

Barnet Borough News

(In association with Marketing Media)

No. 13 December 1985



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*We wish you the complements of the season and
 apologise for any inconvenience*

ATTENTION!

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Barnet Borough News is a monthly magazine carrying news of Council activities and community organisations. The What's On in Barnet diary is open to local organisations and carries a comprehensive list of events and meetings taking place within the Borough.

Barnet Borough News is distributed door-to-door throughout the Borough reaching some 113,000 homes and businesses.

Further copies are sent to libraries and council offices. The cost of production and distribution will be offset by advertising.

Barnet Borough News is edited by the Press Office of Barnet Council by Bill White, Rosemary Jude and Fiona Harcombe.

The co-publishers are the London Borough of Barnet and Marketing Media.

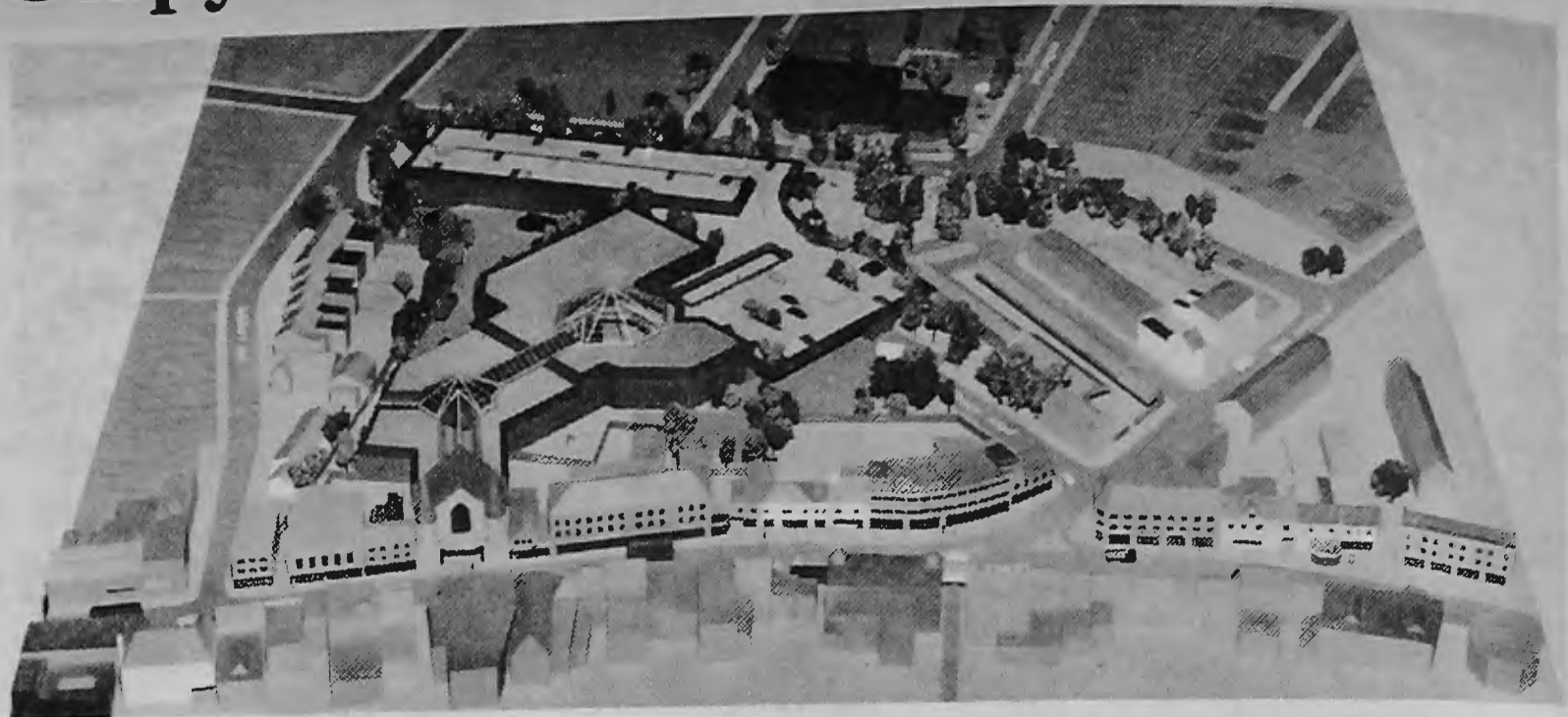
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Copies of most photographs can be obtained by contacting the Editor.

Front cover

The choir of the Church of St Andrew, Totteridge. In the background is Canon John Knowles who is the Mayor of Barnet's Chaplain this year. The original church was built in 1790 with major alterations in 1869. The weather boarded and castellated bell tower with its well known weather vane were reconstructed in 1953.

Stapylton Road car park schemes



THE two short-listed schemes for the Stapylton Road Car Park site of the Chipping Barnet Town Centre Development were unveiled for Councillors and the Press in the Town Hall, Hendon, on Thursday, November 21.

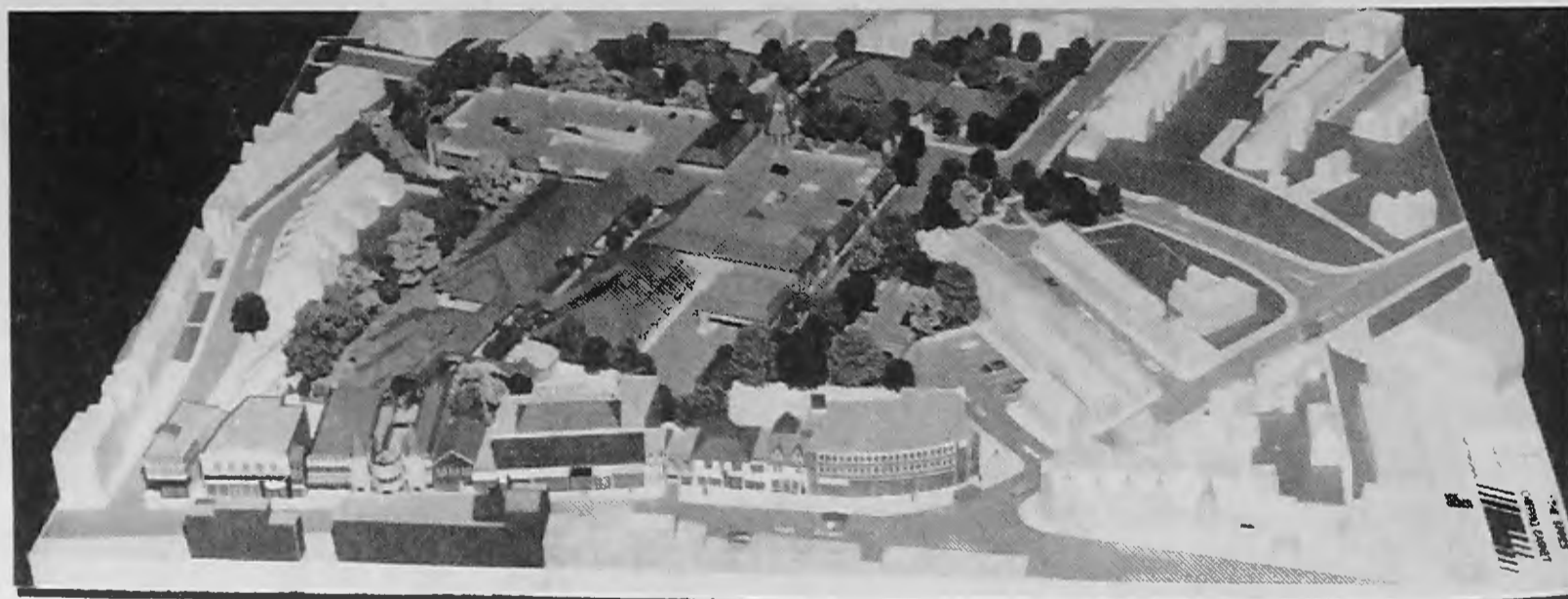
The two developers are Abacus Developments Ltd, 33 Sloane Street, London, SW1X 9NP, and Lovell Developments Ltd, Marsham House, Station Road, Gerrards Cross, Buckinghamshire, SL9 8ER. A photograph of the Abacus scheme model — The Courts — is shown above and of

Lovell's scheme model — The Spires — below. In the background (centre) in each photograph is the proposed new library.

The public will have an opportunity to see the plans and models for themselves when they are on show at the Methodist Church premises, High Street, Chipping Barnet, from Monday, December 2 to Saturday, December 7. Opening times are as follows: Monday, Thursday, Friday, Saturday: 10am-8pm. Tuesday: 10am-5pm. Wednesday: 10am-9pm.

Local residents will be invited to comment on their preferences and to submit these comments to the Controller of Development Services, Gateway House, 322 Regents Park Road, Finchley, N3 2LP, by December 13.

Following this consultation the schemes will be considered by a joint meeting of the Development and Estates, Public Works and Finance Committees on January 21 who will make recommendations to the full Council meeting on Tuesday, February 4.



QUIZ FOR UNDER 21s

A quiz competition for the under 21s is being organised by Barnet Education Department's Youth and Community Service and will start in January. The finals will be staged at the Town Hall, Friern Barnet, later in the year with the winners and runners-up receiving medals.

Any club in the borough can enter a maximum of two teams. Each team will comprise four members — a ladies' or men's team or a combination of both. All competitors must be aged under 21 as at

March 1, 1986.

It is hoped that as many clubs as possible in the borough will take part. Enquiries about the quiz should be made to the Convenor, Eric Finestone, Youth and Community District Officer (South), Youth and Community Office, Hendon School, Golders Rise, Hendon, NW4 (tel: 202 2757). Entry forms can also be obtained from and should be sent to Director of Educational Services (FY), Town Hall, Friern Barnet, N11 3DL (tel: 368 1255, ext 135). Closing date Friday, December 13.

Temporary closure

THE Edgware Careers office at 140 Orange Hill Road, Edgware, will be closed for the week December 16-20 to allow the staff to prepare for the implementation of a computerised careers office matching and recording system.

Arrangements have been made for urgent enquiries to be covered by the Finchley Careers Office, Castle Road, North Finchley, tel: 368 1255.

LETTERS

IT is regretted that owing to pressure on space it has not been possible to publish 'Letters to the Editor' in this month's issue.

Letters are always welcome and should be sent to the Editor, Town Hall, The Burroughs, Hendon, NW4 4BG. Please keep your letters as short as possible.

GREETINGS

As Barnet Borough News celebrates its first birthday we wish all our readers the compliments of the season and a happy and prosperous New Year.

EDUCATING THE PUBLIC — WHAT IS A LOSS ASSESSOR



Mr Jeffrey Salmon of Salmon Adams Hilton

ANTICIPATING the winter rush of burst pipes and the increased frequency of fire and theft during the dark hours, loss assessors Salmon, Adams, Hilton Ltd are shortly to embark on promotional campaign which will explain to the public at large how loss assessors can help them settle their insurance claims quickly and efficiently.

Too few people in this country know what a loss assessor is, says Jeffrey Salmon, the firm's managing director, "Indeed many people do not even realise that

such a service exists. There is too much confusion with Loss Adjusters who are the representatives of the Insurance Company and whose function is to report back to their principals whether the claim ought to be paid, part paid or not paid at all, and not as is generally misunderstood in any way an advisor to the claimant".

On the other hand, we as loss assessors professionally represent the insured party whose interests are our sole concern. Mr Salmon adds that he can do no better than to quote Lord Hailsham, the Lord Chancellor in the foreword of a recent legal advice book when he says: "The presence of an independent, detached but emotionally uninvolved advisor or advocate is an essential condition of a satisfactory outcome". If the insurance company is prudent enough to pay a representative to professionally act on their behalf, does it not make sense for the insured party to have a professional working for him?

Eight out of ten people who call us are experiencing problems with an existing claim that would probably never have got to the "problem stage" had they contacted our company immediately the incident arose." says Mr Salmon. We strongly advise the public always to contact a reputable firm of assessors to avoid later problems rather than contacting us when your claim appears to be collapsing.

The need to promote loss assessing in the UK

The need to promote loss assessing services in this country is highlighted by the fact that, in America, more than 40 per cent of claimants employ a loss assessor. In the United Kingdom, the number drops sharply to 2.6 per cent.

Salmon, Adams, Hilton are based in the West End around the corner from Clarges and, coincidentally, all the senior partners live within the Borough of Barnet. The firm's team of assessors includes valuers in the antiques and other trades and this assists them in obtaining a fair and just settlement for stolen, damaged or destroyed objects from the insurance company.

The firm's fees are generally a small percentage of the settled claim and are only payable on results, no settlement, no fee, unlike a solicitor who whether or not he gains his client a settlement or not, still demands his hourly rate. The assessor likes to think that in general his fee is more than compensated for by the extra amount a professionally well prepared concise schedule of particulars of claim can earn for the insured.

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NEWS

Exciting tree planting scheme

ONE of the most exciting tree planting projects to be carried out in the Borough of Barnet was officially launched on Wednesday, November 20, as part of National Tree Week.

Cllrs David Clarke, chairman of the Development and Estates Committee, and John Hart, Ward councillor, planted two cedars of Lebanon at the entrance to Arrandene open space at the junction of Miles-pit Hill and Wise Lane, Mill Hill.

It marked the start of a long term planting programme to develop a collection of hundreds of rare and fine trees from all over the world — an arboretum for pleasure and study for future generations.

The cedar of Lebanon comes from the region of Syria and South-



Cllr David Clarke plants the first of the two cedars of Lebanon. In the background, almost behind Cllr Clarke's left shoulder, is Cllr John Hart.

East Turkey. The first specimens were brought to this country in 1636. They live for several hundred years and in favourable conditions reach a height of more than 100 feet.

