

Delivered to 13,000, Door to Door

www.pottersbarcommunitynews.co.uk

Distributed in Potters Bar, Little Heath, South Mimms, Ridge, Northaw and Brookmans Park

Please don't feed the ducks!

Why are there rats in Oakmere Park? What is the council doing about it?

These are questions that Hertsmere Borough Council is repeatedly asked.

Eighteen months ago Natural England gave out new guidelines for the treatment of controlling rats in public parks and open spaces. Until then Hertsmere Borough Council had effectively been controlling the rat population in Oakmere Park by regularly baiting (using secure underground bait boxes located around the park) with rodenticides, commonly known as rat poison. Rodenticides are no longer recommended for

use in public parks and open spaces due to the detrimental effect they have on birds of prey, presenting a secondary poisoning risk as they are passed along the natural food chain to birds of prey including barn owls, red kites, etc.

Since these new guidelines have come into force Hertsmere Borough Council has tried a range of other treatments to control the rat population. Only one of the treatments has proved successful – removing the rat's ready food source as they breed extremely prolifically, and baby rats can only grow up and breed their own families if they've got plenty to eat. That ready food source

for the rats in Oakmere Park is the bread, grains and other leftover food thrown onto the ground and into the lake by people feeding the ducks, squirrels and other wildlife in the park, resulting in the rat population reaching epidemic proportions.

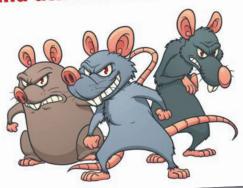
It is traditional for families to go and feed bread to the ducks, and both children and adults alike get great pleasure in feeding them. The ducks appear ravenous and gorge on the bread, grains and any other food stuff that is thrown down for them. However, the ducks and other wildlife do not need feeding by us as there is enough natural food for them in the park. Overfeeding, particularly with bread, can be very harmful to aquatic birds as it can cause them to be malnourished, and leads to disease and deformities. This includes angel wing (a deformity acquired in young birds due to a high calorie diet) which often leads to an early death.

Help us create a rat-free Oakmere Park with healthy, happy ducks and squirrels by not feeding them. Thank you!

The ducks and squirrels do not need feeding

The park gives them all the food they require

Bread is bad for them and attracts rats







WINTER 2017

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Potters Bar Community News

www.pottersbarcommunitynews.co.uk

Chairman

John Connell 01707 851445

Joint Editors

Debbie Usher and John Connell editor@pottersbarcommunitynews.co.uk

Advertising

Debbie Usher 01707 655948 advertising@pottersbarcommunitynews.co.uk

What's On

Sue Weaver

susan.weaver4@ntlworld.com

Schools

Diane Thompson 01707 857246

Distribution

Peter Silverthorne 01707 655464 Peter Weaver 01707 850147

Design

GREENGilbert 07956 222296

Printing

Ushers Print & Design Ltd 01707 851242

Treasurer

Peter Weaver 01707 850147

Editorial Team

 Gill Connell
 01707 851445

 John Godfrey
 01707 645955

 Aaron Jacob
 07411 059036

 Joy Stovell
 01707 655464

Kimberley Swift

kimberley.swift1@yahoo.co.uk

Potters Bar Community News

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A message from the Editor

We are pleased to present the Christmas issue of the *Community News* containing many interesting articles on a variety of topics. This issue seeks to give publicity to the Christmas activities of local organisations and, as usual, gives full details of the sleigh dates for both Rotary Clubs. It is great to acknowledge the international success of the Potters Bar Showband and to record foreign visits by schoolchildren.

We continue to feature articles reminiscing about Potters Bar in the past, in particular involving the "sprat pond", and are pleased to acknowledge the kind co-operation of the Potters Bar Museum in allowing us to print an extract from one of its publications.

We are very grateful to Emma Usher, Personal Trainer and Sports Therapist of Energise for sponsoring the website for this issue.

Hope you enjoy reading this issue. Merry Christmas and Happy New Year from the Community News team.

John Connell

How to send articles

Email to **editor@pottersbarcommunitynews.co.uk**. Please keep articles to around 300 words or less, using plain text word. Handwritten or typed articles are also acceptable if you do not have access to a computer (contact John Connell on **01707 851445**). Photos, logos, etc should be sent as tif, bmp or jpg file.

How to supply adverts

Ring to book a space, bearing in mind that there is usually a waiting list. Artwork must be supplied in pdf or jpgs format, created at the specified size according to your booking. Advertisers are responsible for advising us of any alterations to adverts which have been previously published. Email to

advertising@pottersbarcommunitynews.co.uk.

Sizes and prices of adverts

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Price per issue = £200

Deadline dates for next edition

Advertising Articles

15th January for Spring issue 1st February for Spring issue

Delivery of Community News

Roads requiring deliverers: Aston Way, Wayside flats, Darkes Lane flats (above shops), High Street flats (above shops), Bowmans Close, Heathfield Close Flats, Marshe Close, Cedar Close, Mountway.

If you do not have a copy, or receive more than one, or wish to volunteer as a deliverer, please contact Peter Silverthorne or Peter Weaver.

Interested in volunteering?

Ever thought of giving some of your time to help others in the community? Also look here for items wanted by organisations; you may be able to help them.

If you are a local organisation or charity and are looking for volunteers or looking for items for your group, why not email me at **editor@pottersbarcommunitynews.co.uk**?



Age UK are looking for volunteers for their shop at 110 Darkes Lane, Potters Bar. Anyone interested should contact the shop.

Lea Valley Branch of Cats Protection

Urgently need volunteers for their charity shop in Chase Side, Enfield.





If you could spare a regular full day or half a day to help, or even to just to cover for holiday and sickness, it would be much appreciated. The shop has no paid staff, so all the money made by the shop goes directly to helping cats in our area.

If you feel you would like to help in this way, please ring **0333 567 4746** or email **cpshop@live.co.uk**.

Registered Charity 203644 (England and Wales) and SC037711 (Scotland)

Your local supervets need volunteers



The Royal Veterinary College Animal Care Trust (RVC ACT) is a local registered charity, based just outside Potters Bar. We support a wide range

of clinical, research and educational activities aimed at improving animal health and care. We fund world-class equipment for our animal hospitals which see over 20,000 poorly pets a year.

We need volunteers to help us with events, community engagement or office administration duties, especially in the summer months and at Christmas. Please get in touch if you feel you could help us, email clreynolds@rvc.ac.uk or call 01707 666039. Help us to help animals. Thank you.

Registered Charity 281571

Christmas Day Lunch

The Christmas Day Lunch, sponsored by Churches Together in Potters Bar, will not, unfortunately, take place this year. We are sorry to disappoint our regular guests and the many who enjoy company on that day, as they usually live alone.

For this lovely celebration to continue in 2018 Di Travers needs someone to co-ordinate the lunch and share the planning. For more information contact Di on **01707 656311** early in 2018.

Thank you to the many wonderful teams of helpers and drivers for making Christmas Day over the past few years extra special for a number of people in Potters Bar.

Nick Partington

MSSCh MBChA

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Potters Bar Carnival 2017

Potters Bar Carnival had their open evening on 10th July and presented a total of £7,560 to 31 local organisations. This is the largest amount the Carnival has given out since the current committee was formed in 2004.

The Carnival Princess and Maids of Honour presented the grant cheques to the following organisations: 57 Squadron ATC, De Havilland Museum, Cranborne School, 2nd Potters Bar Guides' trip to Switzerland, Northaw Scouts, Elm Court Youth and Community Centre, Potters Bar Football Club, Potters Bar Scouts' trip to Viernheim, Herts Showband participation in the World Music Championships in Holland, Northaw Scouts, 1st Little Heath & Potters Bar Scouts, St Giles School, Girl Guiding trip to Mexico to do youth work, Barnet Hospital Radio, Protec Football Club, Rhythmix, Ladbrooke School, donation towards Scout leaders' participation in World Jamboree, Crusaders Football Club, Mount Grace School, Pope Paul School, Oakmere JMI, Potters Bar United Football Club and Welwyn Garden Youth Football Club. In addition grants were given to those organisations who delivered carnival programmes throughout the town.

The general comment from those who attended was that, as always, the afternoon was very enjoyable and committee members were congratulated for their hard work in putting on a good show.

Organisations who would like to put themselves forward for a grant from the 2018 Carnival should contact Peter or Sue on **01707 850147** for details on how to apply. The closing date for applications is 31st January 2018.

For your diaries and 2018 calendars, next year's Carnival will be on Sunday 10th June.

Hertfordshire Showband wins GOLD!

Potters Bar based Hertfordshire Showband won gold at the World Music Contest (WMC) in Holland. The band had created a 10 minute show called 'Boogie Nights' which they played on the move around a set course in the stadium, with intricate moves and dance choreography that had the 10,000 spectators calling for more! Music included 'All Night Long', Gloria Estafan's 'Conga', 'Blame it on the Boogie', 'Flashdance – what a Feeling', and a very entertaining drumming feature!

Visit www.youtube.com/watch?v=EZLqvro2-o8&sns=fb to see the show!

WMC is held every 4 years and although the band had competed before, it is the first time they have won a gold medal for a 'show' style programme. The 45 members of the senior band, who are primarily young adults and older teens, had been working on this performance for the past 2 years. A further 20 people are involved in the training programme, so things look very good for the future.

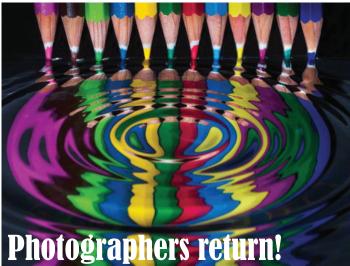
Whilst in Europe the band was also invited to appear at Disneyland Paris where they preceded the afternoon Disney Parade. This also gave the band a chance to enjoy a couple of days trying out the rides in the park whilst celebrating their win at WMC!

The band is auditioning for senior band members now, and would particularly welcome players of lower and middle brass instruments such as tubas, euphoniums and trombones plus tenor and French horns. There may well also be places for saxophones, clarinets, flutes and trumpets. The band is also looking for musicians to play xylophone and other keyboard instruments.

People of below Grade 3 or equivalent standard are welcome to join the Training Band which has members from 9 years and up.

Anyone interested in finding out more visit **www.hertfordhire-showband.org**, look us up on Facebook, or call Terry on **01707 650209**.





Potters Bar & District Photographic Society is back to its regular meetings after the summer break. The first evening was an internal competition for projected images. Fifty-five pictures were submitted for judging across the two classes (General and Advanced). The maximum score for each image was 20 points and nine were awarded top marks. The judge, professional photographer Alison Jenkins, made constructive comments for all the images presented and gave bints and tips as to where pictures could be improved.

Amongst those getting the maximum score was Marion Dale with her photograph 'Fly on my nose' showing a lion in a sanctuary. She said "He is a retired lion at the Cat Sanctuary in Kent and I was lucky enough to see these animals at close quarters". Also amongst the perfect scorers were Fiona and Graham Adamson. Fiona's picture 'Brisk Walk' was taken during a spring trip to Valencia, Spain to visit and photograph the City of Arts and Sciences and the amazing architecture of Santiago Calatrava, while Graham's 'Wick, Skomer Island' shows a puffin which Graham snapped while on a three day photography visit. Table top photography was represented by Lesley Alsford's 'Watercolours', shown above, the title being a play on words for the picture shows colouring pencils reflected in rippled water. Tony Mead added that his photo of a bee was taken with an old camera that was to hand and showed that in good daylight his more elaborate equipment was not necessary.

With a programme of competitions, presentations and visits, the Society has a varied line-up of events for photographers at all levels of experience. Another exhibition is due at the Wyllyotts Centre in Darkes Lane, Potters Bar in November.

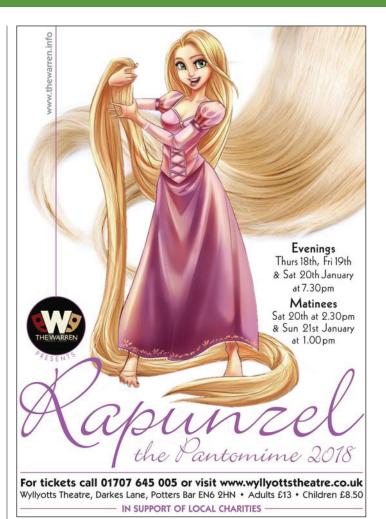
The Society meets at Wyllyotts Centre on Monday evenings from 7.30pm. Further information can be found at **www.pottersbarphotosoc.org.uk** or by visiting any meeting. Potential members may visit up to three times before they have to decide whether to join.



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Remap offer help

Please allow us to introduce ourselves – we are the South Hertfordshire branch of Remap, a national organisation which harnesses the skills of volunteer engineers and other problem-solvers to provide innovative solutions to everyday challenges encountered by people with disabilities.

Is there something which regularly causes difficulties for you or someone you know, but could perhaps be overcome with a gadget or structure custom-made by Remap's engineers? Previous projects have included extension handles to assist when opening and closing windows, an easy-fit wheelchair tray, and a child's tricycle for a little girl who has cerebral palsy.

Remap are happy to come and discuss your requirement (in collaboration with health professionals, if appropriate). Once a design for a solution has been agreed, we will build, install and maintain it, all at no cost to the user. We are a registered charity and can accept donations.

Of course, we're also interested in recruiting new volunteers to do this work — if you have an engineering background (from a hobby level upwards), a bit of time to spare and an interest in solving practical problems, you'd be very welcome to join us — we tend to work individually or in small groups according to the projects in hand, but all meet up once a month in Chiswell Green.

Maybe some of you remember one of our long serving members from Boxmoor, George Court , who passed away a few years ago. We still miss him at our Remap meetings.

Contact details for Remap South Herts; **07514 211393**, or **distevens@outlook.com**, or visit **www.remapsherts.org.uk**.















Mount Grace School Success

Results: Mount Grace School received their best ever GCSE results this summer – where one in five of all grades awarded were A* to A including over 12 of the highly elusive new Grade 9 scores in English and Maths. 65% of students received five A*-C grades including English and Maths which is in line with the national average and a 17% increase on last year's results. The school believes these results are testament to their core belief that 'every child matters' and that none should be left behind or achieve below their potential.

Digital Learning: Mount Grace School has increased its digital learning tools and students are loving it! Google Classroom: MGS is going fully Google Classroom this year where staff can post resources and class information and pupils can access this at home. Year 11 students used it last term and gave great feedback about its impact on their learning. GCSEPod: In 2016–17 MGS gained the top spot nationally for their use of GCSEPod and is aiming for the top spot this year. MGS students viewed five times more pods than the national average. 16 out of their top 20 performing students viewed more than 40 pods per subject which had an impact on their grades. SAM Learning has a wealth of new material for GCSE subjects so the school has bought this for all students. Seesaw blogs: MGS is running three international blogs — the Wallace-Grace blog with Iowa in America, The Olav-Grace



blog with a school in Sweden and the Onda-Grace blog with Ricardo and his team in Brazil.

Citizenship Events

Oliver Dowden MP visited Mount Grace School in September to speak to Year 11 GCSE Citizenship students about his role as an MP in

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ask@thehypnotherapytree.co.uk www.thehypnotherapytree.co.uk both parliament and his Hertsmere constituency. They also received a visit from The Baroness McIntosh of Hudnall, Deputy Speaker of the House of Lords, in October. She was invited as part of the 'Peers in Schools' initiative and spoke about the work and role of the House of Lords.

For more information contact Mrs Jackie Sibuns at Mount Grace School telephone 01707 655512 ext 229.



Conservation in Honduras

Operation Wallace is a charity focusing on the conservation of the world's endangered ecosystems and, in July, I was privileged to be part of a group of A level students to visit the rain forests and seas of Honduras under the charity's auspices.

The first week was spent in Cusaco National Park where, after a 5 hour uphill trek via pick-up truck, we found ourselves in the satellite camp of Cantilles. Facilities here were very basic with a trench as a toilet, a spitting hole for cleaning teeth and a freezing cold waterfall as a shower. We spent three days here swabbing and measuring frogs and lizards, examining beautiful jewelled scarab beetles caught in light traps and catching tropical birds for tagging. We also had a few encounters with snakes, including the highly venomous timbo and the slightly less venomous green racer. Back at base camp we found ourselves in comparative luxury with real toilets, and the spitting hole upgraded to a bucket! Here, we were able to climb a 100ft high tree to see part of the rain forest preserved only for birds and monkeys.

For the second week, we travelled to Roatan, an island where we were able to get our PADI scuba qualification. The crystal blue seas enabled us to experience another world with turtles less than a metre away and sting rays gliding cross the sand.

