April 2011

THE DERBY FIBRO

Newsletter

National Awareness Day

Thursday May 12th
At the Cathedral Coffee Shop
Irongate Derby
10.00 – 12.00

Due to circumstances beyond our control the Mayor cannot now attend

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Growing Pains – A Predictor of Fibromyalgia?

You are Not Your Illness

Men with Fibromyalgia

Message from the Chairperson

Hi Fibro friends,

*The main item on the agenda for the next couple of months is **Awareness.***
*We have one awareness stand this **April** in the Eagle centre market, next month for the National awareness day, we are having a coffee morning at the Cathedral Coffee shop on Iron Gate, in **May**. And an Awareness stand at **Alvaston Family Fun Day** in **June.***
We need this awareness stands to let the people know that Fibromyalgia maybe an invisible illness but we are here for you. For some folk it's been a life line.
Also, the group can't run on fresh air. So we need some form of funds to keep the group going. I have always wanted to be self sufficient to keep the group running by us all, without having to keep applying for grants. So it's going to take a little more work to keep it going for you all. So any help that anyone can offer at all would be great.
Even, if it's helping sort the tombola.
We can find out all sorts of information to pass onto you that may just help you manage your day, or, you may know of something that has helped you, and we can pass the information onto others so it helps them.

Best wishes

Jackie x

Disclaimer: The information given in this document does not necessarily imply endorsement by The Committee Members of Derby Fibromyalgia Support Group. The Committee Members or the Group cannot be held responsible for omissions and / or errors of detail in any information that is exchanged in a discussion session - whether it is in a formal or informal situation, delivered to the body of the meeting by a visiting speaker or produced in a printed document.

Any information or recommendation of a medical or legal nature must always be discussed with a qualified professional

Meeting Dates 2011

THERE ARE NO MEETINGS IN AUGUST

Thursday	Saturday
May 12th at The Cathedral Coffee Shop. Irongate	*April 23rd*
June 9th	*May 28th*
July 14th	*June 25th*
August..No meeting..	*July 23rd*
September 8th	*August..No meeting..*
October 13th	*September 24th*
November 10th	*October 29th*
December 8th	*November 26th*
10.30am – 12.30pm	*December 17th*
	2.00pm – 4.00pm

Admission
£2.50
Free Car Park at Back of Church
Off Melbourne Street
Enter gate on the right after the last terraced house

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45 Magellan Way, Derby, DE24 1AD

Forthcoming Church Events

SPEAKERS			Regular Events	
April			**Open Circle** Every 2nd and 4th Thursday Of Each Month **7.30pm** No Admission After 7.35pm	**Healing Services** Thursdays **2.00pm – 4.00pm**
Sun 17th	6.15pm	Julie Brough		
Mon 18th	2.30pm	Dawn Price		
Sun 24th	6.15pm	Sue powel		
Mon 25th	2.30pm	Closed		
May				
Sun 1st	6.15pm	Tom McCrory		
Mon 2nd	2.30pm	Closed		
Sun 8th	6.15pm	Richard Press		
Mon 9th	2.30pm	Angela Farrell		

SPECIAL EVENTS

Saturday 14th May **Private Readings** **10.00am - 1.00pm**	**Saturday 30th May** **Private Readings £12.00** **10.00am - 1.00pm**
For More Information	18 Charnwood Street, Derby. DE1 2GU. Tel: **01332 386 204.** www.snu-emdc.org.uk/charnwood

Growing Pains – A Predictor of Fibromyalgia?

By Karen Lee Richards

The title of a recent article from Reuters Health caught my eye – "Kids outgrow growing pains: study." Since I frequently hear from adults diagnosed with fibromyalgia who say they had growing pains as children, I was anxious to learn more about this study. As I looked further into the details of the study, published in *The Journal of Paediatrics*, several things disturbed me.