The trees will include oaks from the Mediterranean, limes from

Asia, beech, ash, horse chestnuts and redwood from the Americas, Chinese birch, tulip trees, magnolias, mulberry, hickory, the nettle tree of the elm family, maples and conifers.

Also at the ceremony were Max Caller, controller of engineering

services, Alan Burridge, assistant controller (recreation), Bob Ingall, arboriculturist, officers and members of the Mill Hill Ratepayers' and Residents' Association and Mill Hill Preservation Society, and third year pupils from the nearby Dollis Junior School.

School pioneers new environment project

ON Monday, November 18, Mill Hill County High School began a programme of events marking the opening of the first Environmental Science Centre in a Barnet secondary school.

A group of children from Courtland Primary School, Mill Hill, visited the Worcester Crescent site of Mill Hill CH to plant the first batch of trees in what the school believes will be not only an important educational venture but a major initiative in local community co-operation.

The new Environmental Science Centre, housed in former geography classrooms, will be the focal point of a study area which takes full advantage of the large Nut Wood open space which adjoins the spacious school grounds.

The centre will be open to neighbouring primary schools as well as students at Mill Hill CH.

On the Tuesday, the Mayor's escort, Mr Roy Langstone, performed the formal hedge-planting ceremony.

Mill Hill County High School's new centre forms part of the plan to widen the school's curriculum by introducing 'O' and possibly 'A' level courses in the future in environmental science from September, 1986.

But the new project reaches beyond the school boundary. Officials of the Barnet Borough parks department are co-operating in a plan to encourage people from the local community — particularly the young — to join in the effort to rehabilitate and improve many of the features of the Nut Woods which adjoin the school grounds.

The school and borough officials are planning to:



Nigel Jenkinson and Cate Hooper (in the background) supervise hedge planting by pupils of Courtland Primary School.

- Enlist local voluntary help to give Leg of Mutton Pond a 'face-lift' and turn it into a valuable study site.
- Develop a full-scale Nature Trail throughout the woods.
- Encourage community use of the whole area for study as well as leisure purposes.

Mill Hill CH's study centre was launched with advice from the borough's Science Advisor, Mr Neil Blake, who is taking an active interest in the scheme.

Also collaborating with the venture is the British Trust for Conservation Volunteers, one of whose officers, Cate Hooper, was on hand to help supervise the planting of hedges which have been donated by the Trust.

Mr Nigel Jenkinson, master in charge of the Environmental Science

Centre, says: 'This is one of the most exciting projects I have been involved in for many years.'

'Many universities are now offering environmental science honours degrees and the future increasingly offers employment opportunities in this kind of work.'

'We can also, through the school, perform an important role in drawing the local community into establishing a new sense of responsibility and influence over the local environment by taking a part in shaping it.'

Pupils attending the new centre will have an opportunity to use the laboratory and study facilities including an aquarium, an insect monitoring system and tree growth and development.

Children from primary schools will be encouraged to take home

project work — and they will find a friendly character among the books, leaflets and quest projects specially produced by Mr Jenkinson and his colleague: 'Wooster', the Environmental Private Eye!

He's the centre's pet dog detective, in cartoon form, created by Mr Jenkinson to help visitors pick up the right clues when investigating the carefully assembled woodland exhibits in two large show-cases.

Mr Derek Culley, headmaster, says: 'The Environmental Science Centre is a welcome addition to the already diverse curriculum we're able to offer and it will complement the strong, academic development which has continued since the merger of the former schools which now make up Mill Hill County High.'

Nature Notes

DECEMBER

By Clive Herbert of the Barnet Wildlife Group

IF the first winter snow arrives later this month, look for signs of foxes which are now common in most areas. Tracks look similar to dogs but are placed in a distinctive straight-line pattern. Another easily identified track is that of the rabbit, whose long hind footprints give a parallel imprint when the animal hops.

As 1985 draws to a close, we can look back on the past year. Spring migration was very late and House Martins were seen feeding young well in to September. The cold, wet summer also produced a poor butterfly season. We must not, of course, forget the difficulties faced by our farmers. Some were reporting combine harvesters axle-deep in mud, despite the massive flotation wheels fitted to the machines, and reductions in income of up to £100 per acre of wheat. While a welcome improvement in the weather occurred in October, a dry autumn meant that there were less fungi to be found than usual.

A final thought for 1985. It is 150 years ago that one of the world's greatest naturalists — Charles Darwin — landed in the Galapagos Islands on a visit which was to lead to the famous theory of The Origin of Species.

Councillors' and MPs' surgeries

CHIPPING BARNET

John Major, GLC councillor, and a borough councillor available Saturday, December 21, 10.30am to 12 noon, 163 High St, Barnet.

Sydney Chapman, MP, and a borough councillor available Saturday, December 7 and January 4, 10.30am to 12 noon, 163 High St, Barnet.

Arkley Ward — Councillor Wilf Lipman available Friday, December 20 and January 3, 7.30pm, Dollis Valley Community Centre.

FINCHLEY AND FRIERN BARNET

Conservative councillors available Saturday December 7 and January 4, 10.30am to 12 noon, 212 Ballards Lane, N3.

Margaret Thatcher, MP, can be contacted by constituents only at her local Constituency Office, 212 Ballards Lane, N3, telephone 445 4292.

East Finchley Ward — Labour councillors available Saturdays, December 7, 14, 21, 28 and January 4, 10am to 11.30am, East Finchley Neighbourhood Centre, Church Lane, N2.

HENDON NORTH

John Gorst, MP. For availability contact Constituency Office, 2

Apex Parade, Selvage Lane, Mill Hill, tel: 959 1446. **Conservative** councillors surgeries at Grahame Park and Mill Hill on Wednesdays, December 11 and 18, by appointment at above number and address.

Bryan Cassidy, GLC Member available by contacting the Constituency Office as above.

Colindale Ward — There are no surgeries in December but Labour councillors will be available in January. See January issue.

HENDON SOUTH

Peter Thomas, MP, available by appointment with secretary (219 4079). **Conservative** councillors available for consultation (202 7484)

West Hendon — Phone Cllr Tim Sims (734 8080, office hours) for appointment at West Hendon Ex-Servicemen's Club, The Broadway, NW9. Cllrs Doreen Neall (202 9927) and Agnes Slocombe (202 4074) available by appointment.

EURO MP

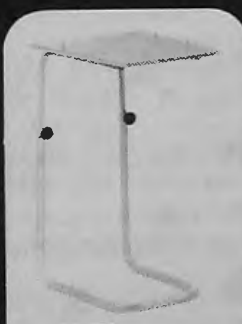
John Marshall, Euro MP, may be contacted at 2 Birkdale Rd, London, W5, for appointments.

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What's On

Send your entry, and contact telephone number, to the Borough News, Town Hall, The Burroughs, Hendon, NW4 4BG, tel. 202 8282, ext. 479.

Entries for the January issue must be received by Monday, December 9 and before that date if possible. New entries start on January 4. Please check if your events are taking place over the Christmas and New Year holiday period.

*Asterisk denotes regular weekly meeting.

Saturday, December 7

'Women in Barnet' Arts and Crafts Fair, Christchurch Hall, High Rd, N12. 11am-5pm.

Christmas Fair, Ravenscroft School, Barnet Lane, Barnet. 2.30pm.

Hendon North Conservative Association Christmas Fair, Hartley Hall, Flower Lane, Mill Hill. Admission 10p. 10am-3pm.

Our Lady of Dolours' Christmas Fair, St Joseph's School, Watford Way, Hendon. Admission 10p. 2pm.

London Hash House Harriers (Trent Park). Cockfosters Stn. 11am. 349 2338

*North London Rambling Club organise Saturday walks. Contact (SAE) Ray Todd, 31 Blair Close, St Paul's Rd, London N1 2YP

*Mill Hill School Sports Centre, The Ridgeway, Mill Hill. Junior activities, 4-6yrs 10.30am; 7+ 11.30am. 906 2322

Sunday, December 8

*Mind in Barnet 'Libra' Club, Etchingam Park Day Centre, Etchingam Park Rd, Finchley. 3.30pm. 455 2850

*Shaftesbury Harriers training sessions, Cophthall Stadium, Gt Nth Way, NW4. 11am. 200 1584. Also Tuesdays 6pm

*North London Holiday Fellowship Group. Sunday rambles in Home Counties. 346 6795/444 5847

*Finchley Zen Society, 91 Nether Street, N12. 8-9pm. 445 1819

Monday, December 9

*Bells Hill Prams & Pushchairs, St Stephen's Church Hall, Bells Hill, Barnet. 1.30pm. 441 9501

*Community Links in Cameras, photography group primarily for disabled, 43 Flower Lane, NW7. 1.30pm. Contact Maria Bartha 346 9789

*New Barnet Literary and Debating Soc, Lyonsdown Hall, Lyonsdown Rd, New Barnet. 8pm. 440 3859

*Edgware & Dist Canine Training Soc, St Alphage Hall, Playfield Rd, Burnt Oak. Ring class 8.30pm; obedience training 9.15pm. 0923 35968

*Mill Hill School Sports Centre, The Ridgeway, Mill Hill. Squash. 7.15pm. 906 2322

*Handicraft Club for over 60's,

Evergreen Centre, 54-60 Brookhill Rd, New Barnet. 2pm. 449 8690/886 7512

Tuesday, December 10

Barnet Anglo French Club, Council Chambers, Wood St. 8pm. 440 9267/346 1428

*Prams and Pushchair, club for mothers and young children, Union Church, Northiam, Totteridge. 2pm. 445 7287

*Friern Barnet and Totteridge Camera Club, Totteridge Library, Totteridge Lane, beginners to advanced. 8pm. 445 2617

*Mind in Barnet Luncheon/Social Club (in term time), The Old Barn, Tarling Rd, East Finchley. 1.30pm. 202 5845

*Barnet Women's Place, Community Centre, Victoria Rd, New Barnet. 1.40pm. 360 5171/440 1114 (Also Thursdays 10am & 8pm).

*Brookside Community Group Junior Youth Club (5-10) Union Church, Northiam, N12. 4.15-5.45pm. 446 4571

*British Red Cross Society, 10 Downage, Hendon. Sale of nearly new clothes. 10am-3pm

*123 Club for mothers, babies and toddlers, Christ Church Hall, High Rd, N12. 9.30-11.30am. 368 4659

*Christ Church URC Men's Society, (Church Parlour), Friern Barnet Rd, N11. 8pm. 368 7831

*Mill Hill School Sports Centre, The Ridgeway, Mill Hill. Introduction to golf, 7.30pm; beginners weight training 8pm. 906 2322

*Hendon and Edgware 18 Plus Group, Games Room, Royal Oak Pub, Finchley Rd, Temple Fortune. 8.15 pm. 205 1455

Wednesday, December 11

Pensioners' Voice (Barnet), Wesley Hall, High St. 1.30pm. 361 2787

Southgate Philatelic Soc., Walker School, Waterfall Rd, N14. 7.45pm. 888 3594

*Badminton, good standard, three courts. 883 4437

*National Council for the Divorced Separated, North West London Branch. Friendly club evening near Brent St, Hendon. Details: 226 3752, 203 5739/3269

*North London and District Divorced/Separated Club, St Paul's Church, High Rd, New Southgate. 8pm. 363 4130/452 3591

*Club 81 for unattached people 24-45, Torrington Arms, High Rd, Finchley. 9pm. 349 0026.

*Barnet YHA Group, 1st Lyonsdown Scout Hut, York Rd, New Barnet. 8pm. 449 1553/445 3492

*Bingo, St Alphage Church Hall, Playfield Rd, Burnt Oak. 8pm

*Barnet Caving Group. Bull and Butcher Pub, High Rd, Whetstone. 9.30pm. 446 1070/1868

*West Hendon over 60s Lunch

and Social Club, Community Centre, Marsh Drive, NW9. Lunch 12.30pm; Social Club 1.30pm. 202 5057

*Bingo, Community Centre, Victoria Rd, New Barnet. 7.30pm. 449 8992

*Good as New Sale, 163 High St, Barnet. 10am-1pm. 449 0117

*Mill Hill School Sports Centre, The Ridgeway, Mill Hill. Junior badminton, 6.15pm; beginners badminton, 7.15pm. 906 2322

Thursday, December 12

Barnet Winemakers, Staff Room, Barnet College, Wood St. 8pm. 440 1016

Pensioners' Voice (E Finchley), E Finchley Library, 226 High Rd. 2pm. 883 2155

*Brookside Methodist Church Boys' Brigade, East Barnet. Pre-Junior 6-8, 6.15pm; Juniors 8-11, 6.30pm; Company 11+ 8pm. 441 2042

*Hendon Chess Club, Hyde United Reformed Church, Edgware Rd, Colindale. 7.30pm. 952 3129

*Mind in Barnet Thursday Club, 154 Station Rd, Hendon. 7.45pm 202 5845

*High Barnet Woodcraft Folk, Underhill School, Mays Lane, Barnet. 6-9 yrs, 6pm (440 5369); 10-13 yrs. 7.15pm (440 2426)

*Carpentry for disabled, John Grooms, Stoneyfields Rd, Edgware. 1.30pm. Ring Ian at CRAB 346 9789.

