



Regular Events

Sport & Fitness

- **Finchley & Hornsey Ramblers Group**
Call Vivien 8883 8190
- **Glebelands Indoor Bowls Club**, Summers Lane N12. New and experienced bowlers welcome.
- **Muswell Hill Bowling Club**, Kings Ave, N10. New & experienced bowlers welcome. Tel: 8883 0433.
- **Outdoor Bootcamp** 9.30am & 10.30am every Sat; **Boxing and Kettlebells**, 6.45pm Weds, Victoria Park, N3. Contact Sarah 07956 589902.
- **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
- **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 beginners' course** at Yogalogy, High Road, N2. Contact 020 70187377 or info@yogalogy.co.uk
- **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.
- **'Calm & Sing' workshops**. Contact Angie on missangiea@yahoo.co.uk
- **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.



The Shooting Stars Theatre Company production of Twelfth Night on the lawn at Lauderdale House.

Twelfth Night at Lauderdale House

Review by Carey Miller

Even if we have had a pretty miserable August, there is nothing more fun, especially for families, than sitting on a damp blanket on a tea lawn under a darkening sky, and watching a very updated version of a Shakespeare play. This time it was Twelfth Night, produced and performed by the Shooting Stars Theatre Company in the grounds of beautiful Lauderdale House in Highgate.

This is a play of mistaken identity, love triangles, popular music, zest, fun and a great performance from all members of the cast. It was also much enjoyed by the audience, not one of whom, in spite of the damp and miserable weather, left before the end.

The most memorable performances were Malvolio, Olivia's uptight steward, plus Sir Toby Belch and his mate Sir Andrew Aguecheek. Belch, with cans

of beer always stuffed in his pocket, repeatedly stole crisps and sweets from children and wine from the grown-ups who all thought it was hilarious, while Aguecheek, the classic buffoon, managed to spray champagne (or was it water?) over everybody, particularly me! In spite of all that, a thoroughly enjoyable evening with a young and talented cast. I certainly look forward to their next production!

The perils and pleasures of being a gay football fan

With the new football season under way, there couldn't be a better time for campaigner Darryl Telles to release his memoir We're Queer and We Should Be Here, charting his nearly 30-year journey from isolation to inclusion as an out and proud season ticket holder at Spurs.

It starts in Margaret Thatcher's Section 28 Britain when he and his friends had to get used to the constant abuse from fellow supporters around them. In 1989 he got involved with the Gay Football Supporters Network, which he describes as "a turning point in my life".

The stories he tells, some painful to read and some hilariously funny, illustrate how attitudes to LGBT people within football and society in general have changed over the years, although he notes that there is still a long way to go.

Darryl grew up in East Finchley as the son of Catholic, Goan parents who arrived in the 1960s from Kenya. He went to



A fan's life: Darryl Telles

Bishop Douglass School from 1975 to 1982 and now lives in Hove.

His book is published by Mereo at £12.99 and copies are available to buy now from Amazon and Waterstones.

Yoga for men: a life changing experience

By Diana Cormack

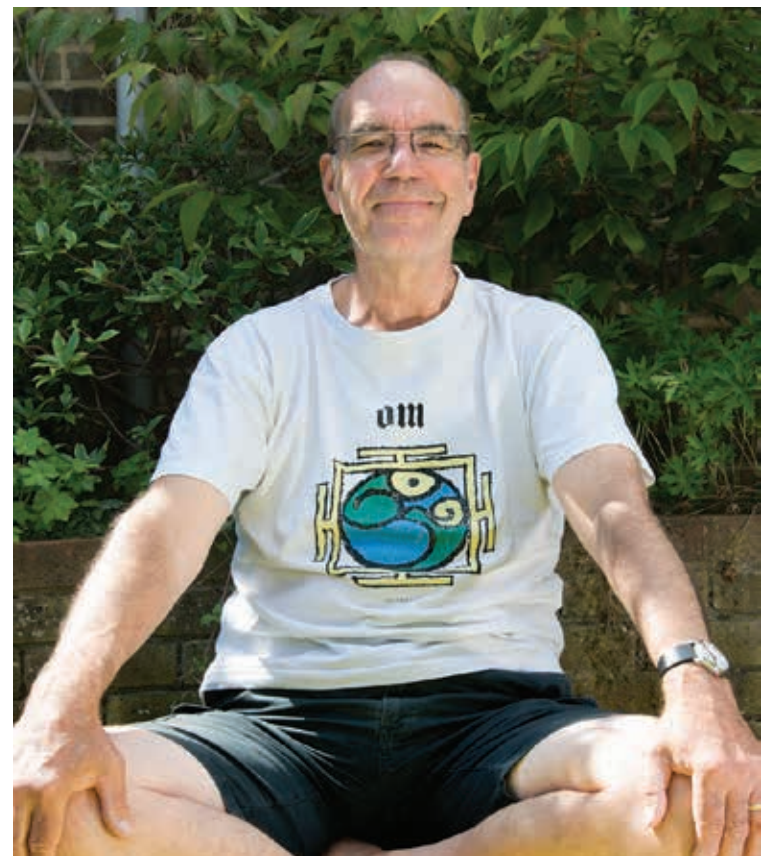
Did you know that of the two and a half million people in the UK who practise yoga, 85-90% are women? Strange to think that it was originally a male pursuit. However, more men are beginning to get involved.