The most rewarding aspect of the trip was to feel that we were making a difference in preserving the phenomenal ecosystems of the world. It also brought home to us how everything on the planet is interlinked — if one creature disappears, the entire biospehere can be affected, emphasising the need for humans to conserve our world before it's too late. A big thank you to Mrs Whitehead and Mr Pickering for taking us on this adventure — the opportunity of a lifetime.

Victoria Willmott





















New Head Teacher for St Giles'

I am delighted to have been appointed as the new Head Teacher of St Giles' C of E

Primary School. With the school being in the heart of our community, I feel in a truly privileged position.

The school sits on the edge of Potters Bar in the small village of South Mimms. Whilst many people might not be aware of us, we have actually been in the village for over 180 years and were one of the first schools in the Potters Bar area. This year we celebrated 60 years on our new site where people came from far and wide to join us. The success of the 60th anniversary shows what a special place St Giles' really is.

It is a small school of just under 100 pupils, where children are educated in mixed year groups. Our recent inspection from Ofsted said that we are a good school, but we want to make the school even better. Our excellent staff are in the process of making that happen. We respect tradition but also strive for innovation. What other school is building soap box carts with its pupils one minute and dancing around the maypole the next?

What really leapt out at me when I first came here was the positive feeling you get when you walk in the door: perhaps it's the history of the school, maybe it's the friendly atmosphere you get in a small school where all the children know each other's name, or maybe it's something else that I can't quite put my finger on? What I can tell you is that whatever that warm feeling is, it's something that lots of people comment on when they visit and it's a feeling that stays with you. Perhaps this is why so many people come back to visit us time and time again?

Forthcoming events

We are looking forward to our Fireworks Display on Saturday 4th November and our Christmas Fayre soon after, details of our events can be found on our website www.stgiles.herts.sch.uk.

Tanzanian Trip

This year 19 students from Dame Alice Owen's were given the chance of a lifetime, spending three weeks in Tanzania. Whilst there, the students had the opportunity to spend one week on safari, one week at the Amani Centre, a boarding school for disabled children, and one week in Zanzibar. Whilst we were there, we had the chance to interact with the kids, play games with them and get to know them, paint the walls and learn about their amazing dances and food! It really was an unforgettable experience and we will certainly miss the kids from the Amani Centre a lot.

Below is a reflection from one of the student participants: 'Tanzania was something I couldn't have ever been prepared for. Imagining it months in advance, planning and organising money, packing, and journeying, still didn't prepare me for the reality of such a beautiful



and complex atmosphere. Even the most desolate areas held a capacity of culture the western world can hardly imagine; from herds of elephants and families of giraffes, to a solitary lion finding shade under our Jeeps. The landscapes and animals, though, could not hold anything in comparison to the people we met along the way; the people who welcomed us without hesitation, performed for us and made a home for us. And they introduced us to a new friendship that made leaving so much more tragic! We had an amazing time.'

Hannah Politzer Year 13

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Herts Vision Loss

After months of searching for the best name we are pleased with the choice that our service users have made, supported by all of us here.

You will probably know that The Hertfordshire Society for the Blind was established in 1915 so what better way of celebrating moving through the next century than having a new name? The charity has come on in leaps and bounds and now helps many blind and visually-impaired people. Rest assured our name has changed but the work we do is the same.

As we strived to offer support to more people we found out that many people with a visual impairment were not coming to us. We asked them why and this is what they told us:

- ➤ "I am not blind so why would I want to join in with the things in a blind charity?"
- ➤ "I just don't like the word blind, it scares me, so I stay away from the charity."
- "I don't feel like the charity is very inclusive as it doesn't mention visually-impaired people."

So, you said it and we did it! We have changed our name!

This took effect from 31st March 2017 and we had a formal launch party on 10th June.

Along with our new name we have a great new website. It is bright, eyecatching and modern. We hope that you like it. You will find it at www.hertsvisionloss.org.uk.

Can you spare an hour to share an hour?

The aim of Herts Vision Loss is to support and empower people in Hertfordshire with a visual impairment. You can help achieve this by volunteering with us.

Our volunteers support us by helping at hospital clinics, assisting at sight information points, events and with fundraising.



Volunteers also provide much needed support by befriending visually impaired people, visiting them at home, taking them out, or helping with jobs like sorting post, etc. Sometimes just a chat over a cup of tea is all that's needed to help prevent the social isolation that often comes with a visual impairment.

Volunteering can provide useful experience for the volunteer. You can develop skills working with people as part of a team which is valuable on your CV. It also gives you the opportunity to become part of a community, make new friends and gain social skills.

Sight awareness training is provided along with ongoing support.

Do you want to join our team?

Contact us on **01707 324680** or email **volunteering@hertsvisionloss.org.uk**.

Get moving with new classes in Potters Bar

We Move She Moves offers lots of different activities for you to enjoy in Potters Bar, from yoga to pilates, aqua zumba to trampolining, dance to squashercise. We Move She Moves tries to make it as easy as possible for women in Potters Bar to be active. You do not need to pre-book, you can just turn up and there is no commitment either. Our friendly instructors tailor the classes to all ages, abilities and fitness levels.

Golden Burlesque is perfect for ladies who are over 50 years old. It is low impact exercise fusing dance steps with a little bit of sass. The class takes place at King Charles the Martyr Church Hall, Mutton Lane every Tuesday between 12–1pm.

Dance away any hump day blues with a high-energy Clubbercise dance class. The lights are turned down low so you can dance like no-one's watching. The dance choreography is tailored to your fitness level so don't worry if you haven't exercised in a while. Join us every Wednesday, 6–7pm at Elm Court, Mutton Lane.

Soccercise is an instructor-led aerobic exercise circuit class. The inclusion of footballs adds co-ordination and core stability to familiar exercises. It builds the skill and confidence of working with a football. Footballs are provided and you don't need specialised kit, just trainers and comfortable clothing. Join us every Tuesday between 7.30–8.30pm at Oakmere Youth & Community Centre.

All of our classes cost £4, so they're really low-cost. Grab a friend to have lots of fun and let's get moving! For more information, go to www.wemoveshemoves.com or like us on Facebook





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Potters Bar before World War Two (Part 2)

Before the war I remember that we had milk deliveries twice each day, regular bread deliveries by horse and cart, and Walls ice-cream salesmen peddled tricycles around the estate selling ice lollies for about 1d each. The A1 Dairy was in the High Street opposite the bus garage. The High Street was the main shopping area in Potters Bar and was very different to now, in that you could buy almost everything you needed without going to Darkes Lane. My mother made our clothes from dress material called `Sparva Spun` which she bought from Westons drapers at the Hatfield Road end of the High Street for sixpence three farthings a yard (known as six three). We could also buy a packet of six Horlicks tablets for about 1/2d or 1d and 1/3 of a pint of milk was about the same. The High Street was a mixture of shops, cottages and older large houses. The ones I remember are:

On the right hand side starting at Mutton Lane: Ideal Stores (grocer and off licence), Cobbs (corn chandler), Dr Mary Allan (GP), International Stores (grocer), Regent Garage (later Twymans), White Horse (pub), Barclays Bank, Cluttons (records), Clements (greengrocer), Sainsburys, Boots, Robin Hood Hotel, Barkers (hardware), Williams Brothers (grocers), Piele (chemist), Tolmans (butcher), Halls (sweets and tobacco), Walsh (men's outfitter with barber upstairs), Rita (ladies clothing), St John's Church (closed, but used as a mortuary during the war), Oakmere House, A1 Dairy, Hooneys (greengrocer).

On the opposite side I remember a large shed on the corner of Mutton Lane which was later used as a factory, Tilbury (baker), Tingeys (furniture), Harris (cobbler), Harfords (greengrocer), Hunts (sweets and tobacco), Burgoynes (garage and blacksmith), Whiteson and Pill (estate agent), Kelseys (jeweller), Ladbrooke School, Cobbs (baker), Brays (newsagent), Westminster Bank. After Parkfield park and the bus garage was Weston's (draper) and other small shops.

Gwen Hawkins

"Sprat pond" reminiscences

In the Summer edition we asked if anyone knew what had happened to the 'sprat pond' which had been mentioned in articles featuring reminiscences of Potters Bar. Here are two responses which were received and some further information from a Potters Bar museum publication.

'The pond was located at the top of a large field between the old Potters Bar Hospital and the Fire Station in Mutton Lane.

As a young child I used to go to the pond in the summer holidays with my brother and friends. We all went with the obligatory jam jar held by a piece of string and spent many hours catching frogs, newts and toads. In all the years, I do not recall ever catching a fish! During the time that the spawn turned into frogs, the whole field would be alive with really tiny frogs no more than an inch in size leaving the pond in their thousands. I never knew how they made it because they were a prime target for crows and the like.

I went to Parkfield School (now Mayfair Lodge) in the Walk and we used the field as a short cut going past the St Mary's tennis courts (now flats) and down to the fire station, along Mutton Lane to my home at 2 Oak Cottages, Baker Street (now 4 Baker Street).

I don't remember the year but the field was used to create new homes, with the pond being filled in and grassed over to form a playing area for children. Happy Days!'

Mrs June Rutter

'Regarding the article on page 11 of the Summer 2017 edition of the Community News, "Potters Bar before World War Two", there was a pond in the field that was between the hospital and the fire station which was presumably the "sprat" pond referred to. This pond was filled in and built over when the new housing estate comprising Otways Place, Abingdon Place, Albemarle Avenue and Birch Grove was built.

As a child, I used to go fishing for newts in this pond.'

Dave Beecham

A paddle in the sprat pond!

As a child, at weekends and particularly during the summer, we used to go to the sprat pond which was beside the footpath next to Tesco, and more or less under the green in Abingdon Place. The pond was probably an earlier sandpit and shaped like a keyhole. At the narrow end, nearest to The Walk, it was very shallow and that was where the kiddies went for a paddle. The mums and dads also came at weekends to have a picnic nearby in the field; it was often used for it 'never rained' in those days. A local man, Mr Field from Park Avenue, used to bring his lorry filled with sand and gravel and deposit this at the shallow end of the pond to make it almost like a seaside beach. The boys and girls who could swim used the larger and deeper end of the pond. They dived in from a tree stump that was there. This was also the premier spot for our fishing. If a bigger boy came along you vacated the spot or else you were knocked into the water. I cannot remember people catching many big fish but certainly you could pick up a tiddler or two.

This article is reproduced from the booklet 'My Boybood Days in Potters Bar' by George Samuel Case by kind permission of Potters Bar Museum.

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Join the Potters Bar Health Walks

Keep your activity levels up over winter by taking part in your local Health Walks organised by Hertfordshire County Council's Countryside Management Service.

Hertfordshire Health Walks are an accredited part of England's largest network of short walks, Walking for Health, and the aim is to help more people lead an active lifestyle. Getting active can be difficult, but we're here to help. The group walks are led by friendly, trained volunteers who are on hand to provide encouragement and support. The walks are short and over easy terrain, lasting between 20 minutes and 90 minutes, and are open to all.

In Potters Bar walks take place on Mondays, Wednesdays and Saturdays, ranging from First Steps to Grade 4. Many of our walkers and volunteers have benefitted from the walks in terms of weight loss and improvements in their blood pressure, plus the chance to meet new people and improve their mental wellbeing.

It's easy to get involved — you can register online at www.hertfordshire.gov.uk/healthwalks or simply turn up! Online you'll find all the September—December 2017 programmes of walks for Hertsmere and the rest of the county, and also an easy postcode search tool to find your nearest walk.

Further information can be obtained by calling **01992 588433**, emailing **healthwalks.cms@hertfordshire.gov.uk** or by following **@hertshealthwalk** on Twitter. Many libraries, GP surgeries and local government buildings hold a supply of printed programmes too.

NEW! You can also sign up for the Walking in Hertfordshire ebulletin, to keep up to date with all of the walking activities organised by CMS and its team of dedicated volunteers. Visit www.hertfordshire.gov.uk/updateme to sign up!



Potters Bar Society walks to January 2018

If you are interested in furthering your knowledge and understanding of the local environment, then these walks should appeal. Non-members are welcome but please make sure you know the protocol and walks rules. You join all of the walks at your own risk.

In the event of adverse weather conditions, please telephone the walks leader as the walk may have to be cancelled. All walks begin at 1.30pm.

Sunday 12th November 2017

Meet: 'White Hart' PH South Mimms (Bus 84). *Route:* Black Horse Lane to Warrengate Farm and Hawkshead Lane, return via Town Farm. About: 5 miles.

Leader: 01707 851498.

Sunday 26th November 2017

Meet: Roestock Lane near junction with Bullens Green Lane, AL4 OQW (TL214064). *Route:* Places of interest in Colney Heath. About: 4 miles. *Leader:* **01707 264689**.

Sunday 10th December 2017

Meet: Public cark park Colney Heath High Street (TL201601, next to primary school). *Route:* London Colney via lakes and return via Willows Farm. About: 5 miles.

Leaders: 01707 643832.

Sunday 24th December 2017 NO WALK

Sunday 7th January 2018

Meet: Dixons Hill Close, Welham Green – park near motorway AL9 7EF (TL2205048). *Route:* North Mymms Park return via Veterinary College and Waterend. About: 4 miles.

Leader: 01707 264689.

Details of later walks may be accessed on the Society's website, **www.pbsoc.org.uk**. We are still looking for additional walks leaders to ensure the continuation of the programme – please ring us on **01707 643832** if you can help.





Brass players of all ages and standards welcome 昭

Rehearsals Every Friday 8.00 – 10.00pm Contact: Ginette O'Higgins 07970 448661 enquiries@pottersbartownband.co.uk

40th Anniversary of Potters Bar and Barnet local RSPB Group

The Royal Society for the Protection of Birds is one of Europe's leading nature conservation charities. Founded in 1889 it is a thriving organisation dedicated to saving nature as threats to the environment continue to grow.

Potters Bar and Barnet local RSPB Group celebrated its 40th anniversary on Wednesday 12th July when 50 members, past and present, enjoyed a boat trip on the River Lee with the Lee and Stort Boat Company followed by a cream tea at the Ware Waterside Inn. The weather was pleasantly warm and sunny. We were able to do some birdwatching as we cruised along; highlights included greylag geese, terns, red kites and grebes, plus fascinating insects such as the banded demoiselle damselfly. The cruise went up to King's Meads Hertfordshire and Middlesex Wildlife Trust reserve and down as far as Amwell, past the historic Ware Gazebos, all accompanied by a running commentary about the places we were passing. We chatted and reminisced about previous outings events. We have had group holidays far and wide, from the UK to Norway to Kazakhstan, to Morocco and regular coach trips to nature reserves in the UK.

At our indoor meetings in June we celebrated with special 40th anniversary cakes, so that those who could not make the trip did not miss out.



Potters Bar and Barnet RSPB group members at the Waterside Inn.

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Junior Reptile and Amphibian Club for Enthusiasts welcomes you to join us each month to explore our passion...

Reptiles and Amphibians

Last year, Travis (now age 13), launched his very own club for children who have an interest in Reptiles and Amphibians. Presenting to many children and adults at each monthly meeting, Travis loves to interact with some incredible creatures and encourage confidence and understanding to grow in the very littlest of hands!

Bring your own reptiles – and share them with other visitors.

We welcome guest speakers to spread their knowledge with our members – volunteers always welcomed!

As well as hands on experiences with some incredible creatures, we offer Crafts, Refreshments, Facepainting and a very successful Raffle and Tombola stall.

PLEASE NOTE this is a self funded club, run by a fantastic team of volunteers – and is FREE for all to access – we welcome everyone from any area – any age.

WE ARE DESPERATE FOR SUPPORT FROM LOCAL BUSINESSES, WHO WOULD BE WILLING TO DONATE A SERVICE OR PRODUCT THAT WE CAN USE FOR THE MONTHLY RAFFLE. IN RETURN, WE CAN HELP PROMOTE THE BUSINESS VIA THE CLUB and NEWSLETTER/FACEBOOK.

No need to book – just come along to our monthly meetings... Find us on facebook, 'junior reptile and amphibian club for enthusiasts' for details of our next meeting date.

Monthly meetings held at South Mimms Village Hall, Blanche Lane, South Mimms, EN6 3PD. Call Lisa on 07852 206064 or email lisaworrell67@msn.com.

Call us for details regarding Travis presenting to YOUR club or organisation. We are incredibly proud for all we have achieved... please do help to make his club the success it deserves to be.

Since our 35th anniversary this group has raised over £25,000 for the RSPB to spend on Nature Conservation such as chalk grasslands, children and education, international campaigns, woodlands, farming and agriculture and coast and marine environments.

We welcome RSPB members and non-members alike to our meetings and outings. Our indoor evening meeting on 19th January in Tilbury Hall, Darkes Lane Potters Bar is an illustrated talk "A Naturalist in Northumberland and Upper Teesdale" by Tom Gladwin, a prominent Hertfordshire naturalist. This is followed by a coach trip on 21st January to Paxton Pits nature reserve near St Neots, good for waterfowl.