*MIND in Barnet — Women's Drop in Centre, Trinity Church, Rodborough Rd, NW11. 9.30am-1pm (relaxation 12-1pm). 202 5845

*Roundabout Club pensioners group, Sarnes Court, Oakleigh Rd Sth, N11. 2pm. 368 4409

*Mums, babies & toddlers club, St Barnabas Church, Holden Rd, N12. 2-4pm. 445 0572

Friday, December 13

*Hendon & Hampstead Garden Suburb Camera Club, Fellowship House, Willifield Way, NW11. 8pm. 205 6053

*Barnet and Finchley Photographic Soc, rear of 37a Salisbury Rd, Barnet. 8pm. 368 3917

*Barnet Blind Bowls Club, Drill Hall, St Albans Rd, Barnet. 2-4.30pm. 449 7058 (not during December)

*Finchley Cine Society, Avenue House, East End Rd, N3. 8pm. 346 4265

*Brookside Community Group Senior Youth Club (11-16), Union Church, Northiam, N12. 7.15-10.15pm. 446 4571

*Social afternoon, Old Barn Community Centre, Tarling Rd, N2. All ages. 1-3pm. 349 4613

Saturday, December 14

British Tinnituss Assn (NW London), Meritage Club, Church End, Hendon. 2pm. 444 9657

New Barnet & District Stamp & Postal Fair, St Peters Hall,

Lyonsdown Rd, New Barnet. 10am-5pm. 440 8835

Tuesday, December 17

Single, widowed or divorced (25-35) Finchley area. 8pm. 889 0513/444 8743

Royal British Legion, (N. Finchley), Legionway, Summers Lane, N12. 8pm. 445 9911

Barnet National Trust Assn, St Mary Magdalen Church Hall, Athenaeum Rd, N20. 8pm. 449 5876

Barnet Group Nth Middx Family History Soc, Church House, Wood St. 7.45pm. 445 1750

Rotaract Club of Edgware & Stanmore, Green Man, Honeygot Lane, Stanmore. 8.15pm. 722 4439 (also Jan 7)

Thursday, December 19

Friern Barnet & Whetstone Rotaract Club, Bull & Butcher Pub, High Rd, N20. 8.15pm. 446 4008

Civil Service Pensioner's Alliance, Avenue House, East End Rd, N3. 10am. 346 6994

Saturday, December 21

London Hash House Harriers, Highgate Woods — Highgate Tube Stn. 11am. 349 2338

Saturday, December 28

New Barnet & Dist. Stamp & Postal Fair, St Peters Hall, Lyonsdown Rd, New Barnet. 10am-5pm. 440 8835

Thursday, January 2

Friern Barnet & Whetstone Rotaract Club, Bull and Butcher Pub, High Rd, N20. 8.15pm. 446 4008

Barnet Community Health Council Finchley Memorial Hospital (canteen), Granville Rd, N12. 7.30pm. 959 2038

Keep fit

Mondays

*Stretch and shape, Christchurch Hall, High Rd, North Finchley. 11 am. 349 1449 (also Fridays)

*Pensioners Health Group, Methodist Hall, Rodborough Rd, NW11. 2pm. 794 6376. 60p

*Get Fit & Trim Workouts to music, St John's Hall, Friern Barnet Lane, N20. 6.45pm. 440 5811. Also Weds 7.50pm.

*Freston Fitness Club, Freston Hall, Freston Gardens (off Cat Hill), Cockfosters. £1.50 per session. 7-8pm. 446 4388

*Yoga, St Mary's Church Hall, Hendon Lane, N3. 7pm. 455 2476. Also Weds 9.45am

*Keep fit, Centre Point, Corner Mead, Grahame Park. 8pm. 205 7113

*Aerobics 9.30am; body conditioning 10.30am. Christchurch Hall, High Rd, N12. 349 1449

Tuesdays

*Popmobility/aerobics, Queen Elizabeth Centre, Meadway, Barnet. 7pm and 8pm. 441 2933

*Relaxation classes, Centre Point, Corner Mead Grahame Park.

What's On

- 8.30pm. 205 7113
- *Aerobics, Manorside School, Squires Lane, N3. 8pm. 349 1449 (also Thursdays 7.30pm)
 - *Yogacise 7.15pm; danceacise, 8.15pm, All Saints School, Oakleigh Rd Nth, Whetstone. Also Thursdays and daytime classes. 441 1336
 - *Ladies keep fit class, Finchley Methodist Church Hall, Ballards Lane, N3. 7.45pm. 360 5114
- Wednesdays**
- *Popmobility, Centre Point, Grahame Park. 7.30-9.30pm. 205 7113
 - *Yoga for people with handicaps. Special class, St Mary's Hall, East Barnet. Gentle movement, breathing, relaxation. 4-6pm. Qualified teacher. Other classes available. 440 1828
 - *Aerobics, Copthall Swimming Pool, Page St, Mill Hill. 9.45am. 349 1449
 - *Mixed Volley Ball Training Club, Queen Elizabeth Centre, Meadway, Barnet Juniors 6pm; seniors 7pm. 441 2933
 - *Yoga with British Wheel trained teacher, Moss Hall Infants' School, Moss Hall Grove, N12. 7.30pm. 368 4230
 - *Get Fit & Trim Workouts, Manor Drive Hall, N20. 10.15am (creche). 440 5811. Also Fridays.
 - *Health and Beauty, exercise and

movement classes, Christ Church Hall, High Rd, N12. 7.15-9.45pm. 286 3102

Thursdays

- *Mixed exercise class for people with problem backs, Queen Elizabeth's Girls' School, Meadway, Barnet. 8pm. 445 6986
- *Aerobics/keep fit, Centre Point, Corner Mead, Grahame Park, 7.30pm. 205 7113
- *Yoga. British Wheel trained teacher, Union Church, Northiam, N20. 7-8pm. 349 2972

Fridays

- *Body conditioning, Christchurch Hall, High Rd, N12. 10.30am, 349 1449
- *Anita's keep fit class, Michael Sobell Centre, Limes Avenue, Golders Green. 10.15am. 458 7411 ext 379 (day), 455 9195 (eve)

Martial Arts

Mondays

- *North London Karate Club, Mill Hill School, The Ridgeway, Mill Hill. 8-9pm, 9-10pm. 440/7733/8633 (also Thursdays)
- *Barnet Shotokan Karate Centre. Recreation Hall, Barnet General Hospital, Wellhouse Lane, Barnet. Children 8-14 yrs; 6.30-7.30pm. 449 3150
- *Cobra Karate Club, Christ's Col-

lege School, Hendon Lane, N3. Beginners 7pm; advanced 8pm. 959 4338. Also Wednesdays

- *Watling Karate Club, Watling Boys' Club, Dryfield Rd, Burnt Oak. Under 12, 6-7pm; over 12, 7-8pm. 40p a session (and Wednesdays)

Tuesdays

- *Karate Centre Point, Corner Mead, Grahame Park. 7-13 yr olds 6pm; 13 plus 7pm. 205 7113 (also Thursdays)
- *Barnet Shotokan Karate Centre, Pennefather Hall, St Albans Rd, Barnet. Adults 7.30-9.30pm. 449 3150
- *J.L. Kung Fu Centre, All Saints Church Hall, Durham Rd, N2. 7pm. 959 2605
- *Hampstead Garden Suburb Shotokan Karate Centre, Nautilus Fitness Club, 39 Market Place, Falloden Way, NW11. 7.30pm. 959 8228/973 0917

Wednesdays

- *Barnet Shotokan Karate Centre. Adults Christchurch School, Hillton Ave, N12. 8-9pm. 449 3150
- *Judo for children, Pymmes Youth Centre, East Barnet Lower School, Westbrook Crescent, E Barnet. 6.30-7.30pm; 7.30-8.30pm. 440 6473
- *Wing Chun Kung Fu, Simon Lau Martial Arts Academy (Mill Hill Division), Hartley Hall, Flower Lane. 7pm. 998 1055

*Finchley Karate Club (Okinawan Goju-Ryu Karate), Manorside School, Squires Lane, N3. 8pm. 346 9505

*Kateda Self Defence Association, King Alfred School, North End Rd, NW11. 7pm. 904 6720

Thursdays

- *Goju-Ryu Karate, Queen Elizabeth Girls' School, Meadway, Barnet. 6pm. 906 4372/449 8997
- *Judo for Adults, Pymmes Youth Centre, East Barnet Lower School, Westbrook Crescent, Barnet. 7.30-9pm. 440 6473

Fridays

- *Shin Do Kwai Kendo Club, Whitefield School (gym) Claremont Rd, NW2. 7.30pm. 863 7574
- Finchley Karate Club (Okinawan Goju-Ryu Karate), Manorside School, Squires Lane, N3. 8pm. 346 9505

Women's clubs

Tuesday, December 10

Wives Group, Mill Hill East Church Hall, Salcombe Gdns. 8pm. 346 9430

East Barnet (Osidge) TWG, Church Farm, Church Hill Rd, E Barnet. 7.45pm. 368 7346

Thursday, December 12

Finchley Granville (Afternoon) TWG, Finchley Methodist Hall,

COPTHALL SWIMMING POOLS

GREAT NORTH WAY, HENDON, LONDON NW4

SPRING TERM LESSONS STARTING IN JANUARY

FOR ADULTS

| | |
|--------------------------------------|-------------------|
| Swimming (Copthall and Squires Lane) | £15 : 10 lessons |
| Keep Fit and Aerobics (with a swim) | £15 : 10 lessons |
| Diving | £15 : 10 lessons |
| Life Saving Courses | from £18 |
| Teacher Training Courses | from £20 |
| Weight Training | £1.75 per session |

FOR CHILDREN (over 5)

| | |
|-----------------------|------------------|
| Swimming | £15 : 10 lessons |
| Diving | £15 : 10 lessons |
| Synchronised Swimming | £15 : 10 lessons |
| Snorkelling | £15 : 10 lessons |

FOR CHILDREN (under 5)

| | |
|---------------------------------|------------------|
| Ducklings classes (4-year-olds) | £12 : 10 lessons |
| Mother and Baby Classes | £10 : 10 lessons |

Booking starts on:

MONDAY, 9th DECEMBER, 9.30am

You must come in person to book!

FOR FURTHER DETAILS TELEPHONE:

01-203 4187



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wouldn't those you care for
prefer something
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**As London's leading Health Care store,
we have many practical gifts that will
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London's largest selection of aids for
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JB&C

What's On

Ballards Lane. 2pm. TWG Guitar Group. 455 7165

Broadway Mill Hill TWG, Hartley Hall, Flower Lane. 2pm. Christmas Party. 954 1684

Chipping Barnet WI, Wesley Hall, Methodist Church, High St. 10am. 440 8807

*Russell Women's Club (term-time), Southaw School, Russell Lane, N20. 7.45pm. 361 1553

Friday, December 13

Barnet Afternoon TWG, Church House, Wood St. 2pm. 449 0367

Monday, December 16

Barnet & Dis. National Council of Women, Wesley Hall, High St. 1.30pm. 346 8576.

Mill Hill Highwood TWG AGM, Hartley Hall, Flower Lane. 2pm. Christmas Party. 959 1994

Wednesday, December 18

Woodside Park Afternoon TWG, Old Finchleians Club House, Southover. 2.15pm. 445 0091

Friday, December 20

Broadfields Evening TWG, Orange Hill Junior School, Hamonde Close, Edgware. 7.30pm. 958 5718

Wednesday, January 1

Barnet Evening TWG, Church House, Wood St. 7.30pm. 449 6809

Edgware TWG, Parish Hall, Rectory Lane. 2pm. 952 3311

Thursday, January 2

East Barnet Valley TWG, Lyonsdown Hall, Lyonsdown Rd, New Barnet. 2.15pm. 449 9601/3885
Ashley Evening TWG, Mill Hill East Free Church, Salcombe Gdns. 7.30pm. 906 1952

Horticulture and floral art

Monday, December 9

Finchley Chrysanthemum Soc. Manorside School, Squires Lane, N3. 8pm. 449 8398.

Tuesday, December 10

Mill Hill Flower Club, Harwood Hall, Mill Hill B'way. 8pm. Christmas show and social. 959 3530

Wednesday, December 11

Hendon Horticultural Society, Hendon Library, The Burroughs. Seasonal evening. 8pm. 346 7392

Thursday, December 12

Barnet & Dis. Fuchsia Soc, Council Offices, Wood St. 8pm. Christmas get-together. 449 7165

Bridge Clubs

Mondays

*Intermediate Bridge Class, 41 Northumberland Rd, New Bar-

net. 7.30pm. 449 0960. Also Tuesdays 10am, Wednesdays 2pm

*Bridge Class, second year students, St Albans Parish Centre, Gainsborough Rd, N12. 8pm. 445 1108 (also Tuesdays)

Wednesdays

*Intermediate bridge class, 41 Northumberland Rd, New Barnet. 2pm. 449 0960

Thursdays

*Northside Bridge Club, E Finchley Methodist Church Annexe, High Rd. Duplicate first Thursday, rubber remaining Thursdays. 7.30pm. 445 7788

*NW London Duplicate Bridge Club, Michael Sobell Centre, Limes Ave, NW11. Admission £1.50. 7.45pm. 455 3745

Fridays

*Beginners' bridge class, 41 Northumberland Rd, New Barnet. 7.30pm. 449 0960

*The Fern Room Whist Club, Salisbury Road, Barnet, 2pm. 441 4853

Late entries

Monday, December 16

West Hendon Labour Party Christmas Social and 'meet the Councillors' evening. 12 Neeld Crescent, Hendon. 8pm.

All the following events take place at the Old Barn Community Centre, Tarling Road, East Finchley. Tel: 349 4613.

*Mondays-Fridays

Under 5's Club, 9.30am-12.30pm.

*Mondays

Netball, football and indoor games for adults (with creche facilities), 1-3pm.

*Tuesdays

Activities for unemployed (photography, music and cookery), 1-3pm.

*Thursdays

Machine knitting for adults (with creche facilities). 1-3pm.

Fridays

*Keep fit (with creche facilities). 1.30-2.30pm.

Council meetings

Members of the public are invited to attend council and committee meetings in the Town Hall, Hendon, at 7pm.

Monday, December 9: Grants

Tuesday, December 10: Education Sub-Committees

Tuesday, December 17: Council Meeting

Wednesday, December 18: Town Planning & Research



FOWL THOUGHTS FOR CHRISTMAS

One of the duties of the Environmental Health Officer is to ensure that commercial food premises are maintained in a clean and hygienic condition in an endeavour to prevent food poisoning. However, even in the cleanest premises, including your home, lapses do occur which may lead to illness.