- The article reported that "most youngsters" outgrow growing pains. In fact, of 35 children studied, 18 (51%) no longer had pain five years later. While 51% technically qualifies as "most," it's hardly a resounding majority.
- The study stated, "No patient developed fibromyalgia. However, the five-year study ended when the children were about 13. Since FM is often not diagnosed until adolescence, or more commonly, adulthood, a study that ends when children are 13 can hardly be considered the final word as to whether growing pains might be a precursor to FM.
- The study concluded, "We confirm that growing pains has a benign prognosis and probably represents a pain amplification syndrome of early childhood. I think that labelling all growing pains as having a benign prognosis based on one very small study – where 49% of the participants continued to have some level of pain – does a disservice to children in pain, who already have a hard time being taken seriously.
- I wonder whether the lead scientist in this study, Dr. Yosef Uziel, may have some degree of bias in his approach to growing pains. In a 2008 article, "Growing Pains in Children," he said, "There is also an associated familial and patient behavioural element. Treatment is conservative with patient and parental education on the benign outcome of these pains the most important element, in order to decrease anxiety. I don't want to put words into his mouth, but to me this sounds like a fancy way of saying that kids and their parents are over-reacting and that if doctors can just convince them that it is nothing serious, they will be fine. In addition, Dr. Uziel told Reuters that in his experience he had not seen any cases of growing pains develop into a more serious pain syndrome. I can't help but wonder if he might be letting his personal experience and opinion colour his research conclusions.

What Now?

At the very least, the subject of growing pains and their possible connection to fibromyalgia needs to be studied in more depth. I haven't been able to find any research that looks into adults with FM who experienced growing pains as children. I did find an interesting survey that was conducted by AFFTER (Advocates for Fibromyalgia Funding, Treatment, Education and Research) in 2007. Adults with FM were asked to recall symptoms they had experienced in childhood. Following are the results:

- Growing pains – 49%
- Headaches – 47%
- Chronic infections – 39%
- Stomach aches – 38%
- Sleep disturbances – 33%
- Unusual illnesses – 24%

Since fibromyalgia has only been formally recognized for 20 years, and has only been taken seriously by the medical community in very recent years, there just is not any good long-term research available that follows children with pain into adulthood. But it seems obvious that at least a subset of FM patients have had symptoms from a very young age. It's time this was investigated more thoroughly because the sooner a child with FM is diagnosed and begins receiving treatment, the better the prognosis.

If Your Child Has Growing Pains

If your child is complaining of pain on a regular basis, don't let his/her doctor immediately brush it off as growing pains. Miryam Williamson, in her book *Fibromyalgia: A Comprehensive Approach*, says, "Growing pains are a particularly pernicious myth. It should not hurt to grow, and the child whose pain

is brushed off that way is a very unfortunate little person." Recurring pain in a child should not be dismissed. Although it may turn out to be simple overuse of muscles and joints or normal skeletal growth variations, other possibilities like fibromyalgia, hyper-mobility, and juvenile arthritis should be investigated. Since there does seem to be a genetic component to fibromyalgia, if you or a family member has FM and your child exhibits other FM symptoms in addition to "growing pains" like headaches, abdominal pain, fatigue, sleep disturbances, and/or difficulty concentrating in school, it would be a good idea to have your child thoroughly examined, including a tender point exam, by a doctor who has experience in treating juvenile fibromyalgia. One of the best reasons to verify whether or not your child has FM is related by Williamson, "One study found that 30 months after diagnosis, 11 of 15 children with FM (73%) were no longer fibromyalgic." When children are diagnosed and treated early, they have a good chance of beating this painful condition. Sources: Kids outgrow growing pains: study. Reuters Health. 12 March 2010. Uziel Y., et al. Five-Year Outcome of Children With "Growing Pains": Correlations With Pain Threshold. J Pediatr. 2010 Feb 18.Ferbert, Shari. Fibromyalgia and Juvenile Fibromyalgia. Advocates for Fibromyalgia Funding, Treatment, Education and Research. 2007. Williamson, Miryam. Fibromyalgia in Children. Fibromyalgia: A Comprehensive Approach. 1996. Chapter 7.

You are Not Your Illness

by Karen Lee Richards, Chronic Pain Connection Expert

Do you feel like you are not the same person you were before you developed fibromyalgia? If so, you're not alone. I've talked to hundreds of other fibromyalgia patients who have expressed similar sentiments.

Sadly, our society tends to evaluate people's worth on the basis of external factors like beauty, physical prowess, wealth and power. The way the media glorifies these traits makes it easy to fall into the trap of believing that our value as a person is dependent upon how we look or what we do. In fact, nothing could be further from the truth. You are a valuable person – not because of what you do, but because of who you are.