Visit our website **www.rspb.org.uk/groups/ pottersbarandbarnet**, see the *What's On* pages or email us at **pbandb.rspb@gmail.com** if you want to find out more.



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info@lightingandelectricalshowroom.co.uk www.lightingandelectricalshowroom.co.uk OPENING TIMES:

Monday, Tuesday and Friday 10am-6pm Saturday 9.30am-5pm

Working in the Community - Arboriculturist

An arboriculturist has expertise in the care and management of trees, and this has been Charles Fowler's vocation since 2009. Previously be designed and built ponds for Wildwoods Water Garden Centre in Enfield. He became interested in tree felling and underwent training at both Capel Manor and Biggleswade Colleges where be gained licences for using and maintaining a chainsaw, climbing and felling trees, and aerial rescue. But in addition to carrying out the practical aspects of the work, vigilance about not taking risks, being alert, and not drinking alcohol before a job are essential.

When trees are felled, Charles tries to recycle as much as possible. The good wood is sawn into logs and left to season naturally in the open for a minimum of one year, and oak for at least two years. Some wood is split and bundled for firewood, and chippings are sold for mulching gardens and allotments, and for surfacing pathways, etc. Any waste goes to a green waste site. Charles says the best wood for wood burners is oak as it has little flame and more heat than other soft woods, it lasts longer and has a very nice smell, as do cherry and apple.

As well as felling trees, some more unusual requests Charles has received include making slices of tree into stands for wedding cakes, and cutting discs for a school to use in helping children to count. He also carved a mushroom from a tall, wide tree stump in a school garden, where children could sit round the stalk under the mushroom umbrella. He has also been asked to rescue cats stuck up trees.

Charles is very keen to share his knowledge and skills, and has a couple of young apprentices who work with him. He also makes videos showing how to do various cuts, and he welcomes feedback from his clients. He says the best parts of his job are the challenges it brings, and that every day is different.

Joy Stovell

Nicholas Christo

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Visit to Twin Town, Vernheim

Friday 7th July 2017 marked the 40th anniversary of the formation of the Englische Klub of Viernheim, Potters Bar's twin town in Germany. This was celebrated with a dinner and congratulatory speeches, with a guided (in English) visit to an historic village and vineyard with picnic on the following day (Saturday) and for us a visit to the Carl Benz motor museum in Ladenburg on Sunday.

Although there was an open invitation to Potters Bar, in the event the town was represented by two couples who were nevertheless treated to the usual generous hospitality. Although a disappointment for Viernheim, the Mayor was gracious in his speech reflecting upon the 40 years of friendship and exchanges with Potters Bar. He offered his town's full support for continuing contacts between our Partnerstädte.

The conducted tour of the historic village Ladenburg in a tractor-drawn trailer included a picnic and drive through the vineyards, enjoying on the way superb views across the Rhine Valley.

Carl Benz's world first car is on show in his original factory (picture below.) It became particularly famous as it was taken (without



permission) by Mrs. Benz who drove it 70 miles with her children to visit her mother, and dealt with a breakdown on the way! The museum was giving rides in the car on the day we visited. The wide range of exhibits also included a 1930's Austin seven and a 1970's MGB.

Warm invitations to stay in

our twin towns, Franconville and Viernheim, are

always open for Potters Bar to take up on a reciprocal basis, involving perhaps one or two weekends a year.

Theresa and Chris Dawes, **pbtwintowns@hotmail.com** or telephone **01707 656635**.



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WHAT'S ON

NOVEMBER 2017

WEDNESDAY 1st

- > *PB Horticultural Society 'The World Garden Lullingstone Castle' Jim Buttress.
- > *Oakmere WI 'Electrical Aspects of Home Maintenance' Steve Frowe.
- > *Wednesday Community Club Games and chat.

THURSDAY 2nd

*Potters Bar Society Town Group Meeting, Tilbury Hall, 7.30pm.

SATURDAY 4th

- Remembering our Loved Ones Service to remember and give thanks for departed relatives and friends. All welcome. 3pm, St Mary's Church, The Walk. Followed by tea and cakes. Details 07803 756088
- > Fireworks Display St Giles School, South. Mimms, 6.30—9pm.
- Fireworks Display Little Heath School, School Road. Tickets available online at www.brookmansparkrotary.org.uk: adults £7, children (5–15) £4; on gate adults £9, children £6. Gates open 5.45pm.
- Christmas Market Hatfield House, 10.30am—4pm. In aid of Isabel Hospice, \$2. Acc. children free.
- Indoor Car Boot Sale at Elm Court. Sellers, £12 per table (no discounts), buyers 50p. From 1pm. Book by phone 01707 659602.

SUNDAY 5th

- *Messy Church for all the family at King Charles the Martyr Church, from 3-5pm. Arts and crafts activities, some informal worship and a light tea. Free, no need to book.
- *Barnet Walks Hooray for Hendon! A guided walk. Meet at Hendon Central tube station.

MONDAY 6+k

*Barnet Philatelic Society Italy Study Circle — talk and display.

THESDAY 7+k

Lunchtime Recital Andrew West — organ, 12.30pm. Retiring collection. Buffet lunch £5. 12noon to 1.30pm, St Mary's Church, The Walk.

WEDNESDAY 8th

- *Wednesday Community Club Talk on Cambodia.
- *RSPB Afternoon Meeting 'History of St Albans Abbey' Sally Pearson.

THURSDAY 9th

- *Enfield National Trust Association 'Regents Canal' Diane Burnstein. 7.45pm, Enfield Grammar School. Info 650969.
- Health and Wellbeing Event held by the Patient Participation Groups of Annandale, Highview and Parkfield Medical Centres. 10am—5.30pm, St John's Church Hall, Baker Street (see article for more details).

SATURDAY 11th

- Christmas Market 4th PB Scouts. St John's Church, Baker Street, 10.30am to approximately 12.30pm. Entry 50p. Under 16s free. Seasonal stalls, refreshments and visit from Father Christmas. Contact 01707 652981.
- Christmas Bazaar Cats Protection League, Lea Valley Branch. The Undercroft, St Andrew's Church, Cuffley, from 11am. Entrance 50p or a tin of cat food.
- > *Barnet Walks The Battle of Barnet: a guided walk. Meet at junction of Great North Road and Hadley Green Road, 2.30pm.

SUNDAY 12th

- Remembrance Day Service at the War Memorial ,10.50am, followed by service in St Mary's Church at 11.30am.
- *Potters Bar Society Walk.
- > DPL Toy Fair Elm Court, 10.30am—2.30pm.
- *Barnet Walks The Battle of Barnet: a guided walk. Meet at junction of Great North Road and Hadley Green Road, 2.30pm.
- ➤ Antique and Collectors Fair Wyllyotts Theatre. Admission £2, concessions £1.50.

TUESDAY 14th

- *Cuffley Floral Art Club Social.
- > *Cuffley Industrial Heritage Society Simon Dungworth Tiptree.

WENESDAY 15th

- *Enfield National Trust Association '80+ years of YHA' Diane Nightingale. 2pm, Holtwhites Sports and Social Club, Enfield. Info 650969.
- > PB Horticultural Society 'Bulb planting, August to October' George Lockwood.
- > *Wednesday Community Club Games and chat.

THURSDAY 16th

> Frost Fair Hatfield House, 10am—5pm. Crafts, fine foods and up to 200 gift stands.

FRIDAY 17th

- > *RSPB Evening Meeting 'Wildlife and Management of the RSPB Nene Washes' Charles Kitchin.
- > Frost Fair Hatfield House, 10am—5pm. Crafts, fine foods and up to 200 gift stands.

SATURDAY 18th

- Christmas Market Mount Grace School, 11am—3pm in Hall. Contact Jackie 01707 655512 ext 229 or sibunsi@mountgrace.herts.sch.uk for more information.
- Quiz in aid of Cats Protection League. Elm Court, Mutton Lane. Bring own food and drink. £6, tables up to 10 people. 7.15 for 7.30pm start. Telephone Stephanie on 657876.
- Christmas Fayre PB Baptist Church, 11am—3pm. Opens with special performance by Oakmere Primary School Choir. Stalls, children's activities, etc.
- ➤ Indoor Car Boot Sale at Elm Court. Sellers, £12 per table (no discounts), buyers 50p. From 1pm. Book by phone 01707 659602.
- > Frost Fair Hatfield House, 10am—5pm. Crafts, fine foods and up to 200 gift stands.

CHNDAY 10th

- *Fir & Pond Woods Nature Reserve Conservation work to maintain this reserve. 10am, lay-by, Coopers Lane Road. Tools provided.
- > Frost Fair Hatfield House, 10am—5pm. Crafts, fine foods and up to 200 gift stands.

MONDAY 20th

*Barnet Philatelic Society Autumn Auction (viewing from 7pm).

TUESDAY 21st

'Chess' Potters Bar Theatre Company Musical. Wyllyotts Theatre, 7.30pm. Tickets 07985 542204.

WEDNESDAY 22nd

- > 'Chess' see above.
- > *Wednesday Community Club Quiz.
- *Radlett Music Club Oliver Wass and Luba Tunnicliffe (harp and viola). 8pm at the Radlett Centre.

THURSDAY 23rd

- > *PB Historical Society 'The Lost Garden in Gobions Wood' Colin Field.
- *Cuffley Horticultural Society 'Greening the Grey in Britain' with Guy Barter, Chief Horticultural Adviser at the Royal Horticultural Society. 8pm at Cuffley Hall.
- 'Chess' see above.

FRIDAY 24th

- 'Chess' see above.
- *Enfield National Trust Association Quiz with Ploughman's Supper, 7 for 7.15pm, 7.45pm, Enfield Grammar School. Info 01707 321759.

SATURDAY 25th

- 'Chess' Wyllyotts Theatre, Saturday Matinee 2.30pm and 7.30pm. Tickets 07985 542204.
- ➤ Bazaar and Craft Fayre 60+ Centre, Wyllyotts, from 10am. Cakes, bric-a-brac, craft stalls, etc.

SUNDAY 26th

- Christmas Concert by the GOLD winning Hertfordshire Showband at Wyllyotts Theatre, Potters Bar. Lots of great tunes and features to get your foot tapping. Performance of their GOLD Medal-winning music with actions! Featuring Ladbrooke School Choir! Second half Christmas favourites. Starts 7.15pm. Tickets £12 from Wyllyotts Theatre or boxoffice@hertfordshire-showband.org.
- *Cherry Lodge Cancer Care Lights of Love Barnet Spires Shopping Centre. Dedicate a light to a loved one. Come and join in for a mince pie and mulled wine.
- *Whitewebbs Museum of Transport Open Day, 10am—4pm. Admission £5, children under 13 free.
- > *Potters Bar Society Walk.

WEDNESDAY 29th

- > *PB Horticultural Society AGM and Social.
- *Wednesday Community Club Pope Paul School Choir.

DECEMBER 2017

FRIDAY 1st - SUNDAY 3rd

> St Mary's Church North Mymms Christmas Tree Festival The theme this year is JOURNEYS — real ones, personal ones, fictional and biblical ones. We are inviting families, individuals, schools, businesses and organisations to enter a tree and provide a glittering array to light up the church. The Festival opens Friday 1st December with mulled wine, light refreshments, a chance to view the trees and concert by the Buck Brass Trio, tickets £10. Entry £2 (free under 16). Refreshments, children's workshops and craft stalls. For more information. Preview Evening go to www.stmarysnorthmymms.org.uk.

SATURDAY 2nd

- Christmas Fayre and Artisan Food Market Brookmans Park Primary School, 2—5pm. FREE Entry. Quality stalls for Christmas gifts, crafts, decorations, toys. Tasty refreshments in café. Great raffle prizes, fun games and activities for children. North Mymms Youth Project, fayre@nmyouth.org.uk or 07543 823965.
- Christmas Tree Lighting at Bradmore Green, Brookmans Park Rotary. Carols, Father Christmas and his sleigh, mince pies, hot chocolate, mulled wine. Starts at 5.15pm, Santa at 5.45pm, lights on at 6.15pm.
- *Barnet Walks Charles Dickens in Barnet and North London: Christmas guided walk. Meet at High Barnet tube station, 11am.

WHAT'S ON

- St Mary's Church North Mymms Christmas Tree Festival see 1st December.
- ➤ Indoor Car Boot Sale at Elm Court. Sellers, £12 per table (no discounts), buyers 50p. From 1pm. Book by phone 01707 659602.

SUNDAY 3rd

- 'From Darkness to Light' a celebration in words and music for Advent Sunday. All welcome. 6.30pm, St Mary's Church, The Walk. Details 07803 756088.
- St Mary's Church North Mymms Christmas Tree Festival see 1st December.
- > Stamp Fair Mount Grace School in Hall, 9am—3pm.
- > Barnet Street Fair in High Street from 12noon.

MONDAY 4th

*Barnet Philatelic Society Visit from Watford PS — talks and displays.

THESDAY 5+k

> *PB Historical Society Christmas Social. An Evening by our Members.

WEDNECDAY 4:

- *Cherry Lodge Cancer Care Carol Concert by Barnet Schools at The Spires Shopping Centre, 9.30am—2.30pm.
- > *Wednesday Community Club Outing 'Mamma Mia' and lunch.

THURSDAY 7th

*Potters Bar Society Town Group Meeting, 7.30pm, Tilbury Hall.

CATHEDAY OH

➤ Christmas Concert by Potters Bar Choral Society, 7:30pm at Our Lady & St Vincent Roman Catholic Church, Mutton Lane, Potters Bar, EN6 2AT. Tickets £10 (£12 on door), 01707 655297 or info@pbchoral.org for more information.

SUNDAY 10th

- ➤ Music for Christmas with Hertfordshire Chorus Choir Hatfield House. 7pm. £16. Children £11.
- *Messy Church for all the family at King Charles the Martyr Church, from 3—5pm. Arts and crafts activities, some informal worship and a light tea. Free, no need to book.
- *Potters Bar Society Walk.

TUESDAY 12th

- Lunchtime Recital Matthew Sear, guitar, 12.30pm. Retiring collection. Buffet lunch (£5) available from 12 noon to 1.30pm, St Mary's Church, The Walk.
- > *Cuffley Floral Art Club Angela Turner (National) 'All is Calm, all is Bright'.
- > *Cuffley Industrial Heritage Society David Keen 'Amy Johnson'.

WEDNESDAY 13tl

- *Cherry Lodge Cancer Care Carol Concert by Barnet Schools at The Spires Shopping Centre, 9.30am—2.30pm.
- Christmas Carol Concert Mount Grace School. Contact Jackie, 01707 655512 ext 229 or sibunsi@mountgrace.herts.sch.uk for more information.
- *Wednesday Community Club Christmas Service.
- > *RSPB Afternoon Meeting 'A History of Christmas' by Nick Dobson, songs and stories.

THURSDAY 14th

> *Oakmere WI '1950s and Seasonal Vocals' — Lynda Styan.

FRIDAY 15th

> *RSPB Evening Meeting Christmas Social, and images of the last year's events.

SATURDAY 16:1

- Indoor Car Boot Sale at Elm Court. Sellers, £12 per table (no discounts), buyers 50p. From 1pm. Book by phone 01707 659602.
- Antiques and Collectables Market Hatfield House, 10am—5pm. Free entry.

SUNDAY 17tl

- Carol Service All welcome. 5pm, St Mary's Church, The Walk, followed by mulled wine and mince pies. Details 07803 756088.
- *Fir & Pond Woods Nature Reserve Conservation work to maintain this reserve. 10am, lay-by, Coopers Lane Road. Tools provided.
- > Farmers' Market Hatfield House, 10am—2pm.

MONDAY 18th

*Barnet Philatelic Society One Sheet and Postcard Competitions, and Christmas Social Evening.

Town Carols Wyllyotts Theatre at 7.30pm. Do arrive in good time to ensure a seat!

SUNDAY 24th — Christmas Eve

Crib and Christingle Service — a Christmas celebration for all the family. 4pm, St Mary's Church, The Walk. Details 07803 756088.

- Midnight Mass All welcome. 11.30pm, St Mary's Church, The Walk. Details 07803 756088.
- ➤ Blood Donor Session 9am—1.30pm, Elm Court, Mutton Lane.

MONDAY 25tl

- Christmas Day See Churches Together page for service times at various churches.
- Communion All welcome. 10am, St Mary's Church, The Walk, followed by festive drinks and mince pies. Details 07803 756088.

IANUARY 2018

WEDNESDAY 3rd

*PB Horticultural Society Bob Harding Jones is an entertaining speaker. Hilarious stories of village life. Bob has performed at the Edinburgh Festival.

THURSDAY 4+1

- *Enfield National Trust Association Stafford Steed 'Inca Trail'. 7.45pm, Enfield Grammar School. Info 01707 650969.
- *Potters Bar Society Town Group Meeting, 7.30pm, Tilbury Hall.