Food poisoning is an acute infectious disease characterised by vomiting, diarrhoea and abdominal pain and is most frequently caused by eating food contaminated by certain kinds of bacteria. It will occur if the food poisoning organisms have an opportunity to multiply in contaminated food and this requires four factors:

A food favoured by the bacteria in which to grow; a suitable temperature; adequate moisture and, time for the organism to multiply.

For the coming festive season many will buy frozen poultry which should be safe if care is taken, including:

Thawing the bird properly at room temperature, i.e. the coolest room in the house (15°C, 59°F) and, in respect of a turkey *not* in a refrigerator. Frozen chickens on the other hand, may be thawed at room temperature but should preferably be thawed in a refrigerator, as set out.

| Weight | Thawing at room temperature | Thawing in a refrigerator | Minimum cooking time |
|----------|-----------------------------|---------------------------|--|
| CHICKEN | | | |
| 2lbs | 8 hours | 28 hours | 20 minutes to the pound plus 20 minutes at 190°C |
| 3lbs | 9 hours | 32 hours | 375°F, gas mark 5 |
| 4lbs | 14 hours | 50 hours | |
| 7lbs | 16 hours | 56 hours | |
| TURKEY | | | |
| 20lb | 30 hours | — | 3½ hours |
| 25lbs | 36 hours | — | 4½ hours |
| 30-35lbs | 48 hours | — | 5-5½ hours |
| 40-45lbs | 60 hours | — | 6-6½ hours |
| | | | 177°C 350°F gas mark 4 |

These thawing times are essential to ensure that the bird is thoroughly cooked.

The bird is ready for cooking once the body cavity is free of ice crystals, the legs and thighs soft and flexible and the body pliable.

Remove the giblets but do not stuff a turkey.

To test whether the bird is cooked, a skewer should be inserted into the thickest part of the thigh — when the juices run clear the bird is cooked.

The cooked bird should be served as soon as possible, with a minimum of handling but, in any event, it is essential that any meat should be placed in a refrigerator within 1½ hours of removing from the oven. Keep cooked meat clean, covered and cool, and have a happy Christmas.

ENVIRONMENTAL
HEALTH
DEPARTMENT



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PUBLIC HEALTH

Further information or advice is available from Mr R. Griffin on 349 9121 ext 165.

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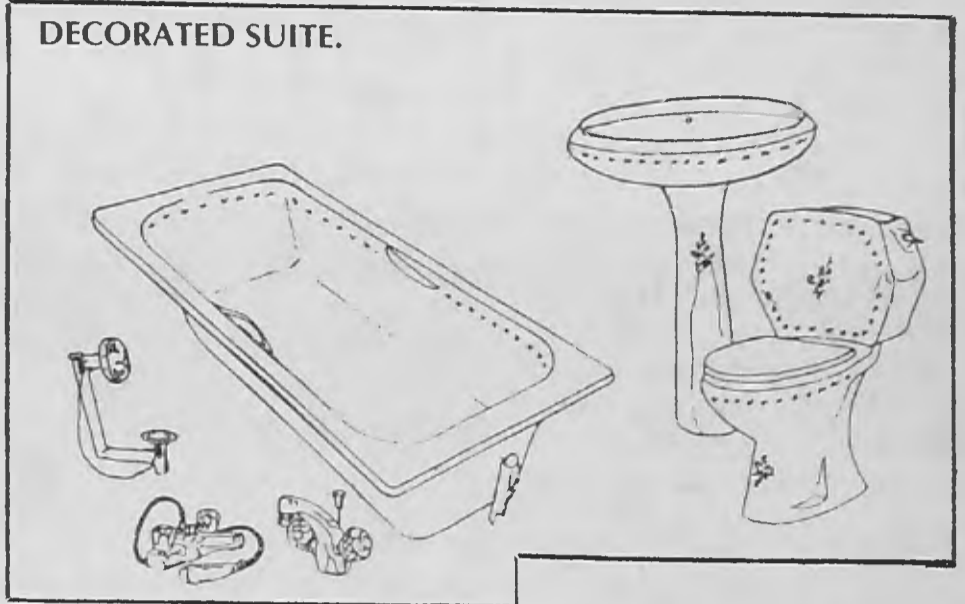
COMPLETE QUALITY SUITE.



COMPLETE QUALITY SUITE. Comprises: super steel bath, 3.5mm. 30 years guarantee. WC complete with seat, basin and pedestal, bath shower mixer, basin mixer, automatic pop-up.

£295.00 Choice of colours:
Champagne, white, whisper grey.

DECORATED SUITE.



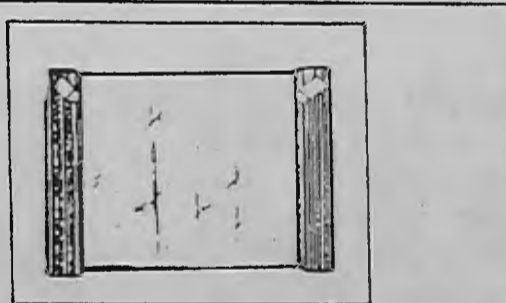
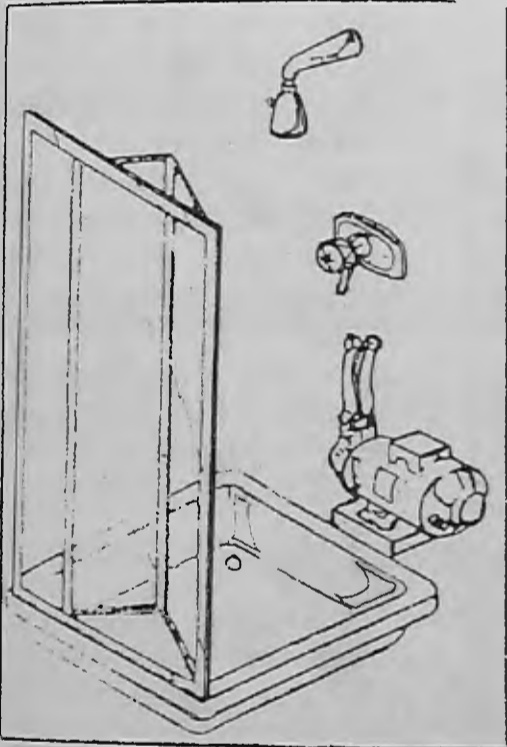
DECORATED SUITE. Super steel bath, basin and pedestal, WC complete with seat, bath shower mixer, automatic pop-up and basin mixer.

£595.00 Corner bath if preferred.
Choice of decoration.

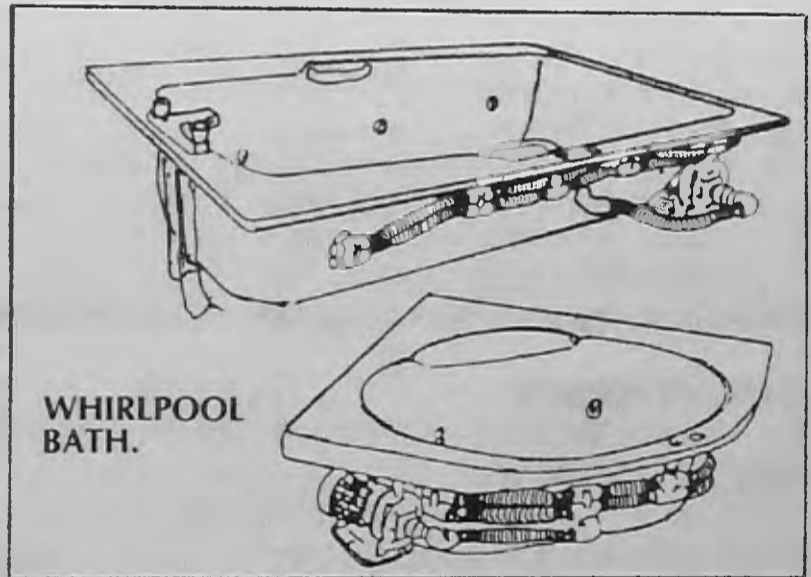
SHOWER UNIT COMPLETE.

Comprises: ceramic tray, waste, number 1 thermostatic control valve, adjustable six-prong head, with impulse, 8mm tempered glass shower door, Stewart Turner booster pump.

£495.00
Approved and listed by the waterboard.



MIRROR WITH LIGHTS £112.00



WHIRLPOOL BATH.

WHIRLPOOL BATH. 3.5mm, super steel, six chrome jets, easy touch switch, stainless steel pump. ELCB.

£583.50 Corner bath if preferred.

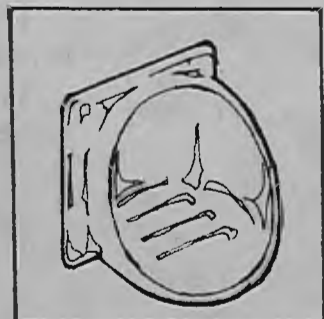
ACCESSORIES



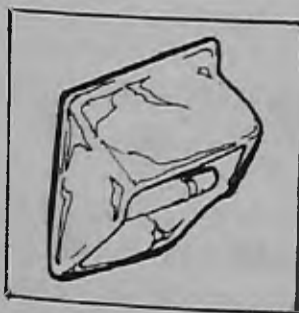
TOWEL RING £7.72



TOWEL RAIL £13.65

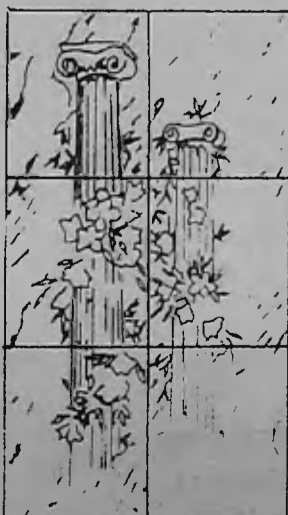


SOAP DISH £5.84



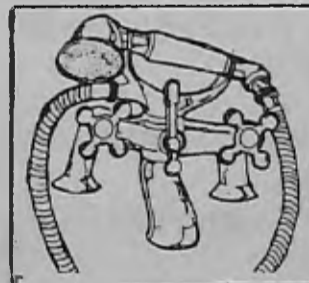
TOILET ROLL HOLDER £9.38

ALL COLOURS IN STOCK



TILES
Top quality designer tiles from £12.00 sq yd

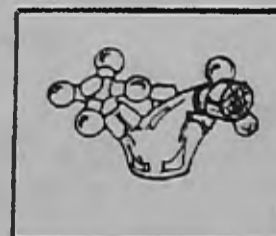
TAPS



BATH SHOWER MIXER £65



3-HOLE BASIN MIXER £42.27



BASIN MIXER £28.87



BIDET MIXER £28.87

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All prices plus VAT

NEWS

Housing investment in Barnet

THE size of Barnet's Housing Investment Programme depends on the amount which the Government allows us to borrow and the amount of capital receipts we have accumulated. These come from a successful campaign to sell Council homes to our tenants.

Barnet's first priority is to repair and improve the condition of its own homes, and over half the capital programme is spent on these works. The Council also wishes to provide new rented accom-

modation for the growing elderly population in the Borough, as well as building starter homes for sale to younger people. We give encouragement and financial support to Housing Associations in the Borough which adopt these priorities. Barnet is helping to combat housing conditions in the private sector too, by the use of improvement grants.

Fuller details of the Housing Investment Programme are shown below.

CAPITAL WORKS DURING 1984/85

New Build

| | | |
|--------------------|--|--|
| Long Lane | 65 Flats for Rent (inc 23 for the elderly) | |
| Colindale Avenue | 7 Flats for Rent for the elderly | |
| Summercoates Close | 24 Flats for Sale on Shared Ownership | |

Total: 96

Expenditure
£000s

£2,610

Major Repairs and Improvements

| | |
|-------|---|
| 240 | Modernisations were completed at Watling Estate, Elmshurst Crescent, Eversleigh Court & Grosvenor Court |
| 370 | Homes had central heating installed at Dollis Valley and various sheltered flats in the Borough |
| 560 | Homes had roofs renewed, including Upper & Lower Fosters and the Russell Road Estate |
| 130 | Houses had windows renewed at Brookfield Avenue and Woodhouse Road Estate |
| 300 | Flats were improved by lift renewals at Grahame Park and Granville Road Estates |
| 70 | Homes had external repairs on the Watling Estate |
| 850 | Flats had entry security systems fitted |
| 3,720 | Homes were involved in other major works, eg: refuse chute renewals, rewiring, asbestos removal, etc. |

6,222

£6,336

Improvement Grants

648 Improvement Grants were awarded to Barnet Residents

£2,231

Housing Act Advances

22 Council mortgages were granted

£104

Lending to Housing Associations

£523

£11,804

CAPITAL WORKS PROGRAMMED FOR 1985/86

New build

| | |
|--------------------|--|
| Booth Road Ph 2 | 40 Flats for Rent (inc 20 Sheltered flats) |
| Clitterhouse Site | 30 Flats for Rent |
| Elmshurst Crescent | 5 Houses for Rent |
| North Road | Community Centre |

Total: 75

£2,214

Major Repairs and Improvements

| | |
|-------|---|
| 400 | Modernisations will be completed on Watling Estate, Colney Hatch Lane, Burnt Oak Broadway & Derby House |
| 840 | Homes will have central heating installed at The Grange, Dollis Valley, Cromwell Road, Stonegrove, etc. |
| 510 | Homes will have roofs renewed at Dollis Valley and Rocklands |
| 330 | Homes will have windows renewed, including Woodhouse Road, Russell Road, and The Avenue Estate |
| 400 | Flats will be improved by lift renewals at Norfolk Close, Prospect Ring, Whitefields & Grahame Park Estates |
| 650 | Homes will have external repairs on Watling & West Hendon Estates |
| 3,821 | Homes will be involved in other major works |

6,951

£5,635

Improvements Grants

666 Improvement Grants will be awarded to Barnet Residents

£2,245

Housing Act Advances

20 Council mortgages will be granted

£100

Lending to Housing Associations

£770

£10,964

HOLIDAY CLOSING

COUNCIL offices will be closed over the Christmas and New Year holiday period from 5.15pm on Tuesday, December 24 to 9am on Thursday, January 2.

