha pipes, just metres from residents' homes and children's bedroom windows? That is the central question.

Mrs Broome wrongly states that it is an area "under cover". By law it has to have an open roof, so all the smoke can escape and guess where much of the stench and smoke goes? Into nearby gardens, and if windows are open, into homes. In summer months must those close by have to have the sickly smell in their homes, or accept the smoke and odour in their gardens?

Each shisha produces 200 times more smoke than a cigarette, so even a mere 10 pipes equals 2,000 cigarettes being smoked at once. Would anyone *honestly* want that a few metres from their children's windows?

Imperial College wrote to Barnet to say he calculated at peak use it would produce 40,000 litres of smoke per hour, containing heavy metals, carcinogens and harmful chemicals. Barnet Environmental Health detected it at Martin Primary School. The local paediatrician, treating our children, has objected on their health grounds. Are these fully independent experts really "reactionary" as Mrs Broome states?

Mrs Broome wonders why the establishment is so often "empty". Perhaps most locals support their fellow residents who have lived here

a long time, and are already being directly impacted by one business and its strange desire to create an all day and night smoking area near homes. That would be my guess.

Yours faithfully,
Ralph Morris,
Leopold Rd, N2.

Am I dreaming?

Dear Editor,

I wonder if any other East Finchley natives remember the large stone statue on East End Road between the main road (as was) and the automatic laundromat. I think it was meant to be a standing badger. It was perhaps four feet tall and at Christmas some wag would usually adorn it with a tinsel crown.

This would have been in the late 1960s until the very early 1970s when, without warning, the statue vanished. I'm certain I am remembering this correctly. My husband says I am confusing reality with dreams again. What would he know, he was born and raised in Hendon! Help!

Yours faithfully,
Angela Kelk,
Address supplied.

Feeders not fair

Dear Editor,

The people who run the Archer Academy have made their decision about admissions for September 2016. I still don't think naming four feeder schools and leaving the two closest primaries off the list is the right answer.

Although it may redress the balance in the short term, so that parents in N3 and NW11 at least have a chance of sending their children to the Academy, I'm worried that in the long term the maths will tip the balance away from children at Martin and Holy Trinity schools in East Finchley.

As sibling places are granted, it means that the feeder schools will have their guaranteed places each year PLUS a place for siblings further down the line. This all multiplies up and in not many years' time it could mean N2 parents not getting their fair share of places.

Yours faithfully,
Lesley Mills,
Address supplied.

Splash out with some colours

By Daphne Chamberlain
This is your chance to have fun and be creative! Local artist Laura Fishman is running a Watercolour Workshop at Stephens House and Gardens on Sunday 8 May. Go along and paint your own picture of the Gardens, in your own style. It doesn't matter if you have never lifted a brush before. Laura wants you to enjoy yourself, but who knows? You might end up with your own picture for yourself or your family or friends.

Some of you may have visited Laura's own exhibition of Stephens House and Gardens paintings last autumn, when she was Artist in Residence there. Now the Art Curator, she wants to really get workshops up and running. To join this one, the only qualification is to be over 16 years old.

The day runs from 11 am to 3 pm, with a break for lunch. Hopefully, the weather will be good enough to work outside. Come prepared for light rain, but if it gets heavy the workshop will move indoors. All required art materials are listed on the application form, and can be purchased from Laura if necessary.

The workshop fee is £35, but there is a 10% reduction if you mention *THE ARCHER*. Get your booking form from artcurator@stephenshouseandgardens.com, and see www.laurafishmanworkshops.blogspot.com for interest.

Stephens House and Gardens, formerly known as Avenue House, is at 17 East End Road, N3 3QE. Tel: 020 8346 7812.



Charity cheque

The annual Hampstead Garden Suburb winter fair in aid of the veterans' mental health charity Combat Stress raised £5,120. Former MP Martin Bell, pictured right, handed the cheque the cheque over at a reception in April. The 2016 Winter Fair is already being planned for Saturday 29 October from 11am to 4pm. Youngsters will be able to bring entries to the happiest pumpkin competition.