SUNDAY 7:

- *Whitewebbs Museum of Transport New Year Autojumble, 9am—2pm. Admission charge £5. Accompanied children under 13 free.
- *Potters Bar Society Walk.

THECDAY O.L

*Cuffley Industrial Heritage Society Aris Dacanalis — 'The Antikythrera Device'.

WEDNESDAY 10+k

- *RSPB Afternoon Meeting 'Yellowstone in Winter' stunning photographs by Ron and Maggie Terr
- *Wednesday Community Club Welcome Back.

THURSDAY 11+k

- > *Oakmere WI "What did you do in the War, Granny?" Dan Allen.
- ➤ Blood Donor Session 12.35—3.30pm and 5—7.45pm, Wyllyotts Centre.

CATHEDAY 13th

- Charity Quiz Supper Potters Bar Tangent Club. £11, in aid of Herts Young Homeless. 7pm for 7.15pm, Tilbury Hall, Darkes Lane, Potters Bar. Info 01707 650969.
- ➤ Indoor Car Boot Sale at Elm Court. Sellers, £12 per table (no discounts), buyers 50p. From 1pm. Book by phone 01707 659602.

SUNDAY 14th

- *Messy Church for all the family at King Charles the Martyr Church, from 3-5pm. Arts and crafts activities, some informal worship and a light tea. Free, no need to book.
- > *Barnet Walks The Battle of Barnet: a guided walk. Meet at junction of Great North Road and Hadley Green Road, 11am.

MONDAY 15th

> *Barnet Philatelic Society 'More Specks and Spots' — Talk and display by David Bird.

WEDNECDAY 174L

- *PB Horticultural Society Ann and John Wallington are active members of the camera club and have visited many exciting places (Iceland).
- *Enfield National Trust Association Georgi Perrott '39 Years at Covent Garden Opera House'. 2pm, Holtwhites Sports & Social Club, Enfield. Info 01707 650969.
- *Wednesday Community Club New Year Quiz.

THURSDAY 18th

RAPUNZEL the Pantomime The Warren Theatre Group are putting this on at Wyllyotts Theatre, 7.30pm. Call 01707 645005 for tickets; \$13 adults, \$8.50 children.

EDIDAY 10+L

- *PB Historical Society Potters Bar Film Makers: Potters Bar in the Thirties, Cuffley Airship and other short films — Mr John Astin.
- *RSPB Evening Meeting 'A Naturalist in Northumberland and Upper Teesdale' by Tom Gladwin, a prominent Hertfordshire naturalist.
- > RAPUNZEL the Pantomime see above.

SATURDAY 20th

- Quiz Night Act 4 are holding a quiz night at King Charles the Martyr Church, 6.45pm for a 7pm start. Tickets cost £10 including a light supper. Contact Act 4 on 01707 665551 or office@act4.org.uk.
- > RAPUNZEL the Pantomime see above.

SUNDAY 21st

- *Fir & Pond Woods Nature Reserve Conservation work to maintain this reserve. 10am, lay-by, Coopers Lane Road. Tools provided.
- RAPUNZEL the Pantomime see above.
- *Radlett Music Club Guitarrisima (5 girls 5 guitars, from Vienna). 3pm at the Radlett Centre. Waltzes and polkas by the Strauss family.

WEDNESDAY 24th

*Wednesday Community Club Games and chat.

THURSDAY 25th

*Cuffley Horticultural Society 8pm at Cuffley Hall. See our website for details cuffleyhortsoc.org.uk.

WHAT'S ON

SATURDAY 27th

- Quiz Evening 4th Potters Bar Scouts at St John's Methodist Church, Baker Street. Hot meal at 7pm followed by quiz. £8 per head. Bring own drinks (no alcohol). Tables of 8 preferred but we can accommodate smaller numbers. Contact 01707 652981.
- ➤ Indoor Car Boot Sale at Elm Court. Sellers, £12 per table (no discounts), buyers 50p. From 1pm. Book by phone 01707 659602.

SUNDAY 28th

- *Whitewebbs Museum of Transport Open Day, 10am—4pm. Admission Charge £5 per adult. Accompanied children under 13 free.
- ➤ Blood Donor Session 8.50am—12.15pm and 1.45—3.15pm, Wyllyotts Centre.

WEDNESDAY 31s

- *PB Horticultural Society Len Little was a police dog handler for 13 years with the Met and Hertfordshire Police.
- *Wednesday Community Club 'Through the Roof'.

FEBRUARY 2018

THURSDAY 1st

*Potters Bar Society Town Group Meeting, 7.30pm, Tilbury Hall.

FRIDAY 2nd

*RSPB Evening meeting 'Undiscovered Norfolk' by Chris Ward. Fens, Brecks and Broads.

SUNDAY 4:1

> Stamp Fair at Mount Grace School in Hall, 9am—3pm.

MONDAY 5th

> *Barnet Philatelic Society 'A Great Assortment', talk and display by Brian Merryweather.

THESDAY 61

➤ Lunchtime Recital Nick Bland, organ, 12.30pm. Retiring collection. Buffet lunch (£5) available from 12 noon to 1.30pm, St Mary's Church, The Walk.

WEDNESDAY 7th

*Wednesday Community Club Games and chat.

THURSDAY 8th

- *Enfield National Trust Association Paul Baker 'Spitalfields'. 7.45pm, Enfield Grammar School. Info 01707 650969.
- *Oakmere WI "My dog's nose knows" Geoff Lambert.

SATURDAY 10th

➤ Indoor Car Boot Sale at Elm Court. Sellers, £12 per table (no discounts), buyers 50p. From 1pm. Book by phone 01707 659602.

SUNDAY 11th

*Messy Church for all the family at King Charles the Martyr Church, from 3-5pm. Arts and crafts activities, some informal worship and a light tea. Free, no need to book.

TUESDAY 13th

- *Cuffley Floral Art Club AGM.
- > *Cuffley Industrial Heritage Society Alistair Hodgson de Havilland Aircraft Museum.
- ➤ Blood Donor Session 12.35—3.30pm and 5—7.45pm, Wyllyotts Centre.

WEDNESDAY 14th

- > *PB Horticultural Society Ian Jackson is an avid bird watcher and amateur photographer.
- *RSPB Afternoon Meeting A history of the Blue Cross Animal Charity.
- > *Wednesday Community Club 1pm, lunch with guest from London City Mission.

SATURDAY 17th

> *Potters Bar Society Coffee Morning, 10am—12 noon, Tilbury Hall.

SUNDAY 18tl

*Fir & Pond Woods Nature Reserve Conservation work to maintain this reserve. 10am, lay-by, Coopers Lane Road. Tools provided.

MONDAY 19th

*Barnet Philatelic Society 'Railway Rubbish', talk and display by Peter Pugh.

TUESDAY 20th

- ightharpoons *PB Historical Society 'The National Trust and the local National Trust Association' Roger Moore.
- > * Radlett Music Club Gildas Quartet. 8pm at the Radlett Centre

WEDNESDAY 21st

- *Enfield National Trust Association Geoff Bowden 'The Life and Music of Lionel Bart'. 2pm, Holtwhites Sports & Social Club, Enfield. Info 01707 650969.
- *Wednesday Community Club Anne Milton Cancer Research.

THURSDAY 22nd

> *Cuffley Horticultural Society 8pm at Cuffley Hall. See our website for details cuffleyhortsoc.org.uk.

Hertfordshire Philharmonia Concert works by Dvorak, Elgar, Mozart and Beethoven. 7.30pm, St Mary's Church, The Walk. Email tickets@hertsphil.org.uk or phone John Cox on 01727 857827. Outdoor Car Boot Sale at Elm Court Sellers, £12 per table (no discounts), buyers 50p from 1pm. Book by phone 01707 659602.

SUNDAY 25th

*Whitewebbs Museum of Transport Open Day with a visit from the Rover Sports Register. 10am—4pm. Admission £5 per adult, accompanied children under 13 free.

WEDNESDAY 28th

- > *PB Horticultural Society John Thurlbourne is a local man, author and amateur photographer.
- > *Wednesday Community Club Stefan Vicar from St Mary's Church.

MARCH 2018

THURSDAY 1st

*Potters Bar Society Town Group Meeting, 7.30pm, Tilbury Hall.

SATURDAY 3rd

Jumble Sale 4th Potters Bar Scouts at St John's Church. Baker Street, Potters Bar. Entry £2 at 10am and 50p at 10.30am. Finishes about noon.

MONDAY 5th

*Barnet Philatelic Society Annual Competitions and Bourse.

THESDAY 6th

➤ Lunchtime Recital Hannah Woolmer, violin, 12.30pm. Retiring collection. Buffet lunch (£5) available from 12 noon to 1.30pm. St Mary's Church, The Walk.

WEDNESDAY 7th

*Wednesday Community Club Jeff's Clothes Show.

THURSDAY 8+1

- *Enfield National Trust Association Len Little 'The Training and Use of Police Dogs'. 7.45pm, Enfield Grammar School. Info 01707 321759.
- *Oakmere WI Birthday Meeting.

CATHEDRAY 10th

Indoor Car Boot Sale at Elm Court. Sellers, £12 per table (no discounts), buyers 50p. From 1pm. Book by phone 01707 659602.

SUNDAY 11th

*Messy Church for all the family at King Charles the Martyr Church, from 3—5pm. Arts and crafts activities, some informal worship and a light tea. Free, no need to book.

TUESDAY 13th

- > *Cuffley Floral Art Club Shirley Perkins 'Nice to see you'.
- > *Cuffley Industrial Heritage Society Christine Adams 'The Female on the Footplate'.
- 'The Hot Mikado' Cuffley OS. The Dugdale Theatre, Enfield. Music is swing, blues and jazz, 7.30pm. £17. Tickets 020 8807 6680.
- *Radlett Music Club Pomegranate Trio, piano. 8pm at the Radlett Centre.

WEDNESDAY 14th

- > *PB Horticultural Society Russell Bowes is a freelance garden historian.
- *RSPB Afternoon Meeting 'Butterflies of Hertfordshire and Middlesex' Liz Goodyear from Butterfly Conservation.
- *Wednesday Community Club Yvonne and Stan 'City Sight'.
- 'The Hot Mikado' see above.

THURSDAY 15th

'The Hot Mikado' see above.

FRIDAY 16th

- *RSPB Evening Meeting 'Australia, North and South' Bill Coster. Birds, bats, butterflies and more.
- 'The Hot Mikado' see above.

SATURDAY 17th

> 'The Hot Mikado' as above with a matinee performance at 2.30pm.

SUNDAY 18th

*Fir & Pond Woods Nature Reserve Conservation work to maintain this reserve. 10am, lay-by, Coopers Lane Road. Tools provided.

WEDNESDAY 21st

*Enfield National Trust Association Richard Ayres — 'Snowdrops and Winter Interest Plants'. 2pm, Holtwhites Sports & Social Club, Enfield. Info 01707 650969.

SATURDAY 24tl

- Annual Sponsored Swim Challenge at Furzefield Leisure Centre, Mutton Lane, Potters Bar. Call 07724 698357 or email enquiries@brookmansparkrotary.org.uk for details.
- ➤ Indoor Car Boot Sale at Elm Court. Sellers, £12 per table (no discounts), buyers 50p. From 1pm. Book by phone 01707 659602.

Please check details of these events by telephoning the contact provided. An asterisk * means more details about venues and times included in Clubs and Organisations section. To include an event contact: susan.weaver4@ntlworld.com















Potters Bar Bowls Club reports a most successful season. In addition to retaining the St Albans & District Bob Vise Trophy (Singles, Pairs, Triples and Fours), the men won the District Club League by winning all 8 games. Ken Huntley, a Bar member for 18 years, ex President of the District and Potters Bar, and twice Club Captain, successfully permed 32 club members during the season, and was delighted with the outcome, saying it was one of his proudest moments.

Pam Rogers, Anita Bowman and Ann Wood, and Janice Gower, Sue Powers and Rita Hamshere were successful in the District Triples League and Anita joined Rita Hamshere, Barry Woodman and Skip Terry Barker to win the 'Stockman Winser' Mixed Fours.

Individual successes included Richard Pearce winning the 'Stan Winters' Champion of Champions Trophy. Richard then teamed up with David Salmon and Mick Brennan to win the 'Vasen' two wood triples. The club also added the 'Gordon Ridout' Trophy to their 2017 collection, when Colin Malone, Brian Vince, Barry Woodman and Terry Barker won by one shot overall. Di Jewell had an excellent season and although beaten with the last wood of the game in the final of the District Champion of Champions, went on to win the Club Ladies Championship, the Barker Cup and the Wagtail Trophy.

In addition to local friendly matches, the club had a reciprocal visit from 25 members of Thorpe Bay Bowls Club and it is planned to make this an alternate venue annual fixture. The season culminated with the annual Captain's day, when over 60 members enjoyed a friendly game, with the President's team successful this year. Players and guests then enjoyed a delicious buffet to end the season on a high note.

President Terry Barker's chosen charity this year was the Isabel Hospice. Members have contributed generously through various fund raising activities and raffles, and he was pleased to present the Hospice with a cheque for £2,300.

Bowling is a Sport for All, and the members of Potters Bar would welcome you to try the game when the Green opens next April. However, no need to wait until then, contact Membership Secretary Peter Openshaw on 01707 657812 now, and he will be pleased to give you more information. Look out for dates of our 2018 Open Days, normally in May and June.

Please come and join us.

David Arnold *Press Officer*



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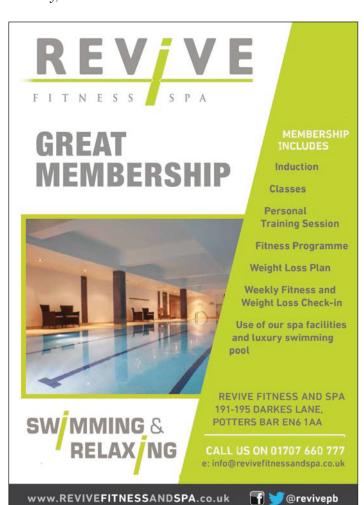
KARATE

In 2020 karate will be included in the Olympic Games in Tokyo. This will coincide with the 30th Anniversary of the Potters Bar Shotokan Karate Club which holds sessions at the Furzefield Centre, Mutton Lane on Wednesdays and Sundays. It is very exciting to think that our martial art will be featured on the world stage.

Many students have achieved their black belts with our Association over the years, some starting from the age of 7. We have made so many friends and enjoyed the physical and mental stimulation karate brings. Visit our website at **www.karate-masters.co.uk** for more information.

Lis Torry

Secretary, Potters Bar Club



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Potters Bar Health and Wellbeing Event

The Patient Participation Groups of Annandale, Highview and Parkfield Medical Centres Healthy Living Event, St John's Church Hall, Baker Street, Potters Bar on Thursday 9th November 2017, 10am to 5.30pm.

The event will include participation from many local organisations. There will be mini health checks and local GPs will be giving short talks on a variety of topics throughout the day. There will be something for all ages. This is a free community event and we hope you will join us for this informative day. Refreshments will be available and we look forward to seeing you there. Contact your surgery for more details.

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The War Memorial and St John's Church Potters Bar

Many people will be familiar with the site of the War Memorial in the High Street. but not so many will be aware that it stands on the former site of St John's Church, the first C of E church in Potters Bar. Built on land that formed part of the grounds of Oakmere House, which was donated by the then occupant Col. William Carpenter, some funds were raised by local subscription for the building but the bulk of the money for its construction was donated by George Byng, MP of Wrotham Park. The church was erected and consecrated in November 1835. Built of Rangers Patent Stone, an early form of concrete block, it was designed by architect Edward Blare and built by Potters Bar builder Thomas Cotton.

The first vicar was the Reverend HG Watkins who was incumbent for 54 years. During that time he and his wife did much to improve the education and spiritual welfare of the residents of Potters Bar. The church continued to serve the spiritual needs of Potters Bar. However, following his death in 1911 part of the roof was badly damaged by fire from a gas lamp. This forced the closure of the church and worship continued in a local hall. Damage to the roof and the effects of the elements on the fabric of the building made it more and more unsafe, to the extent that a new church was clearly required, and St Mary the Virgin in The Walk was consecrated in June 1915. The church of St John remained unused and derelict from 1911 until it's demolition in 1969 (58 years), ironically longer than its first vicar served.

The war memorial was erected at the junction of the Hatfield Road and the Causeway in 1920 and remained there until 1973 when it was removed and re-erected on the site of St. Johns Church, after clearance of some of the tombs of the Byng family back to a private chapel on the Wrotham Park estate.

