



Window on a winter collection

The Offshoot Gallery in the High Road, N2, last month [DEC] hosted a showcase for all the artists who had exhibited there since it opened its doors last May. Drawings, collages, prints, photos and paintings by more than 40 artists were on show and on sale at the Winter Salon. Photo Mike Coles.

School fair thank yous

Parents and teachers at Martin School in East Finchley say they had a wonderful Christmas Fair on Saturday 7 December, and the money raised has already been spent on updating some much needed IT equipment.

Parent Erini Rodis said: "Our events are run by a core team of volunteers on the MHSA Committee, but these events wouldn't thrive without the continuing support of parents and staff throughout the school, who we rely on to bake, sell, make, show up and, very importantly, spend on a regular basis."

The organisers thanked all of their raffle sponsors for donating prizes: Tatlers, Sunnah Rose Stretching People, Charm Donohue Yoga, Adrian Farrell Alexander Technique, Sainsbury's, Chorak, Amy's, Tottenham Hotspur WFC, Margot's Bakery, Fixation Theatre, Phoenix Cinema, Emma Whiteman PT, Shizen Nutrition, Upstairs at the Gatehouse Theatre, Muswell Hill Baby Sensory, Debutots, Toddler Sense, Poseidon Fish Restaurant, Peekaboo Books, Middlesex WCC, Dynamic Fitness Training, Caffè Nero, Razzamatazz, We Make Footballers, Mestizo, M & S (Whetstone), Nic, Mimi and Lula, and London Craft Club.

A friendly welcome awaits you

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Traditional soup recipes can cook up future cures

Eden Primary School in Creighton Avenue recently featured in the national press when it was used by researchers from Imperial College and Great Ormond Street Hospital. They asked the pupils, who have a variety of ethnic backgrounds, to bring in soups prepared from recipes which had been passed down through their families and which they were given when sick. This was to discover whether any of those broths had health-restoring properties.

The leader of the investigation had a particular interest in research into malaria, so efforts were concentrated on the effects of 56 soups on that particular parasite. After experimentation, it turned out that five of the soups curbed the parasite's development, with two being particularly effective and possibly leading to another source of anti-infective treatment.

A report on their findings

appeared in the international journal *Archives of Disease in Childhood*. With comparisons often being made between homeopathic and man-made products, the researchers hope they have been able to show pupils that there is a link between natural remedies and the development of new drugs, as well as perhaps guiding them towards more healthy eating habits.



Summer ahead: The North Middlesex Cricket Club Under 11 girls.

Winter training for the summer

Winter training starts this month at North Middlesex Cricket Club for girls under 11, involving drills, indoor games and some net sessions to build all-round skills and have fun.

The practice sessions will be on Sunday mornings from and including Sunday 12 January to and including Sunday 29 March but excluding Sunday

16 February, all running from 10am to midday.

They are being held at Beacon High School (previously called Holloway School), Tufnell Park, N7 0JG, where there are no parking restrictions on Sundays (even on Arsenal match days).

The sessions will be led by at least one Level 2 ECB coach, supported by additional coaches well-known at the club. The cost is £110 (which works out at £10 per session) to cover hall hire and coaching. New members are welcome. Please contact nmcc.colts@gmail.com in order to book a place for your daughter.

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North Middlesex CC girls' cricket teams had a successful summer with the Under 11s qualifying for County Finals Day, the Under 15s finishing as runners-up in their division and girls being selected by Middlesex for the County winter training squads. Follow the club on Twitter @GirlsCricket.

Singing for smiles

North London Chorus have thanked the commuters of East Finchley for their amazing generosity.

An hour's carol singing at East Finchley station just before Christmas raised the sum of £585 for Noah's Ark Children's Hospice. The choir's Marian Bunzl said: "It was lovely to see people smiling as they stopped to listen and we very much appreciate that they showed their pleasure by filling the collecting buckets."



Aylmer Parade Vet

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Aylmer Parade Vet is new to Highgate, but is the sister practice of the well-established Mill Lane Vet in West Hampstead. Dr Joshua Rusnak has looked after the health of Northwest London's pets for over twenty years. He maintains the same dedication to providing independent, professional care of the highest standard for your pet.

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