For example, some football teams use it and former Man Utd and Wales player Ryan Giggs is a yoga devotee. When he launched his own DVD, complimentary comments were made about his fitness, flexibility and youthful looks, emphasising yoga's age-defying benefits. In the US, yoga is being marketed as a sports conditioning activity to encourage men to take it up.

Yoga instructor Ray Bussell, of Summerlee Avenue, N2, thinks it's time men enjoyed the benefits again, there being some differences in the way men and women approach and practise it. Architect Ray took up yoga 10 years ago

and told *The Archer* that it has opened up a whole new world for him and brought such a change into his life. Earlier this year he started running Yoga for Men classes, having gained his British Wheel of Yoga qualifications on a part-time course in Brighton.

The original members of the group that Ray began in March are still with him, which says a lot. Sessions for beginners and intermediates take place in St Mary's Church Hall, Hendon Lane, N3 1TR from 8.15pm to 9.45pm on Wednesdays and Thursdays. For further details email rb@workeandbussell.com or call him on 07595 345 236.



Ray Bussell. Photo Mike Coles

What's On...

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

Until Saturday 16 September

- Local artists Clare O'Hagan and Denise Wyllie invite you to their new exhibition **Poetry of Place**. Amazing work by multi-generational Japanese and UK printmakers; Koppel Project Gallery, Baker Street, W1U 6RL. Details at <http://thekoppelproject.com/poetry-of-place>.

Saturday 9 September

- **Battle of Barnet: guided walk** with City of London guide Paul Baker. Meet at junction of Great North Road and Hadley Green Road, EN5 5PP, at 11am. Details from Paul on 07506 761294 or visit www.barnetwalks.talktalk.net.

Saturday 9 September

- **Spiders and Bugs Hunt at Long Lane Pasture**, opposite fire station in Long Lane, N3; 10am to noon. The pasture should be alive with grasshoppers, spiders and other creatures. A chance to discover more about insects and to observe the wasp spider (which doesn't sting). Free entry.

Sunday 10 September

- **Open Day at Gordon Road Allotments**, off Dollis Road, N3, from 1.30pm to 5.30pm. Tours of best plots offered and

teas in the Piggery with homemade cakes. Home-grown produce for sale including potatoes, onions and marrows. All proceeds to charity.

• **Free concert at East Finchley Methodist Church**, High Road, opposite Creighton Avenue, 7.30pm; North London's finest casual choir **The Angels of Kaos** perform "Folk to Funk", an eclectic selection of great songs with heavenly harmonies. Free admission with collection in aid of The Kaos Singing Choir for Deaf and Hearing Children. Fully accessible venue.

Friday 22 September

• **Barnet Ghosts: an Autumn Equinox guided walk** with City of London guide Paul Baker. Meet outside High Barnet tube station at 7.30pm. Details from Paul on 07506 761294 or visit www.barnetwalks.talktalk.net.

Sunday 8 October

• **Grange Big Local's annual festival** this year will be a Fun Palace! Live music and lots of activities, from football to cooking, art, mad science, sensible kick-boxing, basketball and bouncy castles; Ann Owen Centre, Oak Lane, N2.

Peter Hardwick
Decorators & Property Maintenance Specialists
15 Lancaster Gardens, East Finchley, London, N2 9AZ 020 8444 5450
07956 870849