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Brookmans Park Rotary Sleigh Dates

Sunday 3rd December - Cuffley from 4.30pm

Tolmers Road, Thrush Lane, Starling Lane, Tolmers Road, Station Road, Theobalds Road, Theobalds Close, Kingsway, Burleigh Way, Colesdale, Northaw Road East, King James Avenue, Bacons Drive, Cranfield Crescent, Bacons Drive, Plough Hill, Kings Mead.

Monday 4th December - Cuffley from 6pm

Sutherland Way, Sutherland Avenue, Leefe Way, Bradgate, Coulter Close, Hill Rise, Warwick Avenue, Hanyards Lane.

Wednesday 6th December - Cuffley from 6pm

Tolmers Road, High Ridge, Brookside Crescent, Homewood Avenue.

Sunday 10th December - Welham Green from 4.30pm.

Knolles Crescent, Greville Close, Gould Close, Dellsome Lane, Parsonage Lane, Parsonage Road, Pooleys Lane, Puttocks Drive, Frowick Close, Huggins Lane.

Monday 11th December - Welham Green from 6pm

Dellsome Lane, Vincenzo Close, Somers Road, Somers Square, Sibthorpe Road, Lydia Mews, Welham Close.

Wednesday 13th December - from 6pm

Bulls Lane, Meadow Close, Skimpans Close, Holloways Lane, Booths Close, Nash Close, Dixons Hill Road, Station Road.

Sunday 17th December - Brookmans Park from 4.30pm

Bradmore Way, Peplins Way, Brookmans Avenue, Mymms Drive, Moffats Lane, Bluebridge Road.

Monday 18th December - Brookmans Park from 6pm

The Gardens, Westland Drive, Oaklands Avenue, Bluebridge Road, Bluebridge Avenue.

Wednesday 20th December - Brookmans Park from 6pm

The Grove, Calder Avenue, Shrublands, Woodlands, Mymms Drive.



















POTTERS BAR ROTARY CLUB Sleigh Routes 2017

Father Christmas will be visiting the following roads (weather permitting) on:

Sunday 3road December (Route 7), 5.30pm to 7.30pm

Elmroyd Avenue, Daleside Drive, Sunnybank, Meadow Way, The Greenway, Field View Road, Brackendale, The Byway.

Sunday 10th December (Route 1), 5.30pm to 7.30pm

Elmfield Road, Oakroyd Avenue, The Shrublands, Wellesley Crescent, Shillitoe Avenue, Kimptons Mead, Rushfield, Santers Lane.

Tuesday 12th December (Route 9), 6.30pm to 8.30pm

Cranmer Close, Grangewood, Osborne Road, Heath Road, Green Meadow, Hawkshead Lane, Swanley Bar Lane.

Thursday 14th December (Route 5), 6.30pm to 8.30pm

Oakmere Lane, Tempest Avenue, Mandeville Road, Forbes Avenue, Carpenter Way, Gregory Avenue, Highview Gardens

Monday 18th December (Route 4), 6.30pm to 8.30pm

The Drive, Heather Way, Sherwood Avenue, Allandale Crescent, Brooklands, Aberoadale Gardens, Elmscroft Gardens

Wednesday 20th December (Route 11), 6.30pm to 8.30pm

The Walk Highfield Way, Byng Drive, Ladbrooke Drive, Strafforoad Gate, Melrose Avenue, Albermarle Avenue, Otways Close

Thursday 7th December (Route 3), 6.30pm to 8.30pm

Hyde Avenuenue, Willow Way, Beechwood Avenue, Ashwood Road, Hill Rise, Park Avenue, Oakmere Avenue.

Monday 11th December (Route 8), 6.30pm to 8.30pm

Cotton Road, Trewenna Drive, Penshurst Road, Thaynesfield, Northlands, Torrington Drive, Tiverton Road, Hatherleigh Gardens.

Wednesday 13th December (Route 2), 6.30pm to 8.30pm

Billy Lows Lane, Mount Grace Road, Quakers Lane, Anthorne Close, Mountway, Manor Way, Heath Drive.

Sunday 17th December (Route 6), 5.30pm to 7.30pm

Deepdene, Wroxham Gardens, Mimms Hall Road, Ormesby Drive, Oulton Crescent, Auckland Road, Borough Way, Cambridge Drive.

Tuesday 19th December (Route 10), 6.30pm to 8.30pm

Cranborne Road(as far as Cranborne Crescent), Cranborne Crescent, Laurel Fields, Laurel Avenue, Dugdale Hill Lane

21st, 22nd, 23rd, 24th December

Outside Tesco Store in Mutton Lane, 8am-2pm.

NOTE: We have tried to cover all areas of Potters Bar, but if your road is not specifically mentioned, perhaps you could catch Father Christmas and the sleigh in an adjacent road on one of the dates mentioned above. Times are approximate.



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On Saturday 30th September, Mount Grace School once again bosted the fantastic Primary Schools 7-a-Side Football Tournament, sponsored by Brookmans Park Rotary Club. Nine local schools entered the 28th annual competition and it was great to see such energy, skill and determination displayed by the boys and girls who took part. There was a large enthusiastic crowd of parents and supporters and, as you can see from the photo, we were also blessed with some sunshine.

In a hard fought Trophy Final, Cranborne claimed the prize, presented by Club President John Quickenden, with a 1–0 win over Brookmans Park School, who were worthy runners- up. Congratulations to both teams for a cracking match. That's the sixth time Cranborne have picked up the trophy in its history.

Another close match decided the destination of the Shield, presented to Little Heath who beat St Giles, also by a score of 1–0 after extra time.

Our thanks go to tournament organiser Daniel Pett and his team of 6th Form Referees.

Alan Rice-Smith

Potters Bar Rotary's Classic Car and Bike Show

Sunglasses were the order of the day thanks to bright sunshine and dazzling chrome. Potters Bar Classic Bike and Car Show was held at Elm Court, Potters Bar, on Sunday the 20th of August and was attended by over a thousand people. This was the fifth annual event held by Potters Bar Rotary Club and visitors enjoyed the fabulous display of glistening classic bikes and cars, with various side-shows and stalls of other charities represented. Even more people attended than last year at what has become an increasingly popular and not-tobe-missed event in Potters Bar. There were over 130 exhibits, once again an increase on last year. Cars and drivers were placed on the field by 12 noon and then many sat by their pride and joy with picnics and refreshments, staying on-hand to explain the entrancing history of their cherished vehicles. Exhibitors were very supportive of the event, travelling from as far afield as Devon.



The layout of the exhibits was carefully designed to incorporate an American sector, which included many Mustangs, Cadillacs and a car once owned by Sammy Davies jnr. There was a good representation of military vehicles, and their owners are keen to bring more next year, and a wide range of ultra shiny

classic motor bikes. One of the highlights of the commercial vehicles was a 1955 taxi complete with period luggage. Also, a lovingly-restored Morris Minor car was one of the most engaging exhibits, displaying its original purchase invoice for £665 14s 2d dated 8th October 1966.

Great music was provided by Shades of Midnight, a band of which the President of Potters Bar Rotary is a member. A number of the enthusiastic audience danced the afternoon away to toe-tapping sounds of the sixties.

A profit of over £2,200 was made from the event for local charities supported by Potters Bar Rotary, also an increase on last year.

Great thanks are due to John Godfrey, the Rotarian who organised the event, assisted by many members of Potters Bar Rotary Club with their friends and families. Look out for next year's event and get your entry in early for Sunday 19th August 2018.





Youth Opportunities

Rotary offers so many opportunities for young people and our aim is to help young people discover and develop their own personal skills, grow their self-esteem and enjoy themselves in the process.

Young Citizen Awards run in association with BBC News. They are for young people under the age of 25 who have demonstrated on-going positive citizenship and assumed vital responsibilities. Awards may be given to an individual or a group and there is a live TV presentation to the 5 national winners.

Young Chef competition. This well-established competition is sponsored by Waitrose. The competition is for young people, school years 7 to 13, who would like to show their good cooking and presentational skills to produce a healthy economical meal for two people.

Young Photographer competition. Competitors submit a portfolio of 3 photographs, in colour or black and white, on the theme of 'A Different Perspective'. Each print should be submitted separately on photographic paper and, including any mount, should be no larger than A4 size. The competition runs in 3 age groups, Junior (7–10), Intermediate (11–13) and Senior (14–17), as at

Young Writer competition. Young authors are asked to produce a written or typed story in prose on the theme 'A Different Perspective'. An A4 page or 500 words is a suggested suitable submission. The competition runs in 3 age groups, as above for the Young Photographer competition.

Youth Speaks competition. This amazing and long-established public-speaking competition has been entered by many local schools and other groups in previous years. Teams of 3 are needed, a main speaker, a chairperson and a proposer of a vote of thanks. There are 2 age groups, Intermediate (11-13) and Senior (14-17). The local competition winners can progress to district, regional and national stages of the competition. Teams may speak on any subject with the exception of those directly concerning party politics, race or religion.

The Young Artist competition is a new competition, started in 2016. The theme, again, is 'A Different Perspective' and there are 3 age groups as for the Young Writer competition above. This competition aims to encourage young people to express their ideas through any artistic medium, other than photography. Entries will be judged in June 2018.

The Technology Tournament has been running successfully for many years and most of the local schools have entered. Teams of 4 have to design, build and document a solution to a problem posed on the day. At the end of the day the various solutions are demonstrated and winners chosen. The local competitions are normally held in March.

The Junior Technology Tournament is for young engineers and mechanics:

- ➤ Designed specifically for 8-11 year olds in partnership with The Rochester Bridge Trust.
- Tests the knowledge, innovation, and problem solving skills of the participants and their ability to work in a team.
- Teams have to solve an interactive technology based task and are required to design, model and build a solution with the materials supplied.

The Young Musician competition is a 4 stage national competition which aims to encourage development of musical talent and offers young people:

- > experience of performing on a public stage
- ➤ an opportunity to showcase their musical talent
- impartial feedback of performance by experienced adjudicators

The competition is open to amateurs in full time education, up to the age of 17. It is not open to full time students of music or performing arts, studying for a qualification above A level.

Rotary Youth Exchange offers many extraordinary opportunities for 14–30 year olds in a wide range of countries all over the world. For further information go to www.vouthexchange.org.uk.

Interact. Why not set up a school Interact Club? These are groups of students from the age of 12 upwards, who share the Rotary aims of serving the community and promoting peace and international understanding. We will provide a Rotarian mentor to work with a member of your staff and give you the support you need to make the club a success. More information at www.ribi.org/youth/interact.

For further information and entry forms on any of the above youth competitions or opportunities please contact Rotary by email at mike@mailord.co.uk.

Winning poem

Congratulations to Natalie Kuper, aged 12, from Dame Alice Owen's School who was the local winner of the Rotary Young Writer intermediate age competition. The theme for the 2017/18 competition is 'A Different Perspective'. For information and an entry form, email Mike Thorpe, for Potters Bar and Brookmans Park Rotary, at mike@mailord.co.uk.

Reflection:

...It's different when They say, You can do anything, Anything, With life. But how can you know, made, When you're young, And life is easy, How can you know, What you want to do, choice. What you want to be, And it's hard. Oh, so hard. Deciding, Making a choice, A single choice, To seal your fate... And you don't want to choose. No. You don't want to Finally? choose.

But at least you have a

choice...

you're old, And you cannot change, All those mistakes you All those choices gone wrong... At least you have a It's different when you can only remember, And wonder. What if I had done this, not that? What if I had gone there, not here? Would my life be different? Would I be happy? I could have been anything... Anything...

Why did I choose to be, What I chose to be, Why didn't I choose to be, What I wish I was? Why did I... Why didn't I... Why did I... Why didn't I... What if... Questions, So many of them, Memories, Too many of them, Decisions, So many gone wrong Choices, Ones you no longer have... You can only reflect..



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Hot Mikado

Cuffley OS is a vibrant theatre company which has been in existence for over 40 years, producing high quality musical theatre, from the classics to exciting new Broadway and West End hits.

In March 2018, they will be performing 'The Hot Mikado' at the Dugdale Theatre in Enfield, in

association with TNT Productions. This exciting show is 'The Mikado' as you've never heard it before, with swing, jazz and blues making it an unforgettable experience.

Performance dates are 13th to 16th March at 7.30pm, and 17th March at 2.30pm and 7.30pm. Tickets are £17 and will be available directly from The Dugdale Centre, telephone **020 8807 6680** or **www.dugdalecentre.co.uk**.





Chess - The Musical

Tuesday 21st to Saturday 25th November 2017

Two of the world's greatest chess masters battle it out at the world chess championships. One Russian and one American, at the height of the Cold War. Outside the arena their greater contest is for the love of one woman...

Written by Tim Rice and ABBA's Björn Ulvaeus and Benny Andersson this fantastic score includes: *One Night in Bangkok, Anthem, Someone Else's Story* and, of course, *I Know Him So Well*.

Venue: Wyllyotts Theatre, Wyllyotts Place, Darkes Lane, Potters Bar, Hertfordshire EN6 2HN.

Times: Evening performances 7.30pm or Saturday matinée at 2.30pm. *Prices*: Adults £16 Tuesday and Wednesday, £17 Thursday, £18 Friday,

Adults £16 Tuesday and Wednesday, £17 Thursday, £18 Friday, Saturday (both performances) £14 Students (under 18 years). All performances. Senior Citizens £14 Tuesday Evening and Saturday matinée only. Discount of £1per ticket on bookings for 10 or more adult seats booked at the same time for the same

performance.

Ladies'Day

Tuesday 13th to Saturday 17th February 2018

Ladies' Day is a comedy drama from Amanda Whittington about four unlikely lasses from Hull who decide to take a day trip to the races. The play focuses on the friendship between the four distinctly different women. *Ladies' Day* premiered at Hull Truck Theatre in 2005.

Work, love and life are just one long, hard slog for the fish-filleting foursome Pearl, Jan, Shelley and Linda. But, their fortunes are set to change when Linda finds tickets to Ladies' Day at Royal Ascot the year it relocated to York. The girls guzzle champagne, share their hopes and secrets. They place the odd bet too and if their luck holds they might hit the jackpot.

Venue: Tilbury Hall United Reformed Church, Darkes Lane, Potters Bar,

Hertfordshire EN6 1BZ.

Times: Evening Performances 7.30pm or Saturday Matinée at 2.30pm.

Prices: Adults £13 Tuesday, Wednesday, Thursday, Friday and Saturday (both performances), £10 Students (under 18 years) all performances. Senior Citizens £11 Tuesday evening and Saturday matinée only. Discount of £1per ticket on bookings for 10 or more adult seats booked at the same time for the same

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Kathe Lette

Thursday 2nd November, 8pm Tickets £16

Women are each other's human wonder-bras. So says Kathe Lette, funny, feminist author who invites you to her new show, Girls Night Out. Grab your girlfriends and come along.

Saba Douglas-Hamilton - A life with Elephants

Friday 3rd November, 8pm Tickets £17, Concessions £16

Saba will entertain audiences with exciting animal stories and intimate behind-the-scenes tales of life in Kenya with her young family, which brought her into contact with some of the most fascinating and rare wildlife on the planet. This show includes a Q&A session.

The Neil Diamond Story

Saturday 4th November, 8pm Tickets £20, Concessions £19 Bob Drury and his Band celebrate the life and music of the legend Neil Diamond. The show tracks Neil from an unknown and struggling New York songwriter to international mega-star and includes music from every stage of a staggering and hit-filled music career spanning 5 decades.

Ed Byrne: Spoiler Alert

Monday 13th November, 8pm Tickets £24

This is a brand new show from the unrivalled master of observational comedy. The Sunday Times says the Show is a masterful display of the comic's

NB Suitable for 16+

An evening with **Paul Merson and Perry Groves**

Tuesday 14th November, 8pm Tickets: Balconv £13.50, Floor £16.50, Raked Stalls £19.50 VIP £45

Potters Bar plays host to two of Arsenal's most famous and much loved characters, Paul Merson and Perry Groves. Paul and Perry make a fascinating double act for what promises to be a very entertaining night out. There is also a chance to ask questions and purchase some fantastic Arsenal memorabilia on the night.

Omid Djalili: Schmuck for a night

Wednesday 15th November, 7.30pm Tickets £24

Award winning comedian and

actor Omid Djalil, known for legendary stand-up performances, is back on a nationwide tour. Intelligent, sometimes provocative and always entertaining, his stand-up is a hugely energetic and captivating master class.

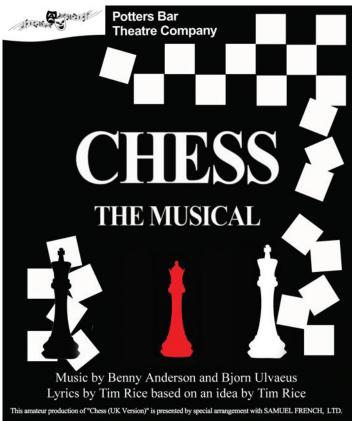
Liza sings Streisand

Thursday 16th November, 8pm Tickets £20

Liza Pulman, one third of the satirical comedy act Fascinating Aida, returns with her new show 'Liza sings Streisand'. Liza weaves together history, humour and harmony as she celebrates the songs of the great Barbra Streisand.