Discovering the Real You

As a human being, you are so much more than just a body; you also have a soul and spirit. Your physical body is only one part of the person who is you. It's the outer shell that houses the real you inside.

It's your soul that is the core of who you are – your personality. It's what makes you unique. Your soul is how you think, feel, relate to others and understand yourself. The traits that define the real you reside in your soul.

Another important part of you is your spirit, which is your source of strength. It manifests itself as creativity, wisdom, insight, sensitivity and conscience. If you believe in God or a Higher Power, it's your spirit that connects with that power.

Of all the parts that make up the real you, fibromyalgia only touches your body – the outer shell. Granted it can wreak havoc with your body, but it cannot affect your soul and spirit unless you allow it to. In fact, bodily limitations will often free the true you to grow and develop as never before.

It's much like a seed. When you look at a flower seed, all you see is the outer shell, but within that shell is the life force of the flower. That flower cannot grow and bloom, however, until the seed is buried and the shell breaks open, releasing the hidden life force. Similarly, when your physical body "breaks," your true beauty – found in the life forces within your soul and spirit – has an opportunity to grow and bloom.

Bloom Where You're Planted
As fibromyalgia takes its toll and you watch the hopes and dreams attached to your old way of life fade, it may be hard to see anything good or positive for yourself in the future. It's both normal and necessary to grieve the loss of your old life. But at some point, it's important for you to come to a place of accepting that your life will be different than you once envisioned it. This is the time to work on changing your focus. Instead of seeing fibromyalgia as an end to your old way of life, try to look at it as an opportunity to grow and develop in new ways.

Rather than focusing on activities you can no longer do, look inside yourself and identify the qualities that made you good at what you did. For example, although you may no longer be able to set sales records in your company, you still have the qualities that made you a top salesperson: drive, determination, and persuasiveness. Or if you can't go white-water rafting anymore, you still possess the qualities that made it a sport you loved: courage, an adventurous spirit and a love of nature. You still have the same inner qualities you've always had. Having fibromyalgia doesn't mean you have to give up who you are. It just means you have to find new ways to express who you are. I say these things from very personal experience. I've always been a creative person. Before fibromyalgia I expressed my creativity as a dancer and choreographer. Now I use that same creativity to express myself through writing and graphic design. Fibromyalgia didn't change who I am; it just changed how I express who I am.

Although fibromyalgia may have "broken" your body, don't allow it access to your soul and spirit. Identify those qualities and traits that make you who you are. And never forget that you are a person of great value.

Men with Fibromyalgia

By Karen Lee Richards

Men are often overlooked in discussions about fibromyalgia because it seems to affect significantly more women than men. A friend of mine may have best summed up how men feel about this when, upon learning that he had fibromyalgia said, "Leave it to me to get a woman's disease."

Although FM does affect a higher percentage of women, it is definitely not just a woman's disease. Experts disagree on the estimated ratio of women to men. One epidemiological study found the female to male ratio to be three to one, but a 2001 review of research placed the ratio at nine to one I doubt that we'll ever have an exact figure because men are often more reluctant to go to the doctor and doctors sometimes don't diagnose men with FM because they think of it as primarily affecting women.

Symptom Differences
The subject of whose symptoms are worse – men's or women's – can foster a lively debate. Once again, there are contradictory studies. One study found that men with FM have fewer tender points and less fatigue, morning stiffness and irritable bowel. But another study found that men reported more severe symptoms, a greater decrease in physical function, and a lower quality of life.

Since symptom severity is pretty much a subjective measurement, it's hard to compare any two patients, particularly when they are of opposite sexes. From a young age, boys are taught to be tough, to push through the pain, and not to complain. As men, they often tend to keep quiet about their pain and minimize the severity of their symptoms. Women, on the other hand, seem to feel more comfortable voicing their complaints and asking questions.

With respect to FM symptoms, I suspect there are some gender differences. But I don't think the differences are great enough to dwell on them. Whether you're male or female, pain hurts and needs to be treated.

It's a Guy Thing
Although the roles of men and women in our society have been changing and the gender gap has been narrowing, some distinct differences remain. There still tends to be a “big boys don't cry” attitude. Young males are still taught not to show fear and to play through the pain.

