



YOUNG ARCHER



Away in a manger: Larry the donkey at the heart of the St Mary's nativity scene

Little donkey on a dusty road

Larry the donkey was one of the stars of a nativity scene when he accompanied Mary, Joseph, shepherds, angels and wise men on a journey along East Finchley High Road to St Mary's RC Church for its Christmas fair.

The sure-footed visitor from Hackney City Farm came to rest in a stable scene set up outside the church, complete with bales of straw and a manger.

Church member Sandra Lipner said: "The children loved working with Larry and were fascinated to find that all

donkeys carry a cross on their backs as a reminder of the holy journey two millennia ago."

Find out more about regular community events at St Mary's at www.stmarys-eastfinchley.co.uk or on Facebook at StMarysN2.

Home-baked treats

By Libby Occleston

Shoppers were tempted with mouthwatering treats when the 4th East Finchley Guides held a cake sale in Budgens on the High Road on the last weekend of November.

Both the cakes and the day were a huge success, with the Guides providing a wide range of home-baked goodies including cupcakes, scones, brownies, and even real apple strudel. Local residents quickly got into the spirit of things and wholeheartedly supported the sale, which meant it raised £330.

The aim of the cake sale was

to contribute money towards a trip that the Guide leaders Toni and Kristy are making to Iceland. Toni and Kristy set up 4th East Finchley Guides in 2008 and they recently applied to join other leaders and Guides on a Middlesex East adventure to Iceland. Their application was successful, which means they will gain first-hand experience of guiding trips

overseas. This knowledge will be invaluable for them undertaking the international trips qualification in the future.

All of the 4th East Finchley Guides send a huge thank you to everyone who took part in the sale and contributed to raising money for such a deserving cause and they say thank you to Budgens for hosting the event.



Bake sale: The Guides set up stall in Budgens

Watch the birdies

By Nick Young

Winter is a particularly good time of the year to take up feeding birds, as food elsewhere can be in short supply. Do watch out for winter visitors like redwings and waxwings which have been spotted in ever-increasing numbers in towns and cities.

Seeds are popular with most garden birds and there are a number of seed mixes on sale. These usually contain millet, which attracts sparrows and finches, sunflower seeds, a favourite of blue tits, and barley grains, preferred by pigeons.

Tiny black nyjer seeds, which invariably attract goldfinches, tend to be sold separately. Some of the cheaper seed mixes contain split peas, lentils or even dog biscuits to bulk them up. The RSPB advises that these should be avoided as smaller birds cannot eat them.

Peanuts are popular with many birds, while crushed nuts attract ground-feeders like dunlocks and wrens. Salted and dry roasted nuts shouldn't be used, though. Kitchen scraps such as bacon rind and cheese are popular, while cereals and uncooked porridge oats are acceptable as bird food, albeit in small quantities.

The RSPB advises that while lard and suet on their own or as part of fat cakes are good, fat from cooking is not, as meat juices will have blended with the fat and this is not good for birds' feathers.

Any mouldy food should be removed from feeders. Although most moulds are harmless, they can be a breeding ground for bacteria which can cause food poisoning. Greenfinches are particularly vulnerable to this.

Join the Birdwatch

The RSPB's annual Big Garden Birdwatch is taking place over the weekend of 30-31 January. Last year, over half a million people took part in this annual survey of garden birds. Details about how to get involved can be found on the RSPB's website at www.rspb.org.uk

Sensory play lets kids get hands on

Barnet Libraries early years team is running weekly sensory rhyme and play sessions for non-walking babies at South Friern Library, N10. The hour-long sessions include a different story, songs and rhymes each week and are set in a stimulating sensory environment with a range of props that help bring the story to life in a fun and imaginative way.

The sessions are every Wednesday morning, term time only. Booking in advance is essential, and the cost is £4.95 per baby. Places are allocated on a first come, first served basis. For more information or to book a place, contact the Barnet Libraries team on 020 8359 7771 or bookstart@barnet.gov.uk.



Play time: Young ones at a sensory storytime session

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Holy Trinity Church Church Lane, East Finchley Church of England

We're a warm and friendly congregation
who look forward to welcoming you

Sunday Parish Communion at 10.00 am

Children's Sunday Club ♦ Meet over coffee after church
Fr. Gray Featherstone is happy to answer any enquiries:

Tel: 020 3602 2788

www.holytrinityeastfinchley.org.uk