Twist and Shout

Friday 17th November, 8pm Tickets £19, Concessions £18 An all-star cast from the West End deliver a musical powerhouse of a



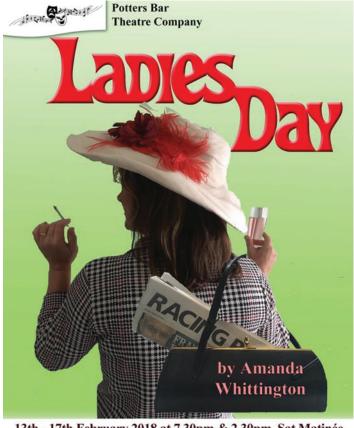
21st - 25th November 2017 at 7.30pm & 2.30pm, Sat Matinée Wyllyotts Theatre, Potters Bar, EN6 2HN 07985 542204 * ticketsource.co.uk/pbtc

































show that starts with the explosion of Brit Pop in 1962 to the era of Flower Power and Free Love of the late sixties. Sing and dance along to the music of the Beatles, Herman's Hermits, Gerry and the Pacemakers and many more.

The Westenders

Saturday 18th November, 8pm *Tickets £21, Concessions. £20*

An outstanding concert-style production showcasing the vocal talents of six professional performers who, between them, have appeared in over twenty of the most prestigious West End musical shows of the last decade. Delivered with style and panache the WestEnders perform a huge selection of your favourite songs from the World's greatest musicals.

The Nutcracker Ballet

Sunday 26th November, 2pm *Tickets £18, Children £13*

Be swept away on a magical adventure in one of the most famous ballets of all times. With its combination of enchanting choreography and unforgettable music this ballet is a Christmas treat like no other.

The Dreamboys

Thursday 30th November, 8pm *Tickets £19.50*,

Groups 10+ £18.50

The Dream boys are back and hotter than ever with a brand new show and UK Tour for 2017.

If you are looking for the best girls night out in the UK, look no further than these incredible stripping hunks. An action packed two hour show from start to finish. These boys will literally have you begging for more.

Christmas Memories

Friday 1st December, 1.30pm *Tickets £14*

Neil Sands and his brilliant West End cast are back with their Christmas production, which is a truly spectacular mix of over 60 of your favourite Christmas songs and carols.

The Christmas Pantomime -Cinderella

Wednesday 13th December to Sunday 31st December

For performances and prices ring the Box Office **01707 645005** or go online to

www.wyllyotts the atre.co.uk.

Northern Soul Live

Saturday 13th January, 8pm *Tickets £22, Concessions £21*

The Edwin Starr Band, featuring Angelo Starr and Lorraine Silver, will be performing all the team's fantastic classics plus great motown and soul covers.

The band will be performing on this year's Soul Night Out Concert for Radio London, hosted by Tony Blackburn.

That'll be the Day

Saturday 27th January, 7.30pm

Tickets £26

The UK's premier Rock & Roll production returns with another

chance to see its latest, most popular show. Highly acclaimed for its stunning live entertainment value, this show is an outstanding celebration for all true fans of the golden era of popular music.

Forever Jackson

Saturday 3rd February, 8pm *Tickets £22, Concessions £21*

Celebrating the 30th Anniversary of Michael Jackson's Bad Tour. From the Jackson 5 to the King of Pop, Michael Jackson's hits performed 100% live.

With sublime musicianship, electrifying choreography and stunning video and special effects enjoy the '*Bad*' album's greatest hits.

HERTSBOX BOX OFFICE: 01707 645005 www.wyllyottstheatre.co.uk

Wyllyotts Theatre, Wyllyotts Place, Darkes Lane, Potters Bar, Hertfordshire EN6 2HN



Hertfordshire Showband

Christmas Concert

Wyllyotts Theatre

Sunday 26th November 2017. 6.45 for 7.15pm

Performing their Gold medal winning music plus other showstoppers and favourite Christmas tunes!

With Ladbrooke School choir.

Tickets £12 from Sandy - 01707 850713 boxoffice@hertfordshire-showband.org

Or from Wyllyotts box office 01707 645005



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Excellent References Tel: 01707 653010

Sixty Plus Bazaar and Craft Fayre

Saturday 25th November 2017 from 10am

Bric a Brac | Tombola | Cake stall | Raffle | Preserves | Various craft stalls | Candles and Incense | Tea and coffee available

Find us below Wyllyotts Theatre in the 60 Plus Centre.

Hall lettings are available at the Sixty Plus Centre and come with tables, chairs and kitchen facilities — available afternoons, evenings and at weekends. Very competitive prices. Please contact Lindsey or Carol on **01707 643602** weekdays between 9am and 1.30pm.





St Mary's Church North Mymms Christmas Tree Festival

1st-3rd December

The Christmas Tree Festival is back by popular demand. The theme this year is 'Journeys' – real ones, personal ones, fictional and biblical ones – only limited by your imagination.

We are inviting families, individuals, schools, businesses and organisations to enter a tree and provide a glittering array to light up the church. The Festival will open on Friday 1st December with mulled wine, light refreshments, a chance to view the trees and a concert by the Buck Brass Trio – tickets £10. Entry on Saturday and Sunday is £2 (free for those under 16). There will be refreshments, children's workshops, cake, book and craft stalls. For more information, opening times and details on how to enter a tree, or to buy tickets for the preview evening, go to www.stmarysnorthmymms.org.uk.



2017 Christmas Services at Local Churches

Brookman's Park United Reformed Church

17th December10.30amLessons and Carols Service25th December10.30amChristmas Day Celebration

Contact Church Secretary Mary Biggs 653627

Christ Church, Little Heath (CE)

3rd December 10.30am Christingle Service 10th December 6.30pm Café Carols 6.30pm Carol Service 17th December 24th December 4.00pm Crib Service 11.00pm Midnight Communion 9.00am 25th December **Holy Communion** 10.30am Family Service

Contact Revd Dominic Newstead 01707 643119

King Charles the Martyr, Mutton Lane, Potters Bar (CE)

25th November 11am-3pm Christmas Bazaar Uniformed Organisations Christingle Service 7th December 7.00pm 14th December 12 noon Community Café Carol Service 17th December Carol Service followed by mince pies and 4.30pm mulled wine 24th December 10.30am Said Eucharist Family Service with Blessing of the Crib 4.00pm 6.00pm Christingle Service 11.30pm Midnight Mass (Carols at 11.00pm) 25th December 10.30am Christmas Day Family Communion

Contact Church Office 665579

Our Lady and St Vincent Roman Catholic Church, Potters Bar

17th December 5.00pm Carol Service 24th December 9.00am/11.00am Mass (Family M

24th December 9.00am/11.00am Mass (Family Mass 5.00pm) 9.00pm Vigil Mass (Carols at 8.30pm)

25th December 10.00am Mass

Contact Canon Shaun Lennard 654359

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Potters Bar Baptist Church, Barnet Road

24th December 10.30am Family Nativity Service
6.00pm Carols by Candlelight
25th December 10.30am Christmas Family Service

Contact Revd Joel Mercer 651179

Potters Bar Evangelical Free Church. Mimms Hall Road

17th December 6.30pm Carols by Candlelight, followed by refreshments
25th December 10.30am Family service

Contact Ann Cheek 852422

Potters Bar United Reformed Church, Darkes Lane

3rd December11.00amToy and gift service15th December6.30pmCarol Service24th December11.30pmWelcome to Christmas25th December10.30amChristmas Day Celebration

Contact Church Secretary David Ramsey 647300

St Giles, South Mymms (CE)

10th December 4.00pm Carol Service

24th December 3.30pm Bread Service (including a crib service)

11.30pm Midnight Mass

25th December 11.00am Family Communion

Contact Revd. Karen Turner 658651

St John's Methodist Church, Potters Bar

10th December 2.30pm Nine Lessons and Carols
17th December 4.00pm Family Carol Service
24th December 10.30am Christmas Eve Service
11.15pm Midnight Holy Communion
25th December 10.30am Christmas Day Service (all age)

Contact Revd Alison Facey 652978

St Mary's Essendon (CE)

 10th December
 3.00pm
 Christingle Service

 17th December
 6.30pm
 9 Lessons and Carols

 24th December
 11.15pm
 Midnight Holy Communion

 25th December
 11.15am
 Christmas Family Service

Contact Canon Pauline Higham 875940

St Margaret's Ridge (CE)

17th December 6.30pm Carol Service 25th December 9.15am Family Service

Contact Revd. Karen Turner 658651

St Mary's, North Mymms (CE)

17th December 6.30pm Nine Lessons and Carols followed by mince pies and mulled wine 24th December 9.30am Parish Communion 4.00pm Crib Service 11.30pm Midnight Mass 25th December 8.00am Holy Communion Family Eucharist 9.30am

Contact Revd Julia Boothby 01727 822887

St Mary's, The Walk, Potters Bar (CE)

3rd December The Advent Procession 6.30pm 17th December 5.00pm Carol Service followed by mulled wine and mince pies 24th December 9.00am Eucharist for the fourth Sunday of Advent 4.00pm Christingle and Crib Service Midnight Mass of the Nativity 11.30pm 25th December 10.00am Family Eucharist followed by mince pies and festive drinks

Contact the Revd Stefan Chrysostomou **859028**

Town Carols at Wyllyotts Theatre, Darkes Lane will be held on Tuesday 19th December at 7.30pm.

Do arrive in good time to ensure a seat!

LOCAL ORGANISATIONS

AB's STOMPERS LINE DANCING

Weekly, Mon, Tue and Thu. Wroxham School. All levels. 07967 964962.

ACT 4

Weekly, Youth clubs and regular events. 665551 or www.act4.org.uk.

ADULT BALLET, JAZZ and TAP CLASS

Weekly classes. Parkwood Health & Leisure Centre, Darkes Lane. Suzanne 07904 771980.

ADULT NETBALL

Mon 7—8pm. Wroxham School. £2. Any standard welcome. Tel 650902.

AIR TRAINING CORPS - 57 (PB) SQUADRON

Weekly, Mon and Thu. Ingram Cadet Centre (opposite Fire Station), 7,15-9,30pm, Ages 13-18, oc.57@gircadets.org

ALCOHOLICS-ANONYMOUS

Frequent meetings in Potters Bar and local area. 0845 768 7555 or email help@alcoholics-anonymous.org.uk.

ANGIE'S DANCE ACADEMY

Weekly classes. Children and adults (Disco/Street). Latin American and line dancing, to exam status and performing in shows. Angie on 07773 341490.

Every Fri 10am—12 noon. Furzefield Court, (next to Elm Court).

Weekly, Tue. Furzefield Court, Mutton Lane, 7.30—10pm Painting in informal and social atmosphere with occasional expert tuition 650694.

ART CLASSES

Art classes in drawing and watercolour painting Tue and Thu 10am-12.30pm. Jane 850356.

ART CLUB

Sixty Plus Centre Wyllyotts. Thu, 2-4pm. 654007.

ART AT THE PARK

ESC Community Art Class. High Street, Potters Bar. Wed 1-3pm (term-time only). 346170.

ATTIC ORCHESTRA

For those who wish to resume playing. Mel on melroot@hotmail.com.

BABY SENSORY CLASSESS (Birth - 13 months)

Award winning. Thu. Furzefield Leisure Centre. Lisa 07887 700939 or barnet@babysensory.co.uk

BADMINTON

Weekly, Fri. Owen's School, 8-10pm. Age 17+ intermediate upwards. 264007

BADMINTON CLUB

Little Heath Church Hall, Thu 7,30pm, All abilities welcome.

BADMINTON CLUB (Friern)

Friendly club for intermediate players. Owen's School. Wed 8pm. Contact ann-marie rowland@fds co.uk

RADMINTON LADIES

Weekly, Wed 2-5pm. Christ Church, Little Heath. Friendly, social group. 650040.

BALLROOM and LATIN DANCING

Weekly, Tilbury Hall. Beginners Mon 7pm, Improvers 7.45pm and Advanced 8.45pm. Wed Beginners Line Dancing, 8.30pm.

BARNET and DISTRICT CANCER LINK

Drop In Centre. Weekly, Wed. 1.30—4pm. Church of Mary Immaculate & St Gregory the Great, Union Street, Barnet. For cancer patients, families and friends. 708022 or

BARNET & DISTRICT PHILATELIC SOCIETY

Mon 8pm. Twice monthly. St.John's Church Hall, Mowbray Road, New Barnet. Sep to Jun. Secretary: 020 8449 3971 or www.harnetnhilatelic.co.uk

BARNET PLUS SPORT and SOCIAL CLUB

Weekly, Sun from 8.30pm. Discovery Hall, Netherlands Road. New Barnet. www.Barnetplus.com.

BARNET YHA (NORTH LONDON OUTDOOR GROUP)

Weekly, Tue 8-10pm. Discovery Hall, Netherlands Road, Barnet. 30-50+. Walking weekends, day walks, social. 020 8449 1553 or www.barnetyha.org.

BARNET WALKS*

Guided walks, £9 (£4 under 12s), Contact Paul for more

information: 07506 761294.

BARRACUDA SWIMMING CLUB Weekly, Sun. Furzefield Centre, Mutton Lane,

11.30am—12.30pm. Helps all ages with disabilities to be safe in

water. Contact Ian 660935. **BAY JAZZ CLUB**

Weekly, Tue. 8.30—11pm. Botany Bay Cricket Club, East Lodge Lane, Enfield. Live Traditional Jazz and Licensed Bar. 020 8367 6660

BELLRINGING IN SOUTH MIMMS

Bellringers practice St Giles Church, Thu 7pm. Ages 12+. Experience or beginners 272574.

Weekly, Mon. South Mimms Youth and Community Association. Village Hall, 7.20pm. 651700/647822.

BOTANY BAY PETANQUE CLUB

Weekly, Sun , 10.30am-2pm. Botany Bay Cricket Club. Try the French game of Boules. 653325.

BRIDGE CLUB — LITTLE HEATH (duplicate)

Tue 7.30pm in Parish Hall. Aileen 652343 or Peter 658016. BRIDGE CLUB

Thu 10am—1pm. Little Heath Parish Hall. Playing Chicago Bridge.

Mon 7.30pm. Clayton Centre, Barnet Road, Potters Bar. June

BRIDGE CLUB — CHICAGO

Mon 7.30-10 pm at Wyllyotts Centre. Robert 658677.

BROOKMANS PARK WI

3rd Mon, 8pm. Brookmans Park United Reformed Church. Visitors welcome. 657997.

BROOKMANS PARK TENNIS CLUB

Golf Club Road, Brookmans Park, 6 courts and floodlights, Suit all abilities, 644926.

BROOKMANS PARK WEA

Weekly. Tue and Thu mornings, 10 week course at URC Brookmans

St Albans Branch. Monthly, 2nd Mon, 11am. British Legion Club, Verulam Road, St Albans. For ex-servicemen with Burma Star. 020 8207 1247

BUSHI SEISHIN RYU (Martial Arts)

Weekly, Fri. Kidston Institute, Northaw Road West, Northaw. 7.30-9.30pm. 642354.

CAKE DECORATING

Potters Bar Sugar Art Club. Monthly, 1st Mon, 7.30pm. Furzefield Court, Mutton Lane. Jackie 850432.

CARDIAC SUPPORT GROUP

Monthly meetings and weekly cardiac exercise. British Legion, Holtwhites Hill, Enfield. 01992 718155.

CARERS IN HERTFORDSHIRE*

Contact 01992 586969 for information.

CAPITAL ARTS CHILDREN'S CHOIR and YOUTH THEATRE

Sat. Wyllyotts Centre. Age 5—16 years. Drama and choir.

CHARITY LUNCHES

United Reformed Church, Darkes Lane, 1st and 3rd Fri in month. Soup, full salad buffet, tea or coffee and biscuits, 1pm, £3 per person. Please come and join us. 665482.

CHARLIF'S ANGELS

Weekly on Wed in term-time. 1.30pm-3pm. For toddlers and their parents, grandparents and carers. King Charles the Martyr Church Hall. No charge. 01707 665579.

CHERRY LODGE CANCER CARE

Contact Tina on 020 8441 7000 for more information.

CHI KUNG CLASS

Weekly, Mon 6.30-7.30pm. North Mymms Social Club, Welham Green. Sat 11am-12 noon at PB Health Club. Organised by 'Just Standing'. 272255.

CHILDREN'S FINE ART CLASSES

Little Art School of Herts. Small groups. Ages 4–12. Tue 4.15–5.15 pm, Potters Bar, South Mymms Village.