Whether it is taught or innate can be debated, but the fact is most men have a strong sense of responsibility to provide for and protect their families. A man's sense of self-worth is often tied to his ability to work and achieve. When fibromyalgia enters the picture and men can no longer work as long, as hard and as well as they once did, they often struggle with feelings of failure.

Many men are hesitant to reveal that they have FM because they fear it will affect their employer's attitude toward them. Unfortunately, they are probably right. Society still expects men to push through the pain and not complain.

Bridging the Gender Gap
We've come a long way in educating the public and the medical profession about fibromyalgia. Now we need to teach them about men with fibromyalgia. Thus far every Lyrica commercial I've seen features a woman with FM. It's time they show that men also have FM and can benefit from treatment.

I'd also like to encourage FM support groups to remember the men when they plan their meetings. While men are welcomed, the programs and discussions are often aimed at women because they are in the majority. When a man goes to a support group meeting, he frequently finds that he's the only man there. Groups might consider planning and publicizing a meeting especially for men with FM.

Learning to Live with Fibromyalgia
Although these tips apply to both men and women, they are especially important for the men.
If your self-worth has been dependent on your work, take a closer look at who you really are. Your strength of character is a far better gauge of your worth than just what you can physically do. (Read: *You Are Not Your Illness*)

Don't try to push through the pain. While it may seem noble and brave to do so, you will only make the fibromyalgia symptoms worse.

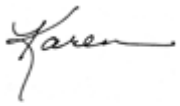
Re-evaluate your priorities. We tend to go through life doing what is expected of us. Now is the time to decide what is most important to you and use your limited energy to achieve those things.

Figure out what your limits are – what you can/can't do and how long you can do things. Then try to adjust your lifestyle to fit within those limits.

Educate yourself and those close to you about fibromyalgia.

Talk with other men who have fibromyalgia. If you don't know of any men with FM in your area, try an online support group. There is a Web site devoted to men with FM that has forums and chat rooms where you can talk with other men who are going through the same things you are: Men with Fibromyalgia

Take control of your life and your healthcare. Don't allow yourself to fall into the trap of feeling like a victim. You can take charge of your own attitude and manage your own healthcare. (Read *Victim or Victor?*)



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Try These RECIPES

Spring vegetable terrine

Ingredients

- 100g/3½oz garden peas
- 1 broccoli, cut into florets
- 100g/3½oz green beans
- 2 carrots, finely chopped
- 2 stick celery, finely chopped
- 100g/3½oz broad beans
- 4 free-range eggs
- 300ml/10½fl oz double cream
- 1 tsp turmeric
- 2 fresh tarragon sprigs
- 2 fresh basil sprigs
- salt and freshly ground black pepper

Preparation method

1. Preheat the oven to 180C/365F/Gas 4.
2. Place the peas and broccoli into a pan of boiling sated water and boil for 1-2 minutes.
3. Add the green beans, carrots and celery and cook for five minutes, until they are slightly soft. Drain and place into cold water to stop the cooking process.
4. Whisk the eggs, the cream and turmeric together in a bowl.
5. Line a small terrine dish with cling film (make the cling film wide enough so it hangs over the edge of the dish).
6. Place the vegetables and fresh herb sprigs into the dish in layers in any order you like.
7. Pour over the cream and egg mixture, then cover with the over-hanging cling film.
8. Place the terrine into a deep roasting tin. Pour boiling water into the roasting tin, so it comes halfway up the sides of the terrine dish(this is called a bain marie).
9. Carefully place the bain marie into the oven to cook for 40 minutes, or until cooked through (test with a clean knife or skewer to check whether the mixture is dry).
10. Remove from the oven and allow to cool, then turn out onto a plate and remove the cling film.
11. Serve warm or cold, sprinkled with some mustard cress, alfalfa seeds and drizzled with olive oil.