An emergency only service can be contacted on a 24-hour basis throughout the holiday on:

202 8282.

Swimming

Cophall Swimming Pool will be closed for repairs from December 16 to January 3 inclusive. Squires Lane swimming baths will be closed from December 16 to 29 inclusive. The slipper baths will be open as normal except for holiday closures on December 24, 25, 26 and January 1.

Although facilities are limited there is public swimming at Centre Point, Corner Mead, Grahame Park, and Queen Elizabeth Centre, Meadway, Chipping Barnet.

Centre Point: Tuesday and Wednesday evenings, 9 to 10pm. Sundays 9am to 1pm and 2 to 5pm.

Queen Elizabeth's: Mondays, 6-7pm (family session), 9-10pm (ladies only); Tuesdays, 8.15-9.45pm (adults only); Wednesdays 9-10pm (adults only); Sundays 10-10.30am (parents and toddlers).

Centre Point will close from December 21 to January 6 inclusive although the playground area will remain open. Queen Elizabeth's Centre will close from December 25 to January 1 inclusive. Ashmole Centre will close from 2pm on December 24 to January 1 inclusive. Manorhill Centre will close from December 23 to January 6 inclusive.

Libraries

The Borough libraries will all be closed from Monday, December 23 to Thursday December 26 inclusive. They will be open on Friday, December 27 and Saturday, December 28, and then will be closed from Monday, December 30 to Wednesday, January 1 inclusive, reopening on Thursday, January 2.

The travelling libraries will make their rounds on Monday, December 23 and up to 4pm on December 24 and will then be off the road until January 2.

Church Farm House Museum will be closed on December 23 to 26 inclusive, open from December 27 to December 29 inclusive, and closed from December 30 to January 1 inclusive.

Refuse

There will be no refuse collection on Christmas Day, Boxing Day and Friday, December 27 or on New Year's Day, January 1.

The Monday and Tuesday rounds will be made as usual on December 30 and 31. The Wednesday collection will be made on Thursday and for the rest of that week collections will be a day late with working on Saturday, January 4, to make up the time.

You & Your Home

All combinations of comfort

THE name has changed, but the company behind it has been serving the public in Muswell Hill for the past 50 years.

John Barke, a partner in what was E. C. Lacks' furniture shop in Colney Hatch Lane, is now specialising in sofa beds to keep pace with the changing face of the furniture market, and in August opened up as The Sofa Bed Shop.

The two-storey shop boasts some 30 different sofa beds, which range from the inexpensive to the luxu-

rious and are available in a selection of hundreds of different fabrics.

Clients at the Sofabed shop are looking for one of three types of bed. First are the customers seeking a bed for the spare room, which will rarely be used as a sofa. These are the most inexpensive range and will cost around £150.

Opening out

It is possible to buy cheaper he adds, but he is dubious about such



CAVERSHAM — with spring interior mattress.

sofa beds' durability. These two-seater sofas open out on to double beds on the floor.

The middle range, often used by those living in bedsits, are ideal for permanent use as sofas, converting into beds for the occasional guest.

Many of these are made in Belgium and vary from all-foam pieces and open out directly on to the floor to little two-seaters that open on to a metal frame with a thin foam mattress. This range is available in a more attractive range of covers and fabrics and costs between £150 to £300.

Top of the range are the luxury sofa beds, all of which have a metal action with wooden slatted supports and spring interior mattresses. These can be used every day as either sofas or beds or both, and

many are available with matching sofas and chairs.

These will cost between £550 to £1,000-plus. One particularly ingenious idea is the sofa whose cover converts into a duvet . . .

This top range of sofa beds is available with quality fabrics including Sanderson and Liberty prints.

Mr Barke hopes eventually to sell curtains in matching fabrics, but his first concern is to tread carefully in this new market to ensure that he never promises to the customer what he is unable to deliver.

And he is concerned to keep the business at a small, friendly level, so that customer satisfaction comes first. His delivery hours are flexible and it is not unusual for him to be out at 8am or after 7pm if that is the only time the customer is at home.

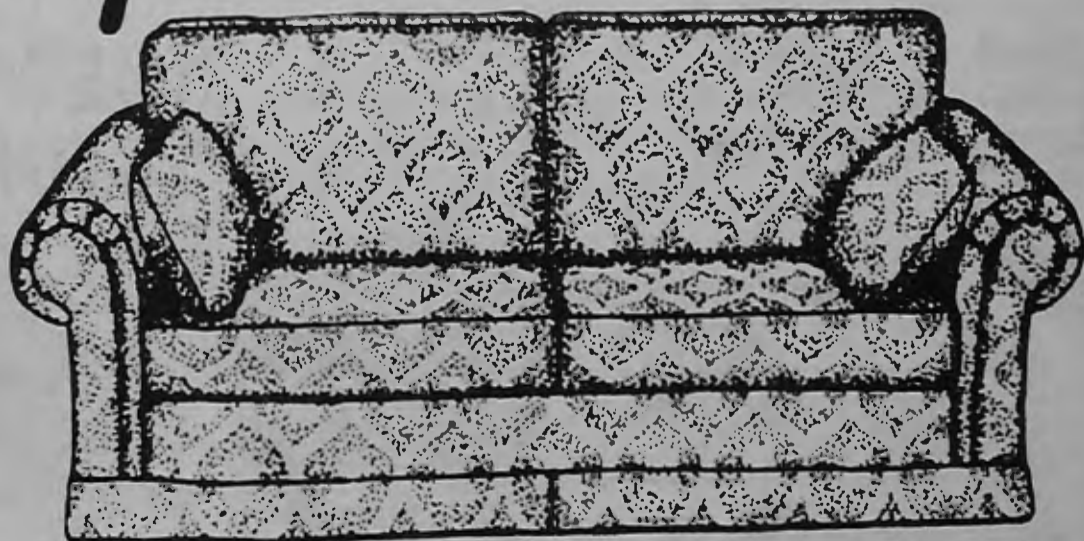


THE THIRLMERE — tropical style with cane arms.

The SOFABED Shop

THE BUCKINGHAM

— one of the most comfortable sofa beds in Britain today. An attractive scrol arm style with deep comfort seat cushions and feather scatter cushions.



THE SOFABED SHOP IS OPEN UNTIL 8pm THURSDAYS AND FRIDAYS AND ON SUNDAYS 10am-11pm

43a Colney Hatch Lane, N10
Telephone 444 7463



At the Sofabed Shop we can show you a superb collection of space saving sofabeds to suit every size and shape of room.

You & Your Home

Bond & White

Bond & White who were founded over 100 years ago making fencing and gates for the farms around Barnet & Muswell Hill and who's business has developed with the changing face of the area have erected a new Timber Shed to sell to today's tradesman and new generation of house owner customers.

From the customers point of view the different lengths of planed timber for use as skirting, door surrounds, floor boards etc can be selected easier and now under cover. Another special offer on 4in x 2in sawn timber should encourage a visit to see the new building and the Company's fleet of delivery vehicles.

The DIY enthusiast may know Bond & White better for the Home Improvement Centre in Muswell Hill where the large Bathroom and Kitchen showroom upstairs has a special autumn offer of 25 per cent off retail prices of bathroom suites. The showroom specialises in 'matching' baths, showers, basins, and loos exactly to the customers requirements. Knowing the normally small size of the average North London bathroom it is important to get the best fit for the householders requirements.

The showroom has a working

display of showers, and whirlpool baths, and you can even see how different types of loos flush! The kitchen showroom has just been changed to show a new range with exciting new colours.

Now that winter is approaching the Company has reminded us with a special offer on Supawrap loft insulation that now is the time to keep your heating bills down by insulating the heat in. The DIY polycell double glazing kits are also available to do the same for the windows. They really are very simple to fit and a fraction of the price paid to the double glazers, and you can fit one window at a time.

Another speciality for Bond & White is their bottle gas service delivering throughout North London. Each year they sell hundreds of mobile cabinet heaters to flat dwellers and OAPs who like the economy of bottled gas and want to pay for their gas as they use it. Offices and pubs as well as building sites are also big users, and with a FREE GAS fill with every new fire purchased the initial heater cost is extremely low.

Readers will find plenty of new ideas at the Home Improvement Centre and the range of hand and labour saving tools fascinating at this Aladdins Cave for the DIY enthusiast.

VALLEY FURNISHING

★ AUTUMN PROMOTION ★

Folding Beds from £26
Good Quality Beds 3'0" from £64
Good Quality Beds 4'6" from £105

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GOOD SELECTION OF FIRESIDE CHAIRS
ALL STYLES OF 3-PIECE SUITES
STOCKISTS OF IGOE BEDROOM FURNITURE

There are two floors for you to browse round at your leisure.

Call in and see our selection

HURRY WHILE STOCKS LAST

INSTANT
CREDIT FACILITIES
AVAILABLE UP TO
£1,000
SUBJECT TO
STATUS

MATTRESSES OF ALL
SHAPES AND SIZES ARE
AVAILABLE SEPARATELY

*We also furnish houses,
flats for letting/renting
and old peoples' homes*

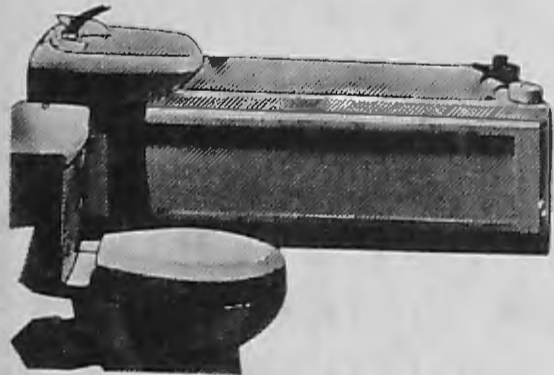
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Mrs Vijaya Prasad
DMS, CHP, AMAHP
The Chatsworth Clinic
76/78 Park Road
New Barnet
Tel: 01-440 4217/8 and 449 8646
or 01-361 4225

Hi, Readers!

ARE you dreading the Christmas goodies? Scared stiff that the festive season is going to add inches to your figure? Are you planning to starve for weeks before or after in order to make allowance for those extra calories? If so, RELAX! The stress thus created will make you eat even more than you would have done otherwise! If you find this unbelievable, then try to discover yourself how many times you have eaten in order to calm your nerves. How many times do you go for food when you are bored, angry, depressed, anxious? This can be termed as a food-addiction because you use food as a relaxing agent. The trouble is recognising this addiction. Once you recognise it, half the battle is won. You need not go on any diets for the rest of your life. Make yourself more aware of your body as to how it reacts to your various emotions of hunger, frustration, helplessness etc., through RELAXATION. Then all you do is alter your eating pattern. The secret lies in the Art of Relaxation! It is easier to master this with the help of hypnotherapy, but you can have a try yourself first.

Now you can relax and have a Happy Christmas.

By: Mrs Vijaya Prasad, DMS, CHP AMAHP. Practising Psychotherapist.

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MAINLY FOR WOMEN...

Sparkling Beauty

WITH Christmas parties fast approaching, its time to forget about the cold, miserable weather and positively glow. Quite often great care is taken about the choice of dress and adaptation of hairstyle with little thought to the concept of beauty.

Looking beautiful isn't just a matter of a new eye shadow or nail varnish, attention should be paid to the parts of the body which are on show the most.

Making up the face

It goes without saying that having the right equipment is very important i.e. good brushes, sponges and a selection of make up is essential.

Make up for the day should be done in natural light and evening make up by electric light, hair should be pinned back and the face must be cleansed, toned and moisturised so that you start with a perfect canvas.

Make up can be applied after the eyebrows have been tidied. After completion a few repairs may be needed, for example, if the eyes

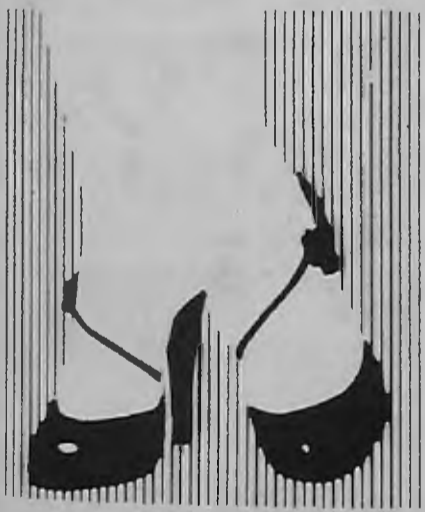
look tired, a few blue tinted eye drips and a little blusher subtly drawn across the brow bone will give them a lift. A scratch or pimple may be disguised by carefully applied concealer on a small brush. The automatic concealers will give a longer lasting professional finish. Follow this with light dusting powder to finish off the cover up.

Blue shadows under the eyes may be hidden by a light shade of foundation gently smoothed over the area and set with a little powder. Avoid white eye shadows or pencils if you suffer with shadows as they tend to accentuate and reflect the blue.

A white spot if in isolation may be covered with foundation and touched with a brown pencil to turn it into a beauty spot.

Another good beauty idea is eye lash tinting, this can be done in a variety of colours and makes the lashes appear longer as the root is coloured as well as the tips. This saves time on applying mascara and is also obviously very water proof.

Stepping out in style



matching handbag to complete your outfit.