CHURCHES TOGETHER IN POTTERS BAR Co-ordination organization for all churches in Potters Bar. Malcolm Golland on 653417.

CIRCLE FOR THE BLIND and PARTIALLY SIGHTED (PB THEATRE COMPANY)

Dress rehearsals for shows and quarterly evening socials at Furzefield Court. Evenings. 657194.

COMMUNITY CHOIR Weekly, Tue. Wyllyotts Theatre, 7.30—9.30pm. For info Joy

COMMUNITY CAFÉ

At KCM weekly on Thu. Closed in August and in week after Christmas. King Charles the Martyr Church Hall. 9-1.30pm. Coffee and light lunches served. All welcome and all profits to charity.

COUNTRY MANAGEMENT SERVICE

Environment Department, County Hall, Pegs Lane, Hertford. 01923 588433.

CRAFT AND CHATTER Weekly, Mon (except school holidays). PB Baptist Church.

10.30nm 707082 CROQUET CLUB Tue, Thu, Sat and Sun. From 2.30pm. Bush Hill Park, Enfield.

Coaching given. 020 8366 6005. CUFFLEY FLORAL ART CLUB*

Monthly, Tue 7pm for 8pm, Cuffley Hall, Maynards Place, Jessica

Monthly, last Thu.10 times per year. 8pm. Cuffley Hall, Maynard

CUFFLEY INDUSTRIAL HERITAGE SOCIETY

Monthly, 2nd Tue. Northaw Village Hall. 7.30pm for 8pm. £4.

CUFFLEY OPERATIC SOCIETY

Amateur Musical Theatre Rehearsals Tue and Thu. 2 shows a year May/Nov at Cuffley Hall. Jen 01707 872418.

CUFFLEY PLAYERS — Amateur Dramatic Society

Rehearsals Mon and Thu. 2 plays a year Mar/Nov at Cuffley Hall.

CUFFLEY OVER 50'S CLUB Wed 2—5pm. Cuffley Youth and Community Centre. Art, snooker,

table-tennis, scrabble, etc. Betty 659621.

Lizzie Meeks School of Dance — Ballet, Tap, Jazz, Contemporary, Hip Hop/Street Dance. Adult's and children's classes Mon—Fri. 07887567713 or info@lizziemeeksschoolofdance.com.

DANCING

Ballroom and Latin, Beginners, Weekly, Wed, Little Heath Church Hall, Thornton Road, 8.45—10pm. 662050.

DOG TRAINING — HOME FARM

Fri classes 9.30am-12noon. Obedience and socialisation. All levels welcome. One-to-one also. 275322.

DOG TRAINING IN POTTERS BAR

Weekly, Sun 10-11am. 020 8449 5298/651610. ELIZABETH ALLEN FOOTBALL CLUB

Weekly, Sat afternoon. Old Owen's, Coopers Lane Road and Coopers Road, Little Heath. 16 +. Training Tue 8pm. Owen's School. 652422/646273.

ENFIELD LIGHT OPERATIC and DRAMATIC SOCIETY Weekly, Tue and Fri, 8pm. Drama Group rehearse Winchmore Hill.
Performs Wyllyotts. 2 musicals per year. 07711 316474.

ENFIELD NATIONAL TRUST ASSOCIATION Contact Pam for more information 650969

EXERCISE and MOVEMENT TO MUSIC

ESSENDON PRIMARY SCHOOL

Mon 8–9pm, weight training. Wed 5.30–6.30pm and 7.15–8.15pm circuits. Sat 9–10am circuits. Wed 1.45–3.15pm Mother and Toddler Group, School Hall.

Fun, friendly fitness for all. Wed 2.15—3.45pm. Elm Court Youth and Community Centre. Call or text 0.7949 0.55958 or email exercisewithtracy@gmail.com. FELLAS FITNESS

Exercise sessions for men over 50. Fri 10—11am, King Charles the Martyr Church, £4 per class, Joe 281004.

FENG SHUI SOCIETY OF HERTS

Monthly. Elm Court, 7pm. 07951 741128.

FIFTY PI IIS* Wide range of activities, events, trips and courses. Not exclusive to 50 and over. 645005.

FIR & POND WOODS NATURE RESERVE OF

HERTFORDSHIRE and MIDDLESEX WILDLIFE TRUST Monthly, 3rd Sun, 10am—1pm. Meet lay-by, Coopers Lane Road, opp. EN6 4DG. Conservation work to maintain this reserve. Tools

provided. Martin 657913.

FIRST CLASS LEARNING MATHS and ENGLISH Ages 5—16. Weekly, Thu 3.30—5.30pm. King Charles the Martyr Church Pollovi 527155

FITNESS CLASSES Wed 7,15pm, LBPT Fitness Classes and Sat 9am, Essendon

Primary School Hall. Adults of all ages and abilities. Vets football, Sat afternoons. 35+ years. Venues locally in South

Herts. Evenings. 852422.

FRIDAY FOLK Social folk dancing club. Fri 7.45—10pm. In St Albans. www.fridayfolk.org.uk.

FRIENDS OF POTTERS BAR PARKS

4 meetings each year. We liaise with Hertsmere Parks Officers to maintain and improve our local parks. Gill on 851445 or Peter on

FURZEFIELD WI

Monthly, 3rd Thu 7.30-10pm. Tilbury Hall. 659886.

GOBIONS WOOD NATURE RESERVE OF

HERTFORDSHIRE and MIDDLESEX WILDLIFE TRUST For information contact 01727 858901.

GOLDEN EAGLE SPIRITUAL GROUP*

Monthly, 1st Tue. Clayton Centre, Barnet Road. 7.30pm. £4. Mediumship and workshops. 658499.

GREEN ROOM PRODUCTIONS Rehearsals Mon at King Charles the Martyr Church Hall, Wed at

Oakmere School. Presents musicals twice a year. New members welcome — acting and behind the scenes. 01727 836938. For siblings and families of children with special needs.

Monthly. 2nd Sat, 3.30-6pm. Wayside Centre. £2 per family.

GUIDES, BROWNIES and RAINBOWS

Potters Rar and Brookmans Park areas: www.girlguiding.org.uk/interested or Sue 850147.

GURDJIEFF STUDY AND MEDITATION GROUP

Meets every few weeks. Info 654896.

HERTS YOUNG HOMELESS

nightstopherts@hyh.org.uk or 03333 202 384. HERTFORDSHIRE CHORUS

Choir based in Hatfield. Weekly, Bishop Hatfield School. www.hertfordshirechorus.org.uk.

HERTFORDSHIRE CONCERT BAND

Tue evenings at Music Department of Hertfordshire University. Friendly wind band, rehearses in Hatfield. Contact www.hertsconcertband.co.uk.

HERTS MIND NETWORK

Tue fortnightly, 11am-1pm, Memory Support Group appointment nolly \$1, Goodare Court, EN6 5AZ. Tue weekly, 9am—5pm, Peer Support appointment only, Maple House, EN6 5BS. Tue weekly, 2—4pm, Dropin \$1, Elm Court, EN6 3BP. Contact 020 3727 3600

HERTFORDSHIRE SHOWBAND

Weekly, Mon. Mount Grace School. Training band and lessons 7nm Showhand 7 45nm 650209

HERTS. PHILHARMONIA ORCHESTRA

Thu evenings at Welwyn Garden City, for experienced orchestra players. info@hertsphil.org.uk or 01727 857827.

HERTSMERE SOCIETY OF ART

Weekly, Wed 1.30-4.30pm. Clayton Centre, Barnet Road. Friendly art group. 658336. HERTS VISION LOSS

The Woodside Centre, The Commons, Welwyn Garden City, AL7 4SE. Sight Line 01707 324680, office@hertsvisionloss.org.uk or www.hertsvisionloss.org.uk.

HUMANISTS - NORTH LONDON GROUP

Monthly, 3rd Thu. Non-religious people meet for discussion meetings. Ruth Winston House, Palmers Green and social events. 653667

INTERIOR DESIGN COURSES

For beginners. Potters Bar/South Mimms. Mon 10am —1pm. 07907 802206. IRISH DANCING

Weekly, Wed and Sat. Feeney Miller School of Dancing. Clayton Centre, Barnet Road. Age 4+. 01727 824842.

JAZZ – GOOGLIES JAZZ CLUB Weekly, Thu 7.30pm. Botany Bay Cricket Club, East Lodge Lane. EN2 8AS. www.googliesjazz.co.uk. John 020 8350 3541.

JOB CLUB, POTTERS BAR

Wed in term-time, 9.30am—12.30pm, Christ Church Little Heath, Great North Road. Just come along or call 01707-662460 or churchoffice@CCLH.org.uk. KARATE, SELF DEFENCE and FITNESS

Weekly, Wed. Furzefield Centre. Juniors 7—8pm. Adults 8—9pm. Sun Adult and Juniors 11am—12noon. 07534 563456 or

www.karate-masters.co.uk. KARATE and SELF DEFENCE FOR YOUNG CHILDREN TO ADULT Sat 2-7 years, 10.30-11.15am. 8 years+,

11.20am-12.25pm. 661544.

KARATE FOR ALL THE FAMILY Weekly, Sat. Oakmere Youth and Community Centre. Children 10.30-11.30am. Adults 11.45am-1pm. Beginners welcome.

KING CHARLES THE MARTYR CHURCH Further details www.kcm-church.org.uk or 01707 665579.

KUMON MATHS and ENGLISH Ages 4-18 years. Mon and Thu 3.30-5.30pm at Tilbury Hall,

Darkes Lane. Sheena 643588.

LIFE CHURCH — POTTERS BAR Sun 9.30am Family Service. Oakmere Youth and Community Centre. Fetherstone Close. 876060.

LIFF CHURCH - CUFFLEY Sun 11am Family Service, King James Avenue, Cuffley. 876060.

LINE DANCE WITH STEPPIN' TIME Weekly, Mon and Thur Welham Green. Absolute beginners to intermediate level. 655866.

Wed 2-4pm. Beginner/Improver level. Oakmere Youth and Community Centre, Fetherstone Close. 859578.

LINE DANCING

LITTLE HEATH CHESS CLUB Juniors, Thu 5.45—7.15pm. Adult players welcome for matches.

Chris 642027 LOAVES and FISHES CAFÉ

Weekly, Wed. Christchurch, Little Heath, 10.45am—12.30pm. All welcome 662460. MERLIN MAGICAL SOCIETY Fortnightly, Thu 7,45pm, Little Heath Parish Hall, including

beginners. John Clayton 07931 525399. MIND DROP-IN GROUP

Weekly, Tue 1-4pm. Cricket Club, The Walk. 659455.

LOCAL ORGANISATIONS

MITRE CITIE

Monthly, 1st Tue. For retired professionals/businessmen. Ramada Hotel, lunch and speaker. 652376.

MOUNTVIEW DANCE SCHOOL

Weekly, Mon and Sat. St John's Church Hall. Classes from age 3 years upwards. 01582 461233.

MOVES FITNESS

Weekly, Mon. St Mary's Church Hall, 7.30-8.30pm. Aerobic Dance Exercise. All fitness levels welcome. Bring mat or towel. 651008

MIIITI-SPORT

Weekly, Tue and Thu. Furzefield Centre. For the active generation 50+. Short tennis, table tennis, badminton, swimming, indoor bowls. 850500.

MUSICAL TEAPOTS

Baby/Toddler Group 10 months to 4 years. Weekly, Wed 9.30—10.30am and 10.30—11.30am in Brookmans Park.

NATIONAL ASSOCIATION FOR GIFTED CHILDREN - EXPLORERS CLUBS

Monthly, 1st Sun. Borehamwood. For talented children and siblings. www.nagc-herts.org.uk.

NETBALL CLUB

Cheshunt Youth, Thu evenings at Wormley. Various leagues. Adults also. Chloe 873676.

NINTAI KARATE CLUB

Weekly at PB Baptist Church, Barnet Road. Beginners Mon 7—8pm. Intermediate/advanced 8—9pm. All grades Fri 7—8pm. 07956 987100

NORTH LONDON OUTDOOR GROUP

Weekends away, day and summer evening walks. Also Tue 8.15pm at Discovery Hall, Stevenson Close, New Barnet. www.northlondonoutdoorgroup.org or 020 8449 1553

NORTH LONDON and DISTRICT SOCIAL CLUB FOR THE LINATTACHED

Weekly, Wed 8-11pm. Cheshunt Sports Club. Dancing suitable for over 55s. Richard 01992 639344.

NORTH MYMMS BOWLS CLUB

Bushwood Close, Dellsome Lane, Welham Green. 656238.

NORTH MYMMS HORTICULTURAL SOCIETY

North Mymms Youth and Community Centre, Station Road, Welham Green, Adrian 885430.

NORTH MYMMS YOUTH and COMMUNITY CENTRE*

Station Road Welham Green 260198

NORTH MYMMS YOUTH PROJECT

Activities, trips and weekly meetings for youngsters 9-16 years. D of E for ages 14+. www.nmyouth.org.uk.

NORTHAW and CUFFLEY BOWLS CLUB

King George V Playing Fields, Northaw Road East, Cuffley.

NORTHAW GREAT WOOD

Working parties every Fri at 9.30am and first Sun each month.

Meet Wood car park. 07850 233854.

NORTHAW TAI CHI GROUP

Weekly, Tue. Northaw Church of England School. Vineyards Road, 7.45-9nm. 642354.

NORTHAW WI

Monthly, 2nd Thu, 7,30pm, Northaw Village Hall, 020 8360 9729.

NAKMERE WI

Monthly, 2nd Thu, 7.45pm. Tilbury Hall. 645482 or www.oakmerewi.org.uk.

OAKLANDS BADMINTON CLUB

Weekly, Tues 8—10pm. Sports Hall, Dame Alice Owen's School. 5 courts. Small, friendly club. Events throughout the year. Experience needed. Yvonne 642328.

OLD FOLKS WELCOME CLUB

Weekly, Mon 2-4pm. Sixty Plus Centre Wyllyotts. 653650.

OLD OWENS CRICKET CLUB

Coopers Lane, PB. All abilities welcome. Herts Saracen League. 07904 194295/020 8819 6638.

OPEN DOOR CAFÉ

Weekly, Thu. Closed week after Christmas. King Charles the Martyr Church Hall, 10.30am—2pm. Coffee and lunches served. All welcome and all profits to charity. 665579.

PARENT/TODDLER GROUP Weekly, term-time, Tue 10-11.30am. Causeway Free Church.

Weekly, term-tim, 9.45-10.45am. Cranborne School. 851471.

PILATES

Weekly classes, Tue 7—8pm. Brookmans Park UR Church. Neelam 07891 752906.

Weekly, Little Heath Parish Church. Tue 6.30pm - Proficient level. 7.30pm — Beginners. URChurch, Brookmans Park. Mon and Fri 9.30am and 10.30am. North Mymms Memorial Hall. Wed 9.30am. Debbie 07717 841338.

POSITIVE MOVEMENT EXERCISE CLASS

Tue 10.30am-12noon. Clayton Centre, 32 Barnet Road, EN6 2QU. Positive for older people, carers, people at risk of falls. 01462 678804 for more information or to book.

PRE-SCHOOL DEVELOPMENT ACTIVITY

Wed at St John's Methodist Church. 10am, Happy House walking confidently to 4 years, 11am, sitting confidently to walking. 12:15pm newborn to sitting. Joanna@hartbeeps.com

Monthly. For ex-Round Tablers. 1st Wed 7.15pm. 851445.

PB ALLOTMENT ASSOCIATION

Visit Highview Gardens site. Sun 10am-12noon or call Geoff 653910

PR ROWLS CLUB

The Walk. 660336 or email club@pottersbar-bc.com.

PB CARNIVAL

Contact Peter or Sue on 850147 if you require a stall or more information PB CHILDREN WITH SPECIAL NEEDS GROUP

Monthly, 2nd Wed, 9.15-11am. Furzefield Children's Centre.

PB CHORAL SOCIETY*

Weekly, rehearsals Tue 7.45pm. St John's Church Hall. Previous experience not essential. 642393.

PR CRICKET CHIR

The Walk. New members welcome. 654801.

PB CRUSADERS SPORTS and SOCIAL CLUB

Daily Members Club. 5.30—11pm, Mon to Sat. 12—3pm on Sun. www.pottersbarcrusaders.com.

PB CRUSADERS YOUTH FOOTBALL

Football for boys and girls aged 4-18 years. Matthew 07944 492521

PB and DISTRICT HISTORICAL SOCIETY*

Monthly Lectures, 8pm. 60+ Centre, £1. Museum Sat 11am—1pm, Tue and Wed 2.30—4.30pm, both at Wyllyotts. 654179 or guffins@hotmail.co.uk.

