



YOUNG ARCHER



The Holy Trinity tag rugby players get to meet Sari the camel after their match.

Young players battle to semi-finals

Children from Holy Trinity School took part in the Saracens' Tag Rugby Festival back in the autumn. They were among 360 pupils from 36 different schools battling their way through the group stages and made it through to the semi-finals against Cromer Road.

The semi-final was incredibly close with both teams showing great skill and determination. With the score at 1-1, Cromer Road scored in the last minute to clinch a place in the finals. Team Holy Trinity were out but not down and

were incredibly proud of their achievements.

They were given the chance to meet Sari the Camel and see Saracens player Joe Maddock as well as having their picture taken with the Aviva Premiership trophy.

Football team snatches victory

By William, Dylan and Cameron, Year 6
In November, the Holy Trinity School football team went to play a match against Chalgrove. Within the first ten minutes we were 2-0 down because of dodgy defending. Then, after another hard 20 minutes, we were rewarded with an individual goal from Joseph.

After half-time we pressed hard for another goal but it didn't come until the last ten minutes when we got a quickfire brace from Joseph and Callum. Then, in the final minute, Cameron tapped in a close range volley. Chalgrove barely had time to take centre before the final whistle blew! We had won!

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Party time at Strawberry Vale

The Green Man Management Committee organised a Saturday afternoon Christmas party for children living in Strawberry Vale.

The excited children were entertained in the Green Man Centre by Lolly Jangles, who did magic tricks, balloon modelling and face painting. After pizzas and party food, Father Christmas arrived to distribute presents to the youngsters.



Parents and children enjoying their pizza. Photo by Diana Cormack.

Food advice for the menopause

Nutritional advisor Claire Cantor is starting a series of workshops to introduce women to different ways to treat symptoms of the menopause.

Claire believes Muswell Hill, Crouch End, East Finchley, Highgate and Hampstead have a wide array of health food shops and general food retailers selling health-giving produce yet there is very little knowledge of the benefits specific foods can have in dealing with debilitating menopausal symptoms.

Claire said: "My aim through these workshops is to provide essential nutritional information and ways to deal with the key symptoms that affect some women during the menopause, as well as to create a local network for women who can support each other during this transitional lifestate."

Workshops will be held in small, intimate groups, in the comfortable environment of Claire's home. For the wider community there will be a workshop at the Emporium Tea rooms on Fortis Green Road on 20 and 27 January. For more information, contact her at claire.cantor@hotmail.com, www.clairecantor.co.uk

PARENT & BABY/CHILD ACTIVITIES

- ❖ **Coffee & Kids**, Fri 9.15-11.15, Green Man Ctr. Rachel 8343 6147.
- ❖ **Dads' Club**: Get-togethers for dads looking after young children in East Finchley. Adam 07957 441435.
- ❖ **EF National Childbirth Trust** contact Ruby Yang or Patrizia Canwell at eastfinchleynct@googlemail.com
- ❖ **Newstead Parent & Toddler Group**, Thurs 9-12-30, Green Man Ctr. Sajni 8359 3460.
- ❖ **Parent & Toddler Group**, Green Man Centre, Julia 8444 2276
- ❖ **Stepping Stones**, interactive play session for under 3s. Karen 07957 278860.

Rachel Shipton, one of the organisers, told *THE ARCHER*: "The kids had great fun and a good time was had by all, with people from all over the estate coming together. It was a great community event."

A clam-tastic recipe

By Allison Goodings

Even the most confident cook has one recipe they wouldn't dare to recreate, preferring to save this dish for special occasions and enjoy it in restaurants. For me, that dish was *linguine alle vongole* where the fresh flavours of clams, garlic and chilli shine through. Linguine with clams is actually a really simple dish and it turns out I had nothing to fear. It's quick and easy.

To make a delicious and impressive *linguine alle vongole*, you need to start with fresh clams. In East Finchley, we have the folks at A. Scott & Son (94 High Road) to help us source the best seafood. Clams in hand, I made a quick stop at Amici Delicatessen (78 High Road) for high-quality Italian pasta, which is especially important in a dish with so few ingredients. Grabbing garlic, chilli and parsley at Tony's (140 High Road), my shopping list was complete.



Linguine alle vongole. Photo by Allison Goodings

Linguine alle vongole

(Linguine with clams) Serves 2

Scrub 750g fresh clams (in their shells) in cold water, discarding any that don't close when tapped. Put clams and 60ml white wine in a saucepan, cover and steam over a high heat until the clams are open, about 5 minutes. Strain into a bowl, and reserve clam broth. Discard any clams that don't open. Remove about half the clams from their shells, and leave the rest in their shells. Set aside.

Meanwhile, cook 250g linguine in a large pot of salted boiling water until *al dente* (tender but still firm). Drain and set aside.

Heat 2 tbsp olive oil in a saucepan over a medium heat and add 2 minced cloves of garlic, half a minced red chilli with seeds removed (use more chilli if you prefer more of a kick!), 10g chopped flat leaf parsley and a pinch of salt. Sauté for 3 minutes until the garlic is softened but not brown.

Add the reserved clam broth and bring to a boil. Add the cooked linguine and toss over high heat until the liquid is reduced to only a few tablespoons; this should take only a few minutes. Add the clams to the pasta along with a knob of butter. Stir together until the butter is melted and each strand of pasta has a nice glossy finish. Enjoy!