Fashionable low or flat heels are featured, also suede or leather boots, either fur-lined, ruched, pleated or cowboy styles. Evening shoes for those special Christmas parties include, brocades, velvets, suede, gold and silver, plus brocade with diamante set into the material for added sparkle.

Gloria and her staff are only too pleased to give advice and help to any customer, so why not pay a visit to Glorious Shoes — you'll be glad you did!

When you walk into Glorious Shoes, you will be amazed at their superb selection of Spanish and Italian footwear for ladies, at surprisingly reasonable prices.

The Proprietor, Gloria Berlin opened the shop at Edgware in March this year after being in the business for 25 years. It has certainly been a great success for her so far, with customers coming from all over North London to see her range of shoes in sizes 3-8.

Complementing this season's fashions, you will find the brightest colours — fuchsia, electric blue, jade and forest green — in shoes, also with



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What's On in the Arts

Drama

Wednesdays

- *Incognito Theatre Group, Theatre, Friern Barnet. 8pm. 886 5791
- *East Finchley Theatre Group, Methodist Church Hall, High Rd, N2 7.30pm. 883 2633
- *Gainsborough Theatre Club, The Centre, Gainsborough Rd, N12. 8.15pm. 205 8352

Dance

Mondays

- *CRAB dance club for disabled, King Alfred School, Manor Wood, North End Rd, NW11. 50p per session. 7pm. 346 9789

Tuesdays

- *20th Century Sequence Dancing Club, All Saints Hall, Oakleigh Rd North, Whetstone. 7.45pm. 440 6506
- *Tap dancing, Centrepoint, Grahame Park. Under 12s 6.15pm; all ages 6.45pm. 205 7113
- *Wheelchair dancing, Grahame Park Community Centre, The Concourse, NW9. 1.30-3pm. 346 9789. Transport available
- *Tap dancing, St James Studio, r/o Salisbury Pub, High St, Barnet. 8.30pm. 441 6338

Wednesdays

- *Contemporary Dance Classes, Brookside Methodist Church, Cat Hill, E Barnet. Beginners 7pm; intermediate 8pm. £1.25 per class or £5 per half-term. 441 5984
- *Mountfield Old Time & Modern Sequence Dance Club, Martin School, High Rd, East Finchley. 8pm. 959 5185
- *CRAB Creative dance for mentally handicapped adults, Outlook House, 59 Flower Lane, NW7. 2-3pm. 346 9789.
- *Friary Sequence Dance Club, Manor Drive Methodist Church Hall, N20. 8pm. 883 3202
- *American square dancing classes, Watling Community Centre, Orange Hill Rd, Edgware. 75p. 7.30pm. 906 1582

Thursdays

- *Finchley Sequence Dance Club, Martin School, High Rd, E Finchley. 7.30pm

Fridays

- *Latin & ballroom, Subud Hall, 97 E Barnet Rd, New Barnet. 8.30pm. 449 3336/6034
- *Barnet International Folk Dance Club, Hadley Memorial Hall, Hadley Highstone. 8pm. 427 8042

Saturdays

- *Children's disco & ballroom, Subud Hall. 97 E Barnet Rd, New Barnet. 11.30am. 449 3336/6034

Sunday, December 8

- The Springs Dance Company, All Saints Centre, Oakleigh Rd Nth,

N20. 3pm class; 8pm show. 445 4654/6831

Thursday, December 12

Circassian Circle Folk Dance Club, Harwood Hall, Mill Hill, B'way. 7.45pm. 950 5756 (also Dec 19)

Saturday, December 14

Finchley Sequence Dance Club, Church Hall, St Philip the Apostle, Gravel Hill, N3. 7.30pm.

Monday, December 16

Chipping Barnet Folk Dance Club, Church House, Wood St. 7.45pm. 449 3317/4425 & 441 3865

Saturday, January 4

20th Century Sequence Dancing Club, Queen Elizabeth Centre, Meadway, Barnet. 7.30pm 440 6506

Music

Mondays

- *Barnet Orchestra at Hendon, Whitefield School, Claremont Rd, NW2. 8pm 205 2418
- *Finchley Choral Society, Moss Hall Junior School, Nether St, N3. 7.45pm. 445 8401
- *Manor House Hospital Operatic Soc, Manor House Hospital, North End Rd, NW11. 7.30pm. 346 0237

Tuesdays

- *The Apollo Singers, Wilberforce Hall, Wilberforce Rd, W Hendon. 7.45pm. 959 1244
- *Hendon String Orchestra, Whitefields School, Claremont Rd, NW2. 8pm. 455 5005

Thursdays

- *London Pro Arte Choir, Mill Hill East Free Church, Salcombe Gdns, Mill Hill. 7.30pm. 959 1659

Sunday, December 8

Mill Hill Sinfonia, St Michael & All Angels, Flower Lane, Mill Hill. Works by Elgar, Haydn, Dvorak. 7.30pm. 952 6432

Monday, December 9

Hendon Music Soc, Hendon Library, The Burroughs. 8pm. 203 2355

Friday, December 13

Christmas Music and Carols, including Part 1 of The Messiah, choirs of Hendon Churches and St Mary's Singers, East Barnet, Hendon Methodist Church, The Burroughs. 7.30pm. 202 7322. (Also on Saturday, December 14 at St Mary's Church, East Barnet. 7.30pm. 440 5973)

'Women in Barnet' presents an evening with Peggy Seeger/Irene Scott and London Voices, Meritage Club, Church End, Hendon. WOMEN ONLY. Tickets £2.50 (concessions). 7.30pm. 346 8858

Saturday, December 14

Finchley Choral Soc. Family Carols, St Barnabas Church, Holden Rd, N12. Moss Hall Junior School Choir taking part.

7.30pm. 445 4968
Finchley Chamber Orchestra, Trinity Church, Nether St, N12. Works by Bizet, Saint-Saens, Faure. Tickets £2.75 (concessions £1.50). 7.45pm. 444 0902
Live Music Now! Church End Library, Hendon Lane. Susie Beddow, harp. 11am.

The Magic Lantern Show, All Saints Centre, Oakleigh Rd Nth, N20. 7pm. 445 4654/6831

Sunday, December 15

Alyth Choral Society celebrates Handel's Tercentenary with a performance of Samson, North Western Reform Synagogue, Alyth Gardens, Finchley Rd. Soloists. Tickets £5 (concessions £3.50). 7.30pm. 346 5821

Tuesday, December 17

East Barnet Library Gramophone Soc, 85 Brookhill Rd, E Barnet. 8pm. 440 4376

Wednesday, December 18

Byron Jones, Electronic Organ Concert, Minns Music Soc, Watling Community Centre, Orange Hill Rd, Burnt Oak. 8pm. 953 3291

Mill Hill Gramophone Soc, Small Hall, Union Church, Mill Hill B'way. 8pm. 959 5097 (also Jan 1)

Thurs-Sat, January 2-4

The Association presents 'Cabaret', Hartley Hall, Flower Lane, Mill Hill. Tickets £3.75, £2.75. 205 6876

Old Bull Arts Centre

68 High St, Barnet. 449 5189

Workshops for children and adults in drama, art, guitar, music, poster design and printing, modern dance/theatre, crafts, tap dance. Phone for details

December 9 to January 11

Open Art Exhibition.

Tuesday, December 10

Elizabethan Workshop with George Waring. 2-4pm.

Wednesday, December 11

Asian Youth Theatre performance. 8pm.

Thursday, December 12

Masterclass — Elizabethan Theatre — 8pm.

Saturday, December 14

Deep See Dancers. 8pm.

Pop, rock and Western

Sundays

*Top Rock and Blues Bands, Torrington Arms Pub, Lodge Lane, High Rd, N Finchley. 8.30pm. 445 4710 (also Fridays)

*Bernie Tyrell's Sunday Jazz, Salisbury Hotel, High St, Barnet. 12-2pm

Saturday, December 21

The Red Rag Club, Old Bull Arts Centre, 68 High St, Barnet. 8pm. 449 0048

Friday, January 3

Barnet Folk Club, Old Bull Arts Centre, 68 High St, Barnet. 8pm. 449 0048

Arts workshops

Barnet Arts Workshop run regular activities throughout the term. Youth workshops (4-16) in drama, arts and crafts and video. £3.50 per half-term, 10p membership.

Adult workshops: Dance/keep fit; guitar; screen printing; drama, music and movement; photography and video (£1.50 per session). Creative embroidery (£10 per term). Free for unemployed. Details 346 7120.

Exhibitions

Until December 14

Barnet Artists Exhibition, North Finchley Library, Ravensdale Ave, N12. Normal opening hours.

Sculpture by Jackie King-Cline, The Gallery, Totteridge Library, N20. Tues, Wed, Fri & Sat, 11am-1pm, 2-4pm.

Until February 9

The Welsh Harp Reservoir 1835 to 1985, Church Farm House Museum, Greyhound Hill, Hendon. Open: Mon-Sat (except Tuesday) 10am-1pm, 2-5.30pm; Tues 10am-1pm; Sun 2-5.30pm. Closed Dec. 23-26, 30 & 31, Jan 1.



CLIC'N CORNWALL

A Travelling Exhibition of Landscape Photographs

December 3 to 17

Grahame Park Library, The Concourse, NW9.

December 18 to January 8

East Barnet Library, Brookhill Road, East Barnet. All venues are wheelchair accessible.

CLIC is a camera club of disabled people. Information: Secretary of CLIC, CRAB, Avenue House, East End Road, N3. Tel: 346 9789.

Money Matters

PERSONAL TAX HEADACHES

No. 5

Capital Gains Tax (2)

The 1985 Finance Act changed once again the rules for computing gains and losses on the sales of assets chargeable to capital gains tax.

The basic computation remains the same: The net sale proceeds less the original cost (or 6 April 1965 value) and enhancement expenditure equals the gain or loss. Since 1982 an indexation allowance can also be deducted but whereas this used to be only applicable if the asset had been held for more than 12 months, for sales after 6th April 1985 the allowance is based on the increase in the retail prices index from the month of purchase or March 1982 if later to the month of sale. Furthermore, whereas the indexation allowance was formerly only based on the original cost of the asset an election can now be made to apply it to the market value of the asset as at 31 March 1982.

Indexation allowance can also now be added to a loss so as to increase it or deducted from a gain so as to turn it into a loss.

Pooling of shares is reintroduced for holdings acquired since March 1982 and not already sold though it

will now be necessary to keep the details of the original costs of the shares and their indexed equivalent in two 'parallel' pools. The pre-1982 share pools must, however, continue to be kept separately and indexation will apply to the pool cost or the March 1982 value if the election is made.

It may now appear that an enormous amount of work is involved in keeping records, obtaining valuations and preparing computations of capital gains and losses and this may not be justified by the amount of tax involved. Where gains in a tax year do not exceed the annual exemption limit, then a formal computation need not be submitted to the Inland Revenue but there is a danger that capital losses will not be claimed and so be unavailable to offset against future gains.

It is perhaps an appropriate time to mention that valuers, accountants and other professional fees incurred in making any valuation or apportionment required for the purposes of the computation are also deductible in computing chargeable gains.

Mary Hase
Hereward Scott Davies

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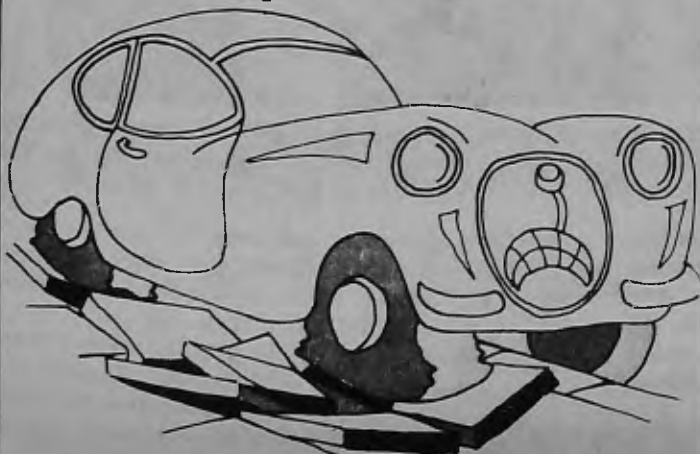
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LONDON BOROUGH
barnet

Artscene

Londoners' social centre

THE Welsh Harp Reservoir celebrates 150 years as an important feature of London life with an exhibition at Church Farm House Museum, Greyhound Hill, Hendon, this month.

Originally mounted by the Grange Museum, Neasden, the exhibition runs until Sunday, February 9, 1986.

The reservoir was built to provide a water supply for London's canals and soon became a haven for water birds, while the nearby Victorian pub, from which the lake took its name, became a social centre for Londoners.

Open Monday-Saturday (except Tuesday) 10am-1pm, 2pm-5.30pm; Tuesday 10am-1pm; Sunday 2pm-5.30pm. Closed December 23-26, 30 and 31 and January 1.

Spring into dance

ALL Saints' arts centre end their year with appearances from a dance company specialising in biblical themes and Barry Smith's Magic Lantern Show.

Springs Dance Company perform at the centre, Oakleigh Road North, N20, on December 8 and Barry Smith presents his Victorian fairground marionettes on Dec 14.

Bigger, better show

THE third Grahame Park Festival, set for July/August next year, will be bigger and better than ever, according to Barnet Arts Officer Hazel Sharples.

One of the best developments is the fact that she will be able to employ two community organisers for the event for nine months from January. The temporary posts will be funded by the Manpower Services Commission Community Programme in the Borough.

Applications are being invited from people with experience in community festivals, puppetry, drama and other art skills, people who have been unemployed for at least six months in the last nine if they are under 25, or at least 12 in the last 15 if they are over 25, and who are receiving DHSS benefits.

Details from and applications to Hazel Sharples, Town Hall, The Burroughs, Hendon, tel: 202 5625, ext 56.