PB and DISTRICT HORTICULTURAL SOCIETY*

Alternate Wed 8-10pm. Elm Court, Members £1. Visitors £3.

PB and DISTRICT PHOTOGRAPHIC SOCIETY

Weekly, Mon 7.30pm for 8pm. Wyllyotts Centre. Any standard welcome 01438 832504

PB EVANGELICAL FREE CHURCH

Sun 10.30-11.30am, Family service, communion and youth service, refreshments. Mon Youth Clubs, 5—10 years at 6.15–7.30pm, 11 years upwards at 7.30–9pm. 895838.

PB FILMMAKERS*

Alternate Thu, 7.45pm. Wyllyotts Centre. 656446/659888 PB GOLF CLUB

Darkes Lane. New members and societies welcome. Green fees.

PB GYMNASTICS CLUB

Recreational (ages 4—12 years). Mon 5.15pm Furzefield Centre. Squad training 6—13 years, Tue, Thu, and Fri evenings 5.30pm, and Sat 9am, Chancellor's School. 01923 855598.

PB HOCKEY CLUB

Ladies, men and junior hockey. Ed 07763 929462

PB KARATE CLUB

Mon at Dame Alice Owens at 6pm — all ages, special rates for families. Cranborne School Breakfast Club, Thu mornings. www.tiskakarate-pottersbar.co.uk.

PB LIFESAVING CLUB

Weekly, Tue. Furzefield Centre, 8—9pm. From 9 years to any age and ability. 020 8440 3346.

PB NATIONAL WOMENS REGISTER — TUESDAY GROUP

Weekly, 8pm in members' homes, Discussions, quizzes, outings,

PB PETANQUE PLAYERS

Weekly, Oakmere Park. Sun from 10am and Tue from 2pm. Contact Jane on 266517 or www.pottersbarpetanque.co.uk.

PB RAMBLING CLUB

Weekly, Wed and alternate Sun, 10.30am. Meet start of walk. 01438 717826.

PB ROTARY CLUB

Meets Tue lunchtime at 1pm/last Tue in month 7—7.30pm at Potters Bar Golf Club. 645955. PB SHOKOTAN KARATE CLUB

Weekly training, Wed 7.30pm to 8.30pm (ages 7–16 years). 8.30pm to 9.30pm (adults). Furzefield Centre. www.karate-masters.co.uk

PR SOCIETY COUNTRY GROUP

Contact Alastair 653636.

PB SOCIETY TOWN GROUP*

Monthly, 1st Thu. United Reformed Church, 7.30pm. Arnold

PB SOCIETY WALKS*

Fortnightly, Sun afternoon walks along local rights of way. www.pbsoc.org.uk.

PB TENNIS CLUB

The Walk, 6 AstroTurfs/Floodlights, Enquiries Sue 645909 or sue.vallance3@btinternet.com.

Rehearsals Tue and Fri. Chancellors School. Stages 2 musicals and 2 plays per year. Performers, backstage help and front of house.

PB TOWN BAND

Weekly, rehearsals. Fri 8-10pm. Goffs Oak Methodist Church, Newgatestreet Road, Goffs Oak, EN7 5SS. Traditional brass band. 07970 448661.

PB TOWN FOOTBALL CLUB*

Parkfield. Matches Sat, 3pm. Some Sun and midweek. Training Tue and Thu, 7.30pm. 07833 632965.

PB TOWNSWOMEN'S GUILD

Monthly, 2nd Wed, 7.30pm. Wayside Hall. 653650. PB TOWN TWINNING ASSOCIATION

Visits to and from Franconville and Viernheim. cpd1a@vahoo.co.uk.

PB UNITED SYNAGOGUE

Telephone 656202 or email office@pottersbarshul.org.uk.

PB UNITED FOOTBALL CLUB

Training weekly. Age 5—16 years. Boys and Girls. Phone for times/venues. 850377. PB WEA

Literature Group. Thu mornings 10am—12noon. United Reform Church. 658915

PHOENIX CONCERT BAND Rehearsals weekly, Thu. Fair Field Junior School, Radlett,

8-10pm. 642976.

PUPPY CLASSES IN WILD HILL Weekly, Mon 7.15—8.15pm. Wild Hill Village Hall, puppy socialisation and basic training classes from 8 weeks old or after

first inoculation. 651610. RADLETT MUSIC CLUB

6 concerts per season, Oct to Apr. Radlett Centre, 8pm. String or Wind Trios and Quartets playing Chamber Music. Solo Pianist once a season. 01923 859291. Online booking

RADLETT PLAYERS A production each Spring and Autumn at Radlett Centre.

www.radlettplayers.org.uk. ROTARY CLUB OF BROOKMANS PARK

Weekly, Tue 7,30pm for 8pm at Old Owens Sports Club, 645343. ROUND THE CORNER COFFFE MORNING

Weekly, Fri, term-time only. 9am—12noon. Profits to various charities. Life Church — Cuffley. 876060.

ROYAL BRITISH LEGION — POTTERS BAR BRANCH Cotton Road. Bingo and raffle. Thu 8pm. (Bar) snooker, hall hire social events. Welfare of ex-Service men and women or dependants, Meetings - monthly, 2nd Wed, Joan 642080.

Evenings at Tilbury Hall, Fri 7.45pm, members \$4, non-members \$4.50. Afternoons at St Johns URC Hall New Barnet, Wed 2pm members £3.50, non-members £4.

www.rspb.org.uk/groups/pottersbarandbarnet or 01707 652836.

Friends of Southridge Animal Rescue and Re-homing Centre, Packhorse Lane, Ridge. 642819.

Potters Bar, Hatfield and Barnet Branch. 07872 902710.

SCOTTISH COUNTRY DANCING Monthly, 3rd Sat. Oct to Jul. Tilbury Hall, 7.30pm. £4.50. Mary 020 8367 4201 /4835

SCOUTS, CUBS and BEAVERS

For info Peter 850147.

SCRABBLE

Weekly, Fri 10am-12noon. Elm Court. £2.30. 020 8207 7568.

ST JOHN AMBULANCE — PB DIVISION Weekly, Wed. 8-10pm. The Walk. First aid training, 664260. Room hire 656885.

SHOSHIN KARATE JITSU CLUB

Weekly, Wed, DHC Potters Bar Health Club, 8-9,30pm. Beginners/all grades. 07734 294630.

01707 324680. Herts Vision Loss, The Woodside Centre, The Commons, Welwyn Garden City, AL7 4SE. SIXTY PLUS LUNCHEON CLUB*

Weekdays, 12—1.30pm. Plus am/pm social clubs. Minibus transport available. 643602.

SIXTY PLUS SENIOR CITIZENS ART GROUP Weekly, Thu 1.30-4pm. 60+ Centre Wyllyotts. Two Exhibitions each year. £1.30 including tea. Pauline 654007.

And other activities daily. Kidston, Northaw, 9am-11pm. Seniors half fee £14 per annum. 654158.

SPANISH CIRCLE HERTFORDSHIRE

Monthly, 2nd Fri. Sep to Jun (not Dec) at Red Lion Pub, Hatfield. 7.30pm. Events include wine and sherry tasting, talks on Spanish

SPARKI FRS

Weekly, Tue, term—time only, 1—2.45pm. Music, craft and play for babies/children 0—4 years and parent or carer. Life Church — Cuffley, 876060.

SPIRITUALIST CHURCH

Hill Rise. Evenings of clairvoyance and healing services. 655147.

STAGECOACH THEATRE ARTS SCHOOL

Weekly, Sat. Chancellor's School. Age 4–18 years. Dance, drama and singing. 01582 713771

SWIFTS JUNIOR BADMINTON

Weekly, Fri. Hatfield Leisure Centre, 5—10pm. Age 7—18 years. Beginners to County Squad 652061.

TABLE TENNIS

In Barnet, Barnet Lane, FN6 2DN .www.httc.co.uk or 020 8449 7845. Non members welcome. TABLE TENNIS CLUB

Weekly, Wed and Thu at Potters Bar Free Church. Barnet and Shaw

Leagues. Evening. 852422. TARI F TENNIS Hertsmere 50+. Weekly, Tue 10am—12noon, Thu 2—4pm. Elm Court. 020 8207 7568. For Seniors Weekly, Fri. Hatfield Leisure

Centre, 10am-12noon.

TALTSHING KIING FIL Self Defence. Weekly, Tue. Oakmere Primary School, 7.30–9pm.

TALENT TIME STAGE COMPANY

Weekly, Mon. Little Heath Parish Hall, 5—10pm. Drama, dance and singing. Up to 25 years. 60442/07930 400647.

TOP HAT STAGE SCHOOL

Weekly, Fri. Elm Court. Age 4—7 years. Dance(tap), drama and singing, 4.30—7.30pm. 01727 812666. TOTS-IN-TOW

Weekly, Mon in term-time, 1.30-3pm. PB Baptist Church. Babes

in arms to school age. Pam 665187. TUMBLE TOTS

Weekly, Fri. Elm Court. Book a trial class. Gill 020 8449 4593. UNIVERSITY OF THE THIRD AGE - U3A

Study and recreation for those not in full-time employment. 2nd Mon. Wyllyotts Centre, 10am. £1. Margaret 657199.

UNITED REFORMED CHURCH — POTTERS BAR Family board games and table tennis. Most Sun, 3-6pm. £1.

UNITED REFORMED CHURCH — POTTERS BAR Charity lunches, 1st and 3rd Fri. Soup, full buffet, coffee or tea and

biscuits. £3.50. 1pm. 665482. **VOLUNTEER CENTRE**

Interested in volunteering with various organisations? Contact Community Shop on 020 8386 4006. WALKS - HERTSMERE HEALTH WALKS

Gentle and moderate walks for all Further information on www.hertfordshirehealthwalks.co.uk.

WAGGONERS SQUARE DANCE CLUB Weekly, Mon 8—10pm at St Josephs in the Park School Hall,

Hertingfordbury. Janet 01992 441083. WEDNESDAY BREAK CLUB

Fortnightly, Wed 2.30—4pm. King Charles the Martyr. Social Club for over 50s. £1.50. 658540.

WEDNESDAY COMMUNITY CLUB* Wed 2-4pm. PB Baptist Church. June 655599 or Vera 651470. WHIST DRIVE 1st Fri, monthly. Village Hall, Northaw, 7 for 7.45pm. 651682.

Monthly, 2nd Thu. South Mimms Village Hall, 7.30pm. 01727 869211 WHITEWEBBS MUSEUM OF TRANSPORT and MODEL RAILWAY

Weekly, Tue, Enfield, EN2 9HW, Admission £5, children under 13 free. 020 8367 1898.

YOGA CLASSES — HATHA Weekly, Thu 9.30am. Brookmans Park UR Church. Debbie 07717 841338.

YOGA CLASSES Weekly, Tue 1-2.30pm. St John's Church Hall. Mixed ability.

Weekly, Mon 9.30am, Tue 8.15pm, Wed 11am, Thu 7.45pm, Fri

9.45am. Wayside Jubilee Centre. Friendly classes. All ages and abilities. Claire 07985 077227.

YOUTH CLUBS Weekly. Elm Court. 659602.

ZUMBA GOLD

Tue 6.30pm, Tilbury Hall. Wed 10.45am, Elm Court. Sue 07956 338561

Tell us about your event, meeting, activity and we will publicise it and give details of your organisation in the Community News

Contact: susan weaver4@ntlworld.com

DOCTORS' SURGERY HOURS

1) ANNANDALE MEDICAL CENTRE AT THE ELMS

Tel: 01707 644451

Surgery Hours: 8.30am—6pm Monday to Friday

Test Results/Enquiries: 01707 622979 between 2pm and 5pm Monday to Friday

Monthly newsletter available from surgery or on our website

www.annandalesurgery.co.uk

Extended Hours: Saturday 8.30am—12 noon for routine booked appointments, collecting prescriptions and enquiries.

2) HIGHVIEW MEDICAL CENTRE AT THE ELMS

Tel: 01707 871980

Surgery Hours: 8am—6pm Monday to Friday Appointments: 01707 871980 (8am—6.30pm)

Enquiries: 01707 871982 (9am—12.30pm and 2—4.30pm)

Results: 01707 871982 (2-4.30pm)

Extended Hours: We offer 2 Saturday morning surgeries a month and late evening "after work" clinics every Monday.

For the latest information/updates visit our website www.highviewsurgery.co.uk or follow us on Facebook and Twitter.

3) PARKFIELD MEDICAL CENTRE

Tel: 01707 291041

Surgery Hours: 8am—6pm Monday to Friday Test Results/Enquiries: 11am—2pm Monday to Friday

Extended Hours: Wednesday to Friday from 7am and Saturday fortnightly for routine booked appointments only from 8—11.15am.

We have a newsletter available from the surgery or via our PPG. Events are also advertised on our Friends of Parkfield Facebook page. Please also visit our website www.parkfieldmedicalcentre.co.uk.

4) POTTERELLS MEDICAL CENTRE

Tel: 01707 273338

Surgery Hours: 8.30am—6.30pm Monday to Friday Test Results/Enquiries: As above after 11am.

Extended Hours: For routine, non-emergency appointments. Every Monday and fourth Tuesday from 6.30—9pm and first and third Saturday 8.30—11am. Nurse-led Fast Track Service: Monday/Tuesday/Wednesday 9.30am—12 noon.

OUT OF HOURS SERVICE FOR ALL THE ABOVE SURGERIES

NHS 111 SERVICE

If you urgently need medical help or advice but it's not a life threatening situation, call NHS on 111, at any time.

There is now a GP lead clinic at Elstree Way, Borehamwood which is open 8am to 11pm Saturday and Sunday. To book an appointment phone 111.

DENTIST

When you have an urgent dental problem and your dental surgery is closed, call **03000 333 224**. Monday to Friday, 5pm—9am. All weekend and Bank Holidays.

Local A&E Services

24 HOUR

Barnet Hospital, Wellhouse Lane, Barnet, EN5 3DJ Tel 020 8216 5003 Lister Hospital, Coreys Mill Lane, Stevenage, SG1 4AB Tel 01438 314333

URGENT CARE CENTRES

QEII Hospital, Howlands, Welwyn Garden City, AL7 4HQ Tel 01707 32811 24 hour urgent care for minor injuries and illnesses only Chase Farm Hospital, Urgent Care, The Ridgway, Enfield, EN2 8JL Tel 020 8375 1010

8am—10pm Minor illness, injuries, ailments

Barnet Hospital 9am-9pm

Local Libraries

Oakmere

High Street, Potters Bar

Monday	1pm-6pm
Tuesday	10am–6pm
Wednesday	Closed
Thursday	10am–6pm
Friday	1pm-6pm
Saturday	10am–5pm
Sunday	Closed
Toddler Tales (Mondays)	2.15-2.45pm

Toddler Tales (Mondays) 2.15–2.45pm Baby Rhyme Time (Tuesdays)11–11.30am

Brookmans Park

Bradmore Green

Monday	2pm-6pm
Tuesday	2pm–6pm
Wednesday	Closed
Thursday	2pm–6pm
Friday	2pm–6pm
Saturday	9am–1pm
Sunday	Closed

For further information, visit your local library or call **0300 123 4049** and ask for the appropriate library. NB: The Welwyn Garden City library is open on Sunday afternoon.



citizens advice bureau

Wyllyotts Centre, Darkes Lane, EN6 2HN

Mondays Personal Callers Thursdays Personal Callers

10am–12.30pm and 1pm–3.30pm 10am–12.30pm and 1pm–3.30pm

Hertsmere Borough Council Potters Bar Office

Wyllyotts Centre – **01707 652406.** Open Thursday 9.30am to 2pm.

Useful Numbers

Chorest Herselborn	
Hertsmere Borough Council	020 8207 2277
Welwyn Hatfield Council	01707 357000
Hertfordshire Police Non-emergency 101 (na	tional number) or 01707 354000
Herts Domestic Violence Helpline	08088 088088
Hertfordshire County Council	0300 123 4040
National Debt Line	08088 084000
Citizens Advice Consumer Helpline	03454 04 05 06
Highways (including potholes, traffic light faults and stree	etliahts) 0300 1234 047
Wasteaware	0300 1234 051
Affinity water leaks	0800 376 5325
Childline	0800 1111
Crime Stoppers Anonymous Line	0800 555 111
CAB Advice Line	03444 111 444
Environmental Health	
(1) Hertsmere:	Pest Control 020 8207 2277
	Noise (daytime) 020 8207 7435
	(night) 0845 300 0021
(2) Welwyn Hatfield:	Pest Control 0344 828 334
	Noise 01707 357242
NHS Direct (Nurse advice and health information	on) 111
RSPCA Local Branch (financial help if you	
claim benefits, on low income, OAP's)	07872 902710
www.rspca-pottersbarhatfieldandbarnet.org.	
Samaritans (freecall 24 hours)	116 123