Easter egg nests

Ingredients

- 225g/8oz plain chocolate, broken into pieces
- 2 tbsp golden syrup
- 50g/2oz butter
- 75g/3oz cornflakes
- 36 mini chocolate eggs

Preparation method

1. Line a 12-hole fairy cake tin with paper cases.
2. Melt the chocolate, golden syrup and butter in a bowl set over a pan of gently simmering water, (do not let the base of the bowl touch the water). Stir the mixture until smooth.
3. Remove the bowl from the heat and gently stir in the cornflakes until all of the cereal is coated in the chocolate.
4. Divide the mixture between the paper cases and press 3 chocolate eggs into the centre of each nest. Chill in the fridge for 1 hour, or until completely set.

Puzzle page

How to solve
Read the story and mark the grid with a tick the positive facts and with a cross the negative facts. You should be able to cross reference the rest.

	Badger Woman	Bunny Man	Digger Man	Mole Boy	Worm Girl	Bunker	Cave	Cellar	Coal Mine	Quarry	Bank	House of Commons	Jeweller's Shop	Museum	Television Studio
January															
February															
March															
May															
June															
Bank															
House of Commons															
Jeweller's Shop															
Museum															
Television Studio															
Bunker															
Cave															
Cellar															
Coal Mine															
Quarry															

The amazing Termiteman had an extremely busy time of it at the start of last year. Having foiled the carefully laid plans of five evil villains by early summer. With hopes of doing the same this year, Termiteman is reviewing last year's triumphs and using his experiences to prepare to take on new adversaries.

In January, Termiteman had prevented a dangerous criminal from burrowing into a Bank. Later in the year he had tracked down the wicked Bunny Woman, a crook who had been masterminding a devious operation from inside a cave. The plot to tunnel into the House of Commons had been nothing to do with Digger Man, who was the villain captured by Termiteman in June and whose lair was not the cellar. The evil genius found in the disused coal mine in March was not Worm Girl. Badger Woman had not been behind the plot to gain underground access to a Television Studio, which was not the scheme devised by the villain whose lair was a Bunker. A male villain had had dug a tunnel from the Quarry where he was hiding straight into a Museum so as to steal valuable artefacts; this cunning operation was stopped by Termiteman during a 31 day month.
Can you work out when each plot was foiled, matching each criminal with their lair and the destination under threat in each scheme?

Month	Villain	Lair	Destination

March's Answers

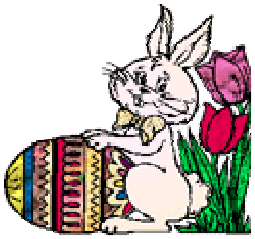
	T		O		E			P		P		N
B	A	F	F	L	E		H	A	R	A	S	S
	L		F	A	L	C	O	N		L	O	W
C	L	O	A	K		A	T	O	M		D	
		F	L	E	C	K		P	E	C	A	N
E	L	F			H	E	A	L	T	H		E
	Y	E	W		E			Y	E	A	S	T
I	R	R	I	T	A	T	E		O	P	U	S
	I		T	E	P	I	D		R		N	
A	C	T		M		N	I	B		F		F
	S	H	A	P	E		T	O	M	A	T	O
		E	X	E	R	T		S	A	T	I	N
C	A	M	E	R	A		A	S	P	E	C	T

Did you know?

In today's time Easter is generally thought of as a Christian religion, however Easter is really a convergence of three traditions: Pagan, Hebrew and Christian. Although the observance of Easter was at a very early period in the practice of the Christian church, a serious difference as to the day for its observance soon arose between the Christians of Jewish descent , and those of Gentile descent, which led to a long controversy.

Pagan Origins
The Pagan origins of the holiday according to a Venerable Bede, English historian of the early 8th century, the name Easter, like the name of the days of the week, is a survival from the old Teutonic mythology. According to Bede it is derived from the Norse "Ostara" or "Eostre", the Anglo-Saxon goddess of spring, to whom the month of April, and called Eostur-monath, was dedicated. The Greek myth, Demeter and Persephone, with its Latin counterpart, Ceres and Persephone, conveys the idea of a goddess returning seasonally from the nether regions to the light of day. This is in conjunction with the festival of spring, or vernal equinox, March 21, when nature is in resurrection after winter.