Youth drama festival invitation

BARNET Youth and Community Service are inviting young people to enter their 1986 drama festival which runs from March 17 to 21, but for which applications are invited now.

Individuals, youth groups or schools can enter with any type of dramatic presentation in the following categories: beginners — little or no experience; intermediate — some experience of acting on stage; advanced — for people with some form of drama training for at least two years with stage experience.

Application forms from Youth and Community Service, Town Hall, Friern Barnet.

Music as you browse — free

The popular free music in libraries series continues with the final event sponsored by Mary Kay Cosmetics of West Hendon Broadway.

Cathy Thom, on guitar, is the artist who will be performing under the Mary Kay mantle at 11am on Saturday, December 7 at Hendon Library, The Burroughs.

She comes from Northern Ireland and began to play guitar at the age of nine. Cathy has played all over Great Britain and Europe and has given courses, masterclasses and nearly 50 TV and radio broadcasts.

Barnet Libraries and Arts' own events continue with harpist Susie Beddow at Church End Library, Hendon Lane, Finchley, at 11am on Saturday, December 14.

Having started piano lessons at the age of six, she soon took up the violin and then the harp, on which she gave her first public performance at 12.

She is a member of Yehudi Menuhin's 'Live Music Now!' and travels throughout the country giving lecture recitals. Recently she also completed a series of concerts in country homes owned by the National Trust.

Employment

Opportunity Day '85

TWENTY-SIX mini exhibitions, each offering young people an opportunity to train for a career, were on show at Barnet's first Youth Training Scheme Convention, organised by Barnet's Career's Service, in November.

It was held at the Central Electricity Generating Board's Conference Centre at Cockfosters, and opened by Mr David Brown, head of the careers branch of the Department of Education and Science.

Welcomed by Mr Mike Leonard, Barnet's careers and training officer, he pointed out how important it was for young people to know about careers opportunities through the YTS. The Government was extending the scheme to offer a two-year course to 16-year-olds and a one-year course for 17-year-olds. This meant that young people could stay on at school for a year in the sixth form and qualify for YTS.

Barnet's own stand was manned by a group of this year's trainees.

The CEGB had their own stand and were running conducted tours of the extensive workshops within the centre.



Cllrs John Tiplady and Leslie Foster, chairman of Barnet's Establishment Committee, visiting Barnet YTS stand where John Power, building instructor, and trainees Cosmos Scullion (left), Helene Russell and Brendan O'Gorman (right), were on duty.

The Armed Services were there to explain their special one-year training programmes; and there were opportunities in sales and storekeeping, catering and drafts-manship, floristry, agriculture and horticulture, motor mechanics, photography, electronics and engineering and office skills and computing, on view.

Students on YTS courses follow

a combined programme of work experience and college training. Local employers such as STC, the banks, Boots, and Perry's encourage young people to take up this opportunity.

Hertfordshire College of Agriculture for instance has been able to place 85 per cent of the trainees taking its YTS schemes in full-time employment or higher education.

During the day the Mayor of Barnet, Cllr Barbara Langstone, and several councillors visited the convention.

For those teenagers who missed the convention, full details of local YTS schemes, vocational guidance, and other employment opportunities, can be obtained from the Careers Offices at Castle Road, North Finchley and 140 Orange Hill Road, Burnt Oak, Edgware.

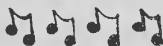
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Minimum age 19
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| 84 MINI MAYFAIR | White | 6,400 | £3,395 |

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| 85 MG METRO 1300 | Moonraker | 2,800 | £5,220 |
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| 84 1.0L 3-Door | Clove Brown | 4,200 | £3,595 |
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| 85 1.0L 5-Door | Black | 3,700 | £4,250 |

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| 85 MG 2.0 EFI | Moonraker | 6,500 | £6,250 |
| 85 MG 2.0 EFI | Targa Red | 6,500 | £6,250 |
| 83 MG 1600 | Black | 8,500 | £4,595 |
| 83 1.3L | Silver | 14,000 | £3,595 |
| 84 1.3L | Beige | 10,000 | £4,250 |
| 84 1.3L | Eclipse Blue | 12,000 | £3,995 |

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| 84 1.6L Saloon | Opaline | 2,800 | £4,495 |
| 84 2.0HL Saloon | Champagne | 9,000 | £4,795 |
| 85 MG 2.0 EFI Saloon | Silver | 8,000 | £6,995 |
| 85 MG 2.0 EFI Saloon | Red | 9,500 | £6,995 |
| 85 1.6L Estate | Arum | 2,500 | £6,250 |

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| 85 ROVER 216 Vitesse EFI | Red | 6,500 | £6,850 |
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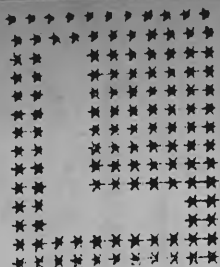
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Distribution Mercedes Drawbar Outfit can
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Thousandth commercial from Mercedes, Edgware Road. Daily Transport Services' Mercedes-Benz 1617 drawbar outfit offers 50ft of loadspace in its two dismantable bodies.

Daily Transport Services Ltd, one of Britain's fastest-growing companies in the specialist garment distribution field, took delivery on October 21, 1985, of its first maximum-length drawbar combination.

As well as marking an important stage in the growth of the Daily fleet, the newcomer is of great significance for the Mercedes-Benz Car & Truck Centre at Edgware Road, Colindale. DTS's latest truck is the 1,000th new commercial vehicle sold through the Edgware Road dealership.

The full range of commercial vehicles are on show, and demonstration vehicles available, so ring 205-1212 today — you won't be disappointed.

TIME FOR A COMMERCIAL BREAK



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1984 DAIMLER SOV. 4.2 Finished in colbalt blue, with doeskin leather trim, air conditioned. Superb throughout at only £10,995

1985 JAGUAR XJS CABROLET 3.6, manual. Antelope with buck skin, 1,600 miles only. This is a fantastic opportunity to own the latest model, must be seen £19,785

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1984 (A) JAGUAR XJ6 4.2. Grosvenor brown with bisc. FSH, superb throughout £12,995

1984 (A) JAGUAR XJ6 4.2. Finished in clarendon blue, with doeskin, 20,000 miles, supplied & serviced from Henlys from new, superb car £13,495

1984 (B) JAGUAR SOV 4.2. Finished in white, isis leather trim, factory fitted sunroof, almost as new £15,995

1983 (Y) JAGUAR XJ6 4.2. Silver with isis blue, 22,000 miles, FSH £10,995

1983 DAIMLER SOV 4.2. Finished in black bisc. leather trim, air con., only 21,000 miles, superb throughout £12,995

1983 (A) DAIMLER SOV 4.2. Finished in antelope with black leather trim, factory fitted sunroof, air con., superb car at £13,495

1983 JAGUAR XJS HE. Finished in black, black leather interior. Good value at only £15,995

1982 JAGUAR XJ6 4.2. Finished in colbalt blue, bisc. leather trim, factory fitted sunroof, one owner, truly superb £8,995

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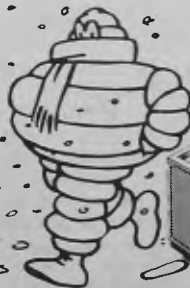
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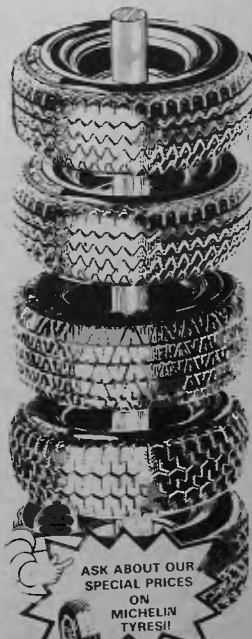
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Directorate of Technical Services

Support Services Group

A recent restructuring of the Directorate created the new Support Services Group, which brings together Personnel Office Services, and Financial Services for the whole Directorate.

When we move to Barnet House in the spring of 1986, the group will become fully operational and we are seeking to appoint two key staff who will be capable of not only ensuring that the work of the existing section continues in the interim period, but that the transition to the new group is accomplished smoothly and efficiently with the minimum of disruption.

A brief outline of each post is given below. Application forms and further details are available from the Assistant Controller (Support Services), address No. 2, quoting reference number, or telephone 349 9121, Ext. 220.

Senior Administrative Officers

(Expenditure Control and Costing)

**Grade: SO1. Salary: £10,631-£11,295
Ref. TS10**

You will supervise nine officers who assist the Principal Administrative Officer (Finance) in controlling the Directorate's revenue budget of around £20m.

Both Supervisory and financial experience are essential and you must be able to motivate staff in the use of new financial control systems.

(Wages)

**Grade: SO1. Salary: £10,632-£11,295
Ref. TS70**

You will lead a small section dealing with the payment of approximately 1,100 manual workers. The system is currently semi-computerised and further developments are in progress, so experience of ICL systems would be a great advantage. Previous work in a wages environment together with the ability to manage staff working to tight deadlines are essential.

These posts are subject to LMGSC ring-fencing procedures, but with their agreement they are now being offered on an unrestricted basis. Applications are invited from anyone with appropriate qualifications and experience, but priority will be given to employees of the GLC and MCC's.

Closing date: 12th December, 1985

Development Division

Senior Draughtsman

(Male or Female)

Salary: Scale 5/6 £8,577-£10,248 per annum inclusive plus Casual User Car Allowance.

We are looking for an experienced Draughtsman, male or female, for general Drawing Office work, with a bias towards graphic arts, you will also produce art work for study documents, leaflets and other documents published by the Planning Group. Qualification to T.E.C. level and Associate membership of the Society of Town Planning Technicians preferred.

This post is subject to LMGSC ring-fencing procedures, but with their agreement it is now being offered on an unrestricted basis. Applications are invited from anyone with appropriate qualifications and experience, but priority will be given to employees of the GLC and MCC's.

Closing date 12th December, 1985.

A job profile and application forms, quoting reference DO/73, are available from the Assistant Controller (Planning), address No. 2.

Clerk of Works

(Public Lighting — 12 months only)

Salary: Scale 5 £8,577-£9,354 per annum inclusive

We are looking for someone who has obtained the City and Guilds Course C in Electrical Installation and who has several years experience in public lighting maintenance, including the handling of private contractors. You will join a small section responsible for all public lighting matters in the borough and you must be familiar with underground cable networks and be able to carry out cable detection and fault location.

Your main duties will be the supervision of the public lighting maintenance contract, ensuring that works are carried out in accordance with the required standards, checking the work of other contractors engaged on lighting/sign installation and carrying out associated administrative duties.

A Casual User Car Allowance is attached to this post and you must therefore possess a current driving licence.

Initially you will be based at Gateway House but from early 1986, your normal place of work will be Barnet House, High Road, Whetstone, N20.

For informal discussion about this post, please telephone John Bragg on 01-349 9121, Ext. 430.

This post is subject to LMGSC ring-fencing procedures, but with their agreement it is now being offered on an unrestricted basis. Applications are invited from anyone with appropriate qualifications and experience, but priority will be given to employees of the GLC and MCC's.

Closing date: 12th December, 1985.

Application forms, quoting reference 602/458, from the Controller of Engineering Services, address No. 2, or by telephoning on 01-349 9121, Ext. 220 or 29.

Directorate of Housing Services

Clerical Assistant

(Medical Assessments)

Salary: Scale 2 £6,207-£6,735 per annum inclusive.

This new post has been created to invigorate the process of considering applications for rehousing on medical grounds and to provide clerical and secretarial support to the Allocations Officer (Medical Assessments).

Good typing skills, together with initiative and a commonsense approach to dealing with the public are essential.

Initially you will be based at 65 Watford Way, but in the near future the post will be relocated to Barnet House, Whetstone, N20.

This post is subject to LMGSC ring-fencing procedures, but with their agreement it is now being offered on an unrestricted basis. Applications are invited from anyone with appropriate qualifications and experience, but priority will be given to employees of the GLC and MCC's.

Closing date: 12th December, 1985.

Application forms, quoting reference 600/317, from address No. 1.

Allocations Officer

(Resources)

Salary: Scale 5 £8,577-£9,354 per annum inclusive.

If you have previous experience of Letting Procedures, this post will be of interest to you. Reporting directly to the Principal Allocations Officer (Resources), you will help supervise a team of six who are responsible for terminating and creating tenancies, operating various mobility schemes, updating manual and computer records, reception duties, and liaison with other departments.

Initially you will be based at 65 Watford Way, but in the near future the post will be relocated to Barnet House, Whetstone, N20.

This post is subject to LMGSC ring-fencing procedures, but with their agreement it is now being offered on an unrestricted basis. Applications are invited from anyone with appropriate qualifications and experience, but priority will be given to employees of the GLC and MCC's.

Closing date: 12th December, 1985.

Application forms, quoting reference 606/9019, from address No. 1.

Directorate of Educational Services

School Officer

Mill Hill County High School,
Worcester Crescent, Mill Hill,
London, NW7 4LL.

Salary: Scale 3 £5,743-£6,178 per annum inclusive.

This is a fixed term appointment to run from 7th January, 1986 to 30th June, 1986.

You must be adaptable and able to assist with a variety of non-teaching duties, in addition to some clerical tasks. The ability to type would be an advantage.

You also must hold a current First Aid Certificate. A car owner is preferred.

Hours: 36 per week, 40 weeks per annum.

Applications from employees of the GLC and MCC's with relevant experience will be welcome.

Closing date: 12th December, 1985.

Application form, quoting reference ADM/S/167/411, available from address No. 3. Telephone 368 1255, Ext. 221.

Youth and Community Service

Deputy Centre Manager

Queen Elizabeth's Centre

Salary: Scale 5 £8,577-£9,354 per annum inclusive

We are looking for a suitably qualified, experienced and imaginative person for this large sports and recreational facility. You will need excellent communication, organisational and administrative

skills to fill this challenging and important post.

