



YOUNG ARCHER



Easter Bunny by Oliver Elliott (age 8) of Baronsmere Rd.

Easter acrostic

E is for eggs so chocolatey and yum.
A is for assortment; each egg is in my tum.
S is for the sadness when Jesus died.
T is for the terror the disciples couldn't hide.
E is for the Easter egg hunt so exciting and fun.
R is for the resurrection of Jesus God's son.

Written by Martha
Pothen three years ago
when she was seven.

Clever Clogs Corner

Did you know that the name Easter comes from the name for a pagan goddess of Spring? She was called Eostre.

The Easter Bunny came about because Eostre's sacred animal was the hare.

In early times eggs were forbidden during Lent, the six weeks before Easter. People used to save them for the Easter celebrations.

One game they played at Easter was rolling eggs downhill to see which got furthest without breaking.

The President of the USA and his wife attend egg rolling on the lawn of the White House every year.

Easter Funny

How many chocolate bunnies can you put into an empty Easter basket?

One. After that the basket won't be empty.

Thinking rationally

By Diana Cormack

Since *THE ARCHER* began this series of World War 2 recipes, a book with a similar theme has been published.

The Ration Book Diet, by Mike Brown, Carol Harris and CJ Jackson, recognises the fact that the British enjoyed a level of health and fitness unsurpassed since those days and uses the wartime diet as a model for sixty recipes. Some are taken from wartime cookery books, with minor adjustments to make them more acceptable to present day tastes; others are new dishes, created using ingredients that were around at the time.

One of those ingredients was powdered or dried egg, which was available on ration books. It was pure egg with all the moisture removed and in some recipes it could be used dry from the tin. But usually two level tablespoons of water were blended with one level tablespoon of powdered egg to give the equivalent of a fresh egg. Apparently, using more than the correct amount of dried egg powder could result in an unpleasant taste.

Recipes for egg-less cakes and puddings were produced, but with Easter approaching, we couldn't really leave out the eggs.

Farmhouse Scramble (serves 2-3)

Method

1. Melt the margarine (or butter) in a small pan.
2. Add the vegetables and heat till lightly cooked.
3. Beat the eggs with a little seasoning and pour over the vegetables.
4. Scramble lightly and serve with potatoes, as a sandwich filling or on hot toast.

Ingredients

½ oz/15g margarine or butter
8 oz/ 225g mixed raw vegetables, finely grated
2 eggs, salt and pepper

Body and soul at Fortismere

By Daphne Chamberlain

East Finchley therapists and businesses were among 30 stall-holders at the Body and Soul Fair at Fortismere School last month. The fair, run by the Parent Teacher Association to raise funds for the school, was sponsored by Wendy Longworth's East Finchley Clinic and the school's Home Team (catering and home services).

Organiser Adam Justice-Mills, a PTA member and local artist, told *THE ARCHER* that the fair, kept 'in-house' for families and staff, was intended to get people interested in things they wouldn't necessarily try without encouragement. "The men were certainly going for back massage," he said, "and maybe more women will be taking up golf." They could practise their swings under the eye of Muswell Hill Golf Club reps, who want more women members – perhaps going along to play together in a group.

Alongside whisky tasting, chocolates, beauty products, flowers, and predictably popular Scalectrics, there were talks on yoga, Pilates and homeopathy. Complementary therapists gave sample treatments throughout the evening.

East Finchley Shiatsu practitioner Fiona Hurlock said, "It certainly gave me a buzz." It is possible the idea may be developed, as Adam Justice-Mills reported several requests for similar events, though the school only goes public at their summer fair.

PRIMARY SCHOOL NEWS

By Diana Cormack

Holy Trinity

The chess team has qualified for the semi-final stage of the English Primary Schools Chess Championships to be held in June.

Every classroom now has an interactive whiteboard, thanks to money raised by the Holy Trinity School Association and special government funding specifically for ICT.

Two Holy Trinity children appear on the front cover of a recent report by David Bell, Chief Inspector for Ofsted, in which special mention is made of the school.

Martin Schools

Year 3 visited the British Museum as part of their history focus on the Egyptians. As well as learning a lot, the children were complimented by the librarian, who said they were the most polite classes she had ever come across.

Workshops on *Romeo and Juliet* and *Macbeth*, which Year 5 performed in assembly, continued the children's studies of Shakespeare for which they are showing great enthusiasm.

As well as baking for the PTA's cake sale in aid of the Tsunami Relief Fund, Year 5 organised a Bring and Buy Sale and collected an amazing £353 to add to the £850 raised on a non-uniform day.

Martin Infant School had a sponsored fifteen minutes of exercise that raised a staggering amount of over £2,000 for the Tsunami Appeal. The Tsunami Working Party is carefully considering how any money raised is to be spent.

UNICEF benefited to the total of £200 when the children and staff came to school dressed up in a variety of outfits.

There was a special assembly to mark the Chinese New Year.

The children are supplying suggestions as to what playground equipment they would like to buy with the money donated by the Traders' Association.

The Cbeebies TV programme *Razzledazzle*, in which Martin Infant children took part, was scheduled for transmission between 14 February and 18 March.

Children's poster competition

Cartridge World, which has a branch at 127 East End Road, is running a competition with the title "Why Trees are Important to the Environment." The object is to underline the importance of trees and to point out how necessary it is to keep on planting them. The competition is part of Cartridge World's national campaign "Plant a Tree Not a Cartridge" (PATNAC).

They are inviting primary school children to design an effective and exciting poster, which could win a colour copier with printer and scanner and a state of the art digital camera. The winner's designs will also

be displayed in their local Cartridge World store. Entry forms are available at stores or on line.

There are three age categories: four to six years old; seven to ten years old; eleven

to thirteen years old on 31 January 2005.

The closing date is 11 April. For more details visit www.cartridgeworld.org or phone Kate Conway at Pfarmigan Consultants 0113 242 1155

East Finchley Baptist Church

Just off the High Road in Creighton Avenue N2

Sundays at 11.00 am and 6.30 pm

For more information
please contact the Church Office
Tel: 8883 1544 (Minister: Simon Dyke)

Visitors always welcome

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

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

Weekday masses at 10.00 a.m.

Prayer requests are gladly accepted.

The Parish has a flourishing social life.

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

All Saints' also has a strong musical tradition and an enthusiastic choir of both adults and children.

Experienced singers are always welcome.

Contact Geoffrey Hanson on 020 8444 9214.

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