



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.
- **Creative Writing** at Friern Barnet Community Library. Every Saturday, 12pm, 07488 230580.
- **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.



Artist Natasha Williams with one of her paintings on show at Knidos restaurant on Fortis Green. Photo Mike Coles

Outback colours in the heart of the city

By Diana Cormack

Abstract paintings inspired by the amazing scenery of the Australian Outback have been on show at the Knidos restaurant in Fortis Green. Artist Natasha Williams, who lived in Melbourne for three years, told us her city scapes were heavily influenced by the colours of the landscapes she saw in Northern Territory.

Natasha's skills developed in her native East Finchley. As a five year old at Tetherdown School she loved art work and considers herself lucky to have gone on to Fortismere, where her skills were brought out and developed, particularly through her A-level studies.

During that time her work was chosen to represent north London schools at the Serpen-

tine Galleries along with that of fellow student and now Game of Thrones actor Edward Skrein.

An art foundation course at Middlesex University was followed by interior design in Leeds, where she joined an art collective. But it was travelling in Australia which contributed hugely to her distinctive style. Take a look at her work at www.natashakwilliams.com.

Local poetry that takes you round the world

By Daphne Chamberlain

The sixth edition of *N2 Poetry* is now in circulation. This is an independent magazine with three published poets on its editorial board and a wide range of life experience among its writers.

In this latest edition you can travel around the world, even reading a Chinese sonnet composed on a bridge in Cambridge (translation supplied!).

The poets have a North London connection in one way

or another, though not all live in the area. Some, though, are well known in East Finchley: for example, Ruby Joseph, tutor and manager of East Finchley Advice Service.

N2 Poetry aims to publish at least once a year, and welcomes contributions. Submissions (maximum four poems) should be sent for consideration to n2poetry@outlook.com, including name and contact details.

If you are unable to use email, please type your poem or poems on white A4 paper, and send to Shereen Abdallah, Managing Editor, N2 Poetry, 3 Leslie Road, N2 8BN, with a covering letter and stamped, addressed envelope. *N2 Poetry* issue 6, ISSN 2047-2242, is available for £5. Find out more at n2poetry.com.

Headscratcher

Solution from p5

0	2	3	2
1	3	0	3
0	2	2	1
1	3	3	1
2	0	0	1

The power of nature changed my world

Artist Denise Wyllie, who lives in Long Lane, N2, wanted to throw herself out of her comfort zone and find new inspiration so she bought a ticket to Japan and travelled solo to the land of cherry blossom. Here she describes how it changed her art.

I got rained on for three weeks trying to paint cherry blossom. I felt the power of nature so strongly I couldn't help but take a bow to it. Rain washed away my sorrows and gave me strength.

In October I had an exhibition in the Sugino Gallery, Ginza, the stylish area of Tokyo. There was rain and more rain and something new to me: typhoons.

On my way there I stopped off to see Yoshihisa Shida, an expert photographer of Mount Fuji. I was up at 4am, driving up scary dark, steep, narrow roads into the mountains with cameras and tripods. The rain suddenly cleared for the first sunny day in weeks and majestic Fuji was in full view.

I saw a secret hidden temple high in the mountains where monks still live a life of quiet solitude. I also revisited a family

of friendly tea farmers at their beautiful traditional home, decorated with kimonos and ancient framed letters of thanks from the Emperor and Prime Minister for their tea.

Climbing high

Even though I had planned my trip daily, with a heavy schedule ahead, the power of nature made me stop and rethink my journey. The temples and the mountain were symbolic. I had to climb high in order to get a better view of my life and career.

My mixed media prints from a series called 'The Cherry Blossom Front' are inspired by my first experience of Japan. Rain gave me a refreshed focus. All I needed to do was trust in nature.

Denise is exhibiting at the *Espacio Gallery in Shoreditch in March*. Follow her on Twitter @ArtistWyllie and Instagram: [denise_wyllie](https://www.instagram.com/denise_wyllie).



Artist abroad: Denise with her exhibition at the Sugino Gallery in Tokyo.

What's On... E-mail your listings to: the-archer@lineone.net

Sunday 14 January

- **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. More details from Paul on 07506 761294 or visit www.barnetwalks.talktalk.net.

Saturday 20 January

- **Kav Kavanagh presents rock 'n' roll social Jonny B's** at the East Finchley Constitutional Club, The Walks, N2, at 8pm, and on the third Saturday of every month. Everyone welcome.

Until Sunday 28 January

- **Strictly Come Dancing** champion Joanne Clifton stars in **Irving Berlin's classic musical *Top Hat***, an all-singing, all-dancing

show featuring songs like *Cheek to Cheek*, *Puttin' on the Ritz* and *Let's Face the Music and Dance*; Upstairs at the Gatehouse, Highgate, N6. Details and booking at www.upstairsatthegatehouse.com.

Thursday 30 January

- **The Start of North London Hospice: talk** by Harriet Copperman, one of the founders; 2.30pm at Avenue House (Stephens House and Gardens), 17 East End Road, N3 3QE. Finchley Society meeting. Everyone welcome.

Wednesday 7 February

- **Meet friendly club North London Meet Your Neighbours** at its monthly pub social at the Woodman pub next to Highgate tube, 7.30pm. Everyone welcome. Look for an 'NLMYN' sign.