Recycling scam

People who use online advertising platforms where items are recycled or offered for free are being advised to watch out for a new scam.

After listing items on the website, fraudsters tell would-be collectors that they have recently moved from the area they had said they were living in but can arrange a courier to dispatch the items for a fee. The payment requested for this service is usually via Money Transfer such as MoneyGram or Western Union, or an e-money voucher. Collectors find they never receive the items they were promised and any attempts to contact the advertiser to gain a refund are

unsuccessful.

To protect yourself from this scam, stay within the auction guidelines stipulated on the website, ask to view the item in person and be very cautious of making advance payments to a stranger via Money Transfer or e-money products. If the item advertised seems too good to be true, it probably is.

If you believe that you have been a victim of fraud you can report it online at www.action-fraud.police.uk or by telephone 0300 123 2040.

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.



20mph limit is a farce

By Charles Lewis of Cherry Tree Road

I am at a total loss to understand why Camden Council thought it necessary to impose the new 20mph speed limit on Spaniards Road from the pond almost to the pub and tollgate. There are no houses, schools, shops or hospitals on that road and, in fact, as you approach the only danger point, the narrow tollgate, you are suddenly allowed to travel at 30mph. What on earth were they thinking of?

Obviously I'm not the only person thinking along these lines because, having travelled that road back and forth many times, I can assure you that no one, and I mean no one, including buses, is keeping to the new speed limit.

I wonder if anyone on the council has ever tried driving that road or any other road at not more than 20mph? They might conceivably have got away with it if they had specified 25mph, but the pathetic crawling pace of 20mph is totally unsuitable and completely unenforceable, unless the council imposes a speed camera and hopes to raise revenue for other purposes that way.

Is there, in fact, any sensible thinking behind the reduced speed limit, or is it simply a reaction to the obvious fact that if you hit a pedestrian at 20mph you are going to do less injury than if you hit them at 30mph? If that is the only logic behind the rule, the next step will be to decrease the speed limit further, because at 10mph you are not going to do any injury at all.

Another thing to consider is that, once you impose a speed limit, it will operate day and night. So, for instance, it seems to be requiring motorists travelling from Hampstead to Chalk Farm in the middle of the night to putter along at 20mph. Why? Nobody will do this.



BEAUTIFUL WOOL CARPETS IN EAST FINCHLEY

Purveyor of fine wool carpets

174 High Rd
East Finchley, London N2 9AS

T: 020 7193 7432

www.passobello.co.uk

contact@passobello.co.uk



PASSOBELLO



Shoes, Trainers, Sandals, Bags and Luggage

Complete Repair Service by a craftsman
Same day if required

Key Cutting

1 Manor Park Rd. N2, behind 88 Church Lane, opposite Trinity Church
Tel: 07956 329 150 Open 12-7pm

THE ARCHER



Published by East Finchley Newspapers, P.O. Box 3699, London N2 8JA. www.the-archer.co.uk

Across London to help the hospice

Nine hundred walkers and a fair number of four-legged companions braved the chilly weather to take part in this year's Big Fun Walk, walking eight and a half miles across London in aid of North London Hospice.

Participants set off from East Finchley station on Sunday 20 March and made their way through many of London's Royal Parks before being welcomed to the finishing point at Storey's Gate in Westminster with a welcome cup of tea and entertainment including a jazz band and head massages.

Janette Roth has completed the walk for the last 13 years in memory of her dear friend Alison Leslie. She said: "Alison was always very active and completed events like the marathon. She is our motivation and inspiration. We are supporting the best organised walk. We are always well looked after along the route."

Anne Tarraf was taking part after the hospice cared for her husband Alaa for around seven weeks last year. She said: "Alaa had lung cancer. Not only do the staff look after the patient but also the family members who need a shoulder to cry on through the most difficult of times."

All money raised from the Big Fun Walk will go towards providing specialist care and support to terminally ill patients and their families in the boroughs of Barnet, Enfield and Haringey.



