



St Theresa's celebrates forty years

By Lisa Omar

St Theresa's Roman Catholic Primary School in East End Road celebrated its 40th anniversary at the end of October. The celebrations began with a Mass of Thanksgiving on Tuesday 17 October in St Philips the Apostle, Church End Road, Finchley.

Archbishop John Arnold held a wonderful and moving service, with Father John from St Philips Catholic Church, Father Anthony from St Mary's Catholic Church and Canon Louie Thomas. The Mass was attended by pupils, current and former staff, representatives from the governors, London Borough of Barnet and the Diocese of Westminster, plus parents, friends and family.

Opened in autumn 1966 by Cardinal Heenan, Archbishop of Westminster, St Theresa's was built on land originally owned by Finchley Manor House. Mother Mary Xaverine Roper-Kelland, the then superior of the Manor House Covent and a direct descendant of St Thomas More, was the prime mover in the scheme of building St Theresa's, and Sister Mary Patrice Lang was the first head teacher.

Most of the teachers were Sisters of the Manor House

community along with three or four lay members appointed by the Borough of Barnet. The Sisters either retired or moved out into ministries elsewhere, being replaced by lay teachers. Mary Perpetua Wilson, who left St Theresa's to take up missionary work in Africa, was the last Sister to be a full-time member of staff.

On 19 October, St Theresa's children gave an impressive display when they performed traditional European dances. Each class had been allocated a different country and some of the children wore the national dress.

The day was completed with the parents enjoying a feast of dishes from many different countries in the hall, which had been decorated with artefacts from many lands.

The final day of celebration was on Friday 20 October, when the governors gave the current pupils a day's holiday.

Brownies is the best

By Katy McLeary

I go to 4th East Finchley Brownies every Monday for one hour and fifteen minutes. Brownies helps you to learn lots of different skills. At Brownies, we do lots of art and games. We also talk a little about our week and our good deeds.

Recently I went to Brownie camp. I went for five days and I had lots of fun. We spent a lot of time outdoors in the fresh air but we spent quite a lot of time indoors as well doing activities. Brownie camp taught me that I need to help more at home. I made lots of new friends at camp. Everyone was extremely helpful and kind to me. In the end I didn't want to come home.

I will be very upset when I leave Brownies because I have enjoyed it so much. It has helped me and showed me how to do

lots of exciting things.

Brownies is for girls aged between seven and 10. All girls that age should go because Brownies is so much fun. I can't believe I am leaving. Brownies is the best way to spend your Monday evenings.

The 4th East Finchley Brownies urgently needs new adult helpers to keep the group running. They meet at St Mary's Church Hall, High Road, on Mondays during term time from 5.15pm to 6.30pm. To find out more, contact Marie Antoinette on 020 8883 5654.

Keep tract of your digestion

By our nutrition expert Judy Watson

With Hanukkah and Christmas festivities upon us 'tis the season to enjoy lots of food and drink treats. However, a few too many can leave our poor digestive systems feeling a little battered.

Increased fat and sugar in the diet from cakes, biscuits and fried foods can be a real strain on the gallbladder, which is responsible for the breakdown of fat by releasing a substance called lecithin.

Without this, all the food you have eaten can remain undigested in the stomach resulting in stomach cramps, bloating and acid reflux. The liver is a busy organ particularly overnight when it tops up the gallbladder.

So by the end of a busy day of eating rich foods the effects

of poor digestion can take their toll. Following a few tips will keep your digestive system tract moving through the season:

Have a light breakfast such as muesli and yoghurt, or fruit, yoghurt and seeds. This provides fibre and digestion-friendly bacteria.

Keep a couple of pieces of fruit in your bag or your desk to top up fibre and vitamins throughout the day.

If you're having a rich dessert, have a light main meal and cut out the potatoes. Take an artichoke supplement to help



Siobhan Nandlal living the healthy life. Photo by Sally-Anne Wigfield

Choosing health

By Diana Cormack

Although many people hanker for a change in their lives, most of us do little to bring it about, but after ten years as an insurance underwriter Siobhan Nandlal took the plunge. An aromatherapy course at Barnet College was the spur which set her on her present path.

Inspired by the healing and medicinal power of the oils, she began to look at other aspects of treating the body with natural products. This led to her working in the health food industry and, for the last four and a half years, Siobhan has been running The Natural Choice at 105 High Road.

Holistic help

Since 2002 she has built up a loyal customer base ranging from young children to the elderly. Old people who have gained relief after many years of pain are among those who thank Siobhan for her beneficial treatment. She is not a doctor and does not diagnose, but Siobhan believes in the holistic approach and by talking to her customers she tries to look at the underlying causes, not just the symptoms. She feels strongly that where we live and our present day lifestyle means we have certain defi-

ciencies and need some form of supplementation.

"This doesn't mean that we are ill," she told *THE ARCHER*, "but we do need some help and support. Men in particular need to be more aware of their needs."

Recently the shop hosted a food sensitivity testing day, following others on healing, reflexology, chair massage and nutritional advice. It is the only store in north London with an Ecover product refilling service, thus saving on plastic bottles.

Amongst the many goods in stock are organic and natural foods and non-chemical cosmetics; if an item is not available Siobhan will order it for you. The only way to appreciate the impressive range of goods is to go and look. Not only will you be surprised at what you find but you might also solve a present problem, for Siobhan will make up Christmas hampers on request.

The Natural Choice is open from 9.30am to 6pm Monday to Saturday.

KALASHNIKOV KULTUR

By Ricky Savage, the voice of social irresponsibility

Cool

It's cool time again, time to slip into your Hong Kong silk robe, put on the Rolex Oyster Perpetual Chronometer, pick up the Walther PPK 7.65 automatic and enter Bondworld because 007 is back. James Bond is 50s cool in a very English Brilcream way. Back then it was cool to drive a Bentley Continental and even cooler to have your cigarettes made to order by Morland's of Grosvenor Street. Bond stayed cool through the 60s and even if Roger Moore was a bit naff, that wasn't Bond's fault, you could blame it on the 70s, a decade that cool forgot.

Back in 1953 when Ian Fleming invented the suave James Bond he was inventing the man he'd like to be, right down to the handmade shoes. As the British Empire careered out of control towards its nemesis at Suez it was comforting to know that sending in a well-dressed 'psychopath' would solve all our problems. In Bondworld there would have been no Suez crisis. Same thing with Vietnam, Bond could have gone in, killed the baddies, bedded the girls and showed the Yanks how to do it without needing to take off his tuxedo.

As time and cinema moved on, Bond stayed the same. OK, so the Aston Martins got newer, got replaced by a Lotus and then a BMW and then back to Astons. Gadgets became the name of the game and each new Bondworld theme park attraction had something new from Q. Invisible cars? No problem, Pens that turned into aircraft? They're working on it along with X-ray vision and the ability to walk on water.

Bond himself has been through almost as many regenerations as Doctor Who, but has stayed the same 'psychopath', the same killer and the same relic of a bygone age when 'men were men' and dreamed of driving a Bentley, getting their shirts from Turnbull and Asser and checking in at the Playboy club for a little light gambling. So no change there then; even if the world has moved on, Bond hasn't.