This post is subject to LMGSC ring-fencing procedures, but with their agreement it is now being offered on an unrestricted basis. Applications are invited from anyone with appropriate qualifications and experience, but priority will be given to employees of the GLC and MCC's.

Closing date: 12th December, 1985.

Application forms, quoting reference ADM/S/241, and further details available from address No. 3. Telephone 368-1255, Ext. 221.

Barnet College of Further Education

Senior Technician

(Electrical)

Salary: Scale 4 £7,557-£8,370 per annum inclusive.

This post is based in the Faculty of Technology, and you will lead a team of three in maintaining and servicing a variety of electronic laboratories. You should possess a full technological certificate or equivalent.

Applications from employees of the GLC and MCC's with relevant experience will be welcome.

Closing date: 12th December, 1985.

Application form, quoting reference 892/329, and further details available from Senior Administrative Officer, Barnet College, Wood Street, Barnet, Herts ENS 4AZ. Telephone 440 6321.

We are looking for Temporary and Permanent

Meal Time Supervisors at the following schools:

Brunswick Park JMI School
Osidge Lane, N14 — Tel: 368-3475

Garden Suburb Infants
Childs Way, NW11 — 455-8198

East Barnet Junior High
Westbrook Crescent, New Barnet —
440-1277

East Barnet Senior High
Chestnut Grove, East Barnet —
440-4162

Hours: Approximately 1¼ hours per day — Monday to Friday to cover the lunchtime period.

Rate of Pay: £2.69 per hour.

If you are interested in these posts, please apply to the school direct. Meal Time Supervisors are always needed in schools throughout the borough. Please contact your local school where there may be a vacancy.

Applications from employees of the GLC and MCC's with relevant experience will be welcome.

Closing date: 12th December, 1985. Ref. EDU/MTS.

Clerical Assistants

St Mary's CE Lower School,
Sunningfields Road, Hendon NW4.

Salary: Scale 1/2 £1,697-£2,105 per annum inclusive.

Good typing is essential and some knowledge of general office procedures would be an advantage.

Hours: 13½ per week, 40 weeks per annum. Mornings only.

Applications from employees of the GLC and MCC's with relevant experience will be welcome.

Closing date: 19th December, 1985.

Application forms, quoting reference ADM/S/174/132, available from address No. 3. Telephone 368 1255, Ext. 221.

Grahame Park Junior School,
Lanacre Avenue, Grahame Park,
NW9

Salary: Scale 2/3 £2,586-£3,089 per annum inclusive

We are looking for a proficient typist, with an ability to handle money and some accounting, who is essentially flexible and of high integrity.

Hours: 18 per week, 40 weeks per annum.

Applications from employees of the GLC and MCC's with relevant experience will be welcome.

Closing date: 19th December, 1985.

Application form, quoting reference ADM/S/046/111, available from address No. 3. Telephone 368 1255, Ext. 221.

1 Personnel Officer, Room 35 Ravensfield House, The Burroughs
Hendon, London NW4 4BE. Tel: 01-202 8282 Ext. 481
(01-202 6602 24 hr answering service)

4 Director of Social Services
Ivy House, 1331 High Road, Whetstone
London N20 9HZ. Tel: 01-446 6857 (24 hr answering service)

2 Directorate of Technical Services
Gateway House, 322 Regents Park Road
Finchley, London N3 2LP. Tel: 01-349 9121

5 Borough Librarian, Ravensfield House,
The Burroughs, Hendon, London NW4 4BE
Tel: 01-202 5625 Ext. 48

3 Director of Educational Services
Town Hall, Friern Barnet
London N11. Tel: 01-368 1255

6 Geoff Fish, Chief Environmental Health Officer
Grove Lodge, 287 Regents Park Road
Finchley, London N3 3JY. Tel: 01-349 9121 Ext. 151

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IN 5 DAYS**

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FREE ESTIMATES
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Government Grants welcome

Directorate of Social Services

Care Assistants (2)

Homes for the Elderly in New Southgate, London, N11.

You will attend to the personal needs of the clients and you should have commitment, drive and energy plus a genuine interest in the well-being of the elderly.

Hours: 39 per week (8am to 5pm) on a rota basis including some weekend and Bank Holiday work.

Rate of pay: £2.77 per hour inclusive (plus enhancements for weekend work etc.).

Apply to: Mr Westbury, Abbots Lodge, Brunswick Park Road, London, N11. Telephone 01-361 1271.

Applications from employees of the GLC and MCC's with relevant experience will be welcome.

Closing date: 12th December, 1985. Ref SS/CA.

Social Worker

Flightways Day Centre

Salary: £9,636 to £11,295 per annum inclusive plus Essential User Car Allowance

Can you: Work in partnership with physically disabled people? Help disabled people towards greater independence?

Provide primary social work support to members attending the centre?

Are you: Qualified and experienced? Interested in Group Work in a Centre? Interested in providing welfare rights advice?

Could you: Counsel day centre members and their families?

Work closely with all the centre staff?

Then why not consider becoming the specialist Social Worker attached to our 150-place day centre on the Grahame Park Estate, NW9.

For further information contact: Molly Newton — 01-205 5803.

Separation allowance and 100% removal expenses payable to approved cases.

Applications from employees of the GLC and MCC's with relevant experience will be welcome.

Closing date: 19th December, 1985.

Application forms, quoting reference 541, obtainable from address No. 4.

We care — Do you?

Wanted — Lively, flexible, innovative, responsible, caring people for challenging and demanding work in residential settings for elderly people.

Reward — Job satisfaction, good supervision and opportunities to attend

For addresses see page 25.

exciting In Service training and encourage your professional development.

We are looking for full- and part-time CAREWORKERS, who are able to provide skilled, physical, emotional and social care. People who will derive positive satisfaction and enjoyment from enriching the lives of our elderly residents. Previous residential or day-care experience and a commitment to working with elderly people are essential.

Salary: NJC2 £6,891 to £7,824 per annum inclusive.

Occasional sleeping-in duties may be requested for which £10.59 per night is payable.

Applications from employees of the GLC and MCC's with relevant experience will be welcome.

Closing date: 19th December, 1985.

For further written information and application form, quoting reference SS/CW, telephone: 01-446 6857 (24 hour answering service) or write to address No. 4.

For full-time posts we offer a minimum of 20 days basic annual leave, with additional leave at most Bank Holidays, a subsidised canteen and schemes to assist with temporary separation and relocation. Assistance with housing may be available; 100% of removal expense; interest free loans for annual season tickets.

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A RANGE OF SHOWER HEADS ON DISPLAY. THE LATEST DESIGN IN TAPS FOR YOUR BASIN, BATH AND BIDET.

GOOD RANGE OF ACCESSORIES FOR YOUR BATHROOM IN STOCK



NEW. MAXIMA by cascade (automatic safety cut-out). From £79.95, 7kW and 8kW. **EASY TO INSTALL SHOWER UNIT.**

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BOX OF SIX TILES
£2.60
Size 6"×6"
Latest design now in stock by **CRISTAL**

- **PLAIN AND DECORATED TILES** from **£6.50 sq yd** ●
- **MIRROR TILES** from **50p.6"×6"** from **70p** ●
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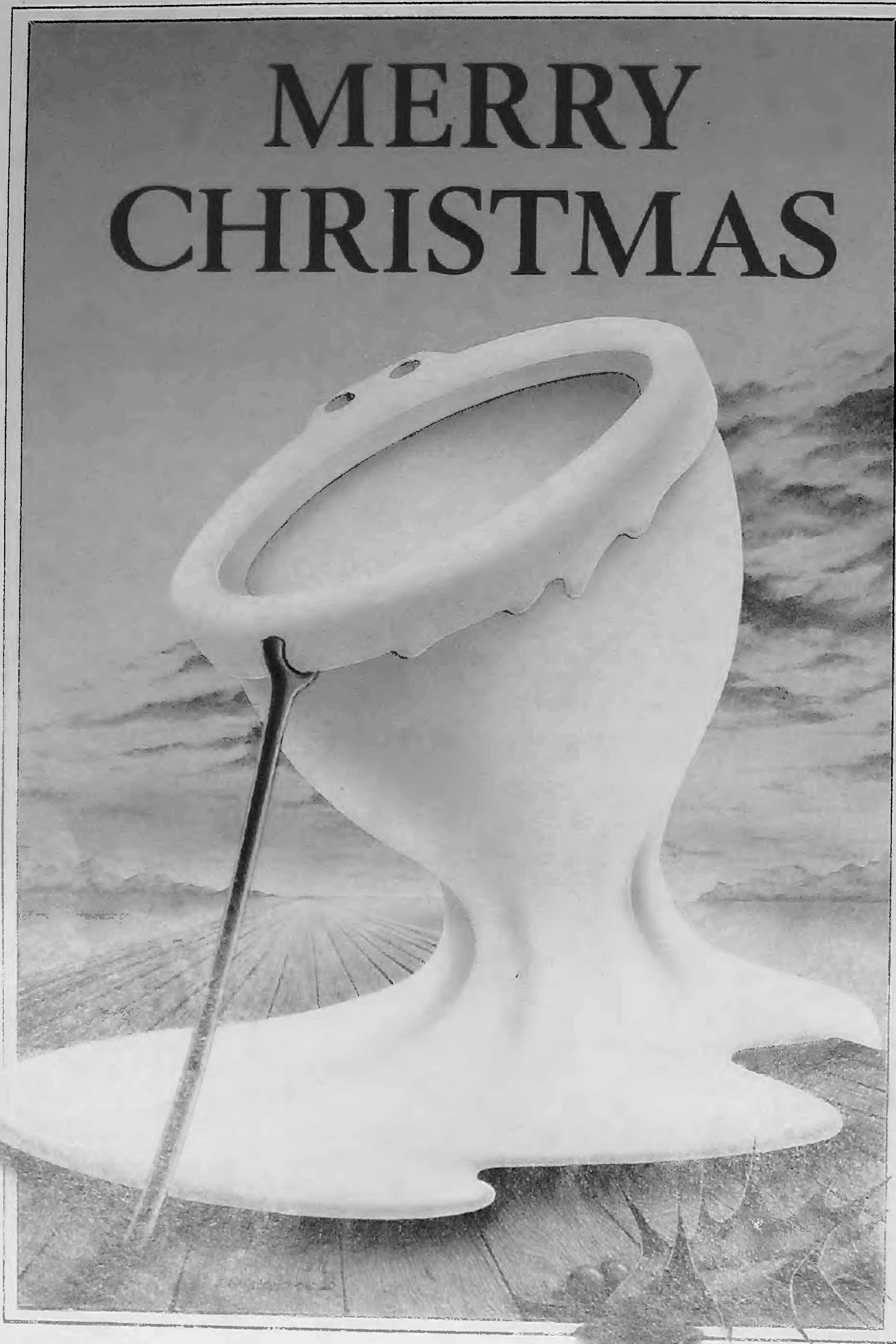
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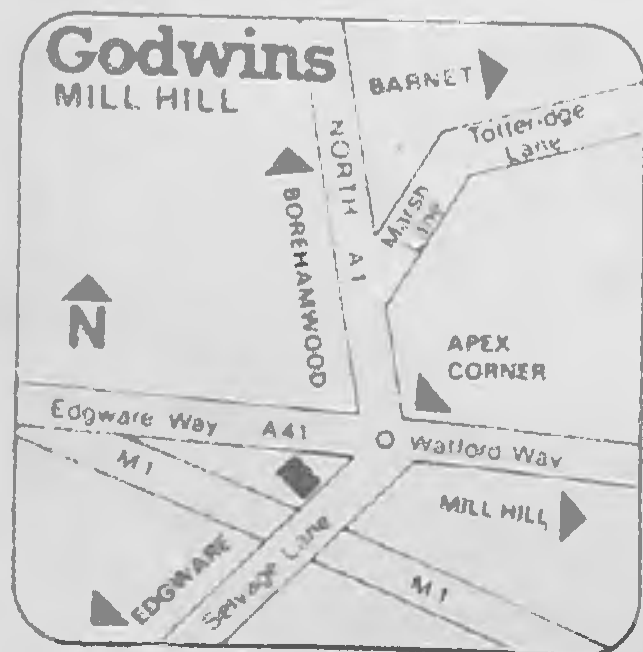
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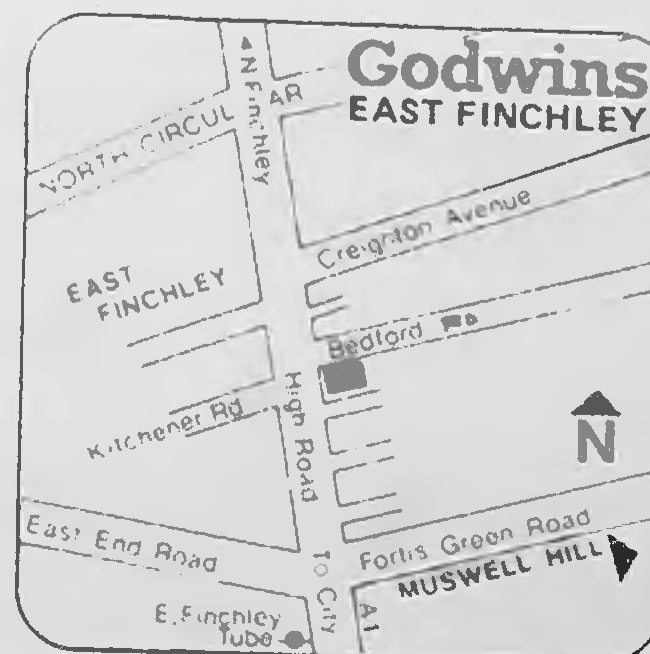
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