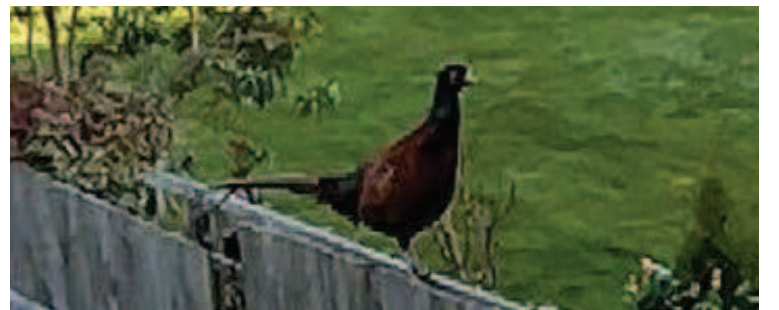
Ready to go: Friends and family of Alaa Tarraf walk in his memory. Photo Andrew Prod.



On their way: Walkers and their four-legged friends set off from Cherry Tree Wood. Photo Andrew Prod.

Game for a laugh

Perhaps it was just up from the country for a few days but city life seems to be perfectly pleasant for this pheasant, pictured on the fence of a house in Creighton Avenue, close to East Finchley allotments and Coldfall Wood. Twitter user Mussitator posted the photo, saying the bird made its presence known by making a lot of noise. Follow TheArcherN2 on Twitter and Facebook.



On the fence: The pheasant in Creighton Avenue

COLIN SCLARE

Sales & Lettings

119a East End Road, East Finchley, London, N2 0SZ



To celebrate four years in your local area we are offering two very good deals for Vendors and Landlords, for new instructions for a limited period only.

Fixed price to sell your flat £ 2500.00 plus vat(£3000)
Fixed price to sell your house £ 5000.00 plus vat(£6000)

Fixed price to rent your flat £ 500.00 plus vat (£ 600)
Fixed price to rent your house £ 1000.00 plus vat(£1200)

Great customer service is our top priority in our business. Open 6 days a week.

020 8444 3351 www.colinsclare.co.uk sales@colinsclare.co.uk

Roads renewal

A number of roads in East Finchley are in line for resurfacing over the next four years according to a Barnet Council plan released by local councillor Arjun Mittra.

Those which have been approved for re-laying are: Lankaster Gardens, Market Place, Stanley Road, Trinity Avenue, Ingram Road, Prospect Ring, Sylvester Road, Thomas More Way, Creighton Avenue, Leopold Road, Neale Close, Beresford Road, Brownswell Road, Elmfield Road, New Trinity Road, Strawberry Vale, Talbot Avenue and Tarling Road.

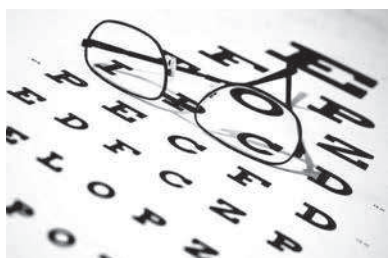
There is no detailed schedule yet for when the resurfacing work will be done but it is likely to be over the next two to four years.

STEWART DUNCAN OPTICIANS

SINCE 1962

126 HIGH ROAD, EAST FINCHLEY, N2 9ED TEL. NO: 020 8883 2020

- EYE EXAMINATIONS
- CONTACT LENSES
- DESIGNER EYEWEAR
- SUNGLASSES
- LATE NIGHT
- DYSLEXIA CLINIC



SECUREBASE
DOMESTIC COMMERCIAL INDUSTRIAL SECURITY
Est 1988

Your Security Problems Solved!



- ▶ Intruder Alarms
- ▶ CCTV
- ▶ Access Control
- ▶ Intercom Systems
- ▶ Locks, Doors & Keys
- ▶ Safes & Grilles
- ▶ Locksmiths



Constructionline

020 8442 0660

Securebase Ltd
112 High Road, East Finchley, London N2 9EB

T: 020 8442 0660
F: 020 8365 2788

info@securebase.co.uk
www.securebase.co.uk