The origin of the Easter bunny comes from the fact that rabbits are notable for their capacity of abundant production of young especially at this time of year. The use of Easter eggs, has its roots in the characteristic of eggs laid in great numbers in the spring being collared like rays of the returning sun and the northern lights or aurora borealis. There is also a long tradition of decorating Easter eggs and giving them at Easter. See The History of Easter Eggs, below, for more information about this tradition. Today, children love to participate in Easter egg hunts. The colourful eggs are hidden indoors and outdoors and children delight in searching for these fun and edible treasures.



Hebrew Origins - Passover
The month (April), Bede says, was the same as the mensis paschalis, "when the old festival was observed with the gladness of a new solemnity" The root pasch, from which so many other names for Easter are derived, is from the Hebrew pesach (Passover) from the verb form "he passed over." In Exodus XII we read of the night in Egypt when the angel of death "passed over" the dwellings of the Israelites, so sparing their first-born. Therefore, the Passover or Jewish Pesach, is celebrated during Nisan, the first month of the Hebrew year.

Christian Origins
It was at the feast of the Passover in Jerusalem that Jesus, a Jew, was crucified, his body was entombed in a cave with a huge rock covering the entrance, and 3 days later rose from the dead. Jesus is believed to be the son of God. A name for Easter, therefore, is Pasch, in various spellings, and churches throughout the world celebrate Easter as a major holiday period ranking with Christmas. In Mexico and Costa Rica, Holy Week (Semana Santa) is one of the most important holiday periods during the year.

There is no indication of the observance of the Easter festival in the New Testament, or in the writings of the apostolic Fathers. The sanctity of special times was an idea absent from the minds of the first Christians, who continued to observe the Jewish festivals, though in a new spirit, as commemorations of events which those festivals had foreshadowed. Thus the Passover, with
a new conception added to it of Christ as the true Paschal Lamb and the first fruits from the dead (vernal equinox winter to spring theme), continued to be observed, and became the Christian
Easter.

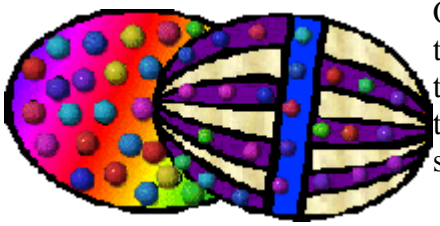
The History of Easter Eggs
The egg has represented mystery, magic, medicine, food and omen. It is the universal symbol of Easter celebrations throughout the world and has been dyed, painted, adorned and embellished in the celebration of its special symbolism.

Before the egg became closely entwined with the Christian Easter, it was honoured during many rite-of-Spring festivals. The Romans, Gauls, Chinese, Egyptians and Persians all

cherished the egg as a symbol of the universe. From ancient times eggs were dyed, exchanged and shown reverence.

In Pagan times the egg represented the rebirth of the earth. The long, hard winter was over; the earth burst forth and was reborn just as the egg miraculously burst forth with life. The egg, therefore, was believed to have special powers. It was buried under the foundations of buildings to ward off evil; pregnant young Roman women carried an egg on their persons to foretell the sex of their unborn children; French brides stepped upon an egg before crossing the threshold of their new homes.

With the advent of Christianity the symbolism of the egg changed to represent, not nature's rebirth, but the rebirth of man. Christians embraced the egg symbol and likened it to the tomb from which Christ rose.



Old Polish legends blended folklore and Christian beliefs and firmly attached the egg to the Easter celebration. One legend concerns the Virgin Mary. It tells of the time Mary gave eggs to the soldiers at the cross. She entreated them to be less cruel and she wept. The tears of Mary fell upon the eggs, spotting them with dots of brilliant colour.

A Polish legend tells of Mary Magdalene going to the sepulchre to anoint the body of Jesus. She carried a basket of eggs to serve as a repast. When she arrived at the sepulchre and uncovered the eggs the shells had miraculously taken on a rainbow of colours.

Decorating and colouring eggs for Easter was the custom in England during the Middle Ages. The household accounts of Edward I, for the year 1290, recorded an expenditure of eighteen pence for four hundred and fifty eggs to be gold-leafed and collared for Easter gifts.

The most famous decorated Easter eggs were those made by the well-known goldsmith, Peter Carl Faberge. In 1883 the Russian Czar, Alexander, commissioned Faberge to make a special Easter gift for his wife, the Empress Marie.

The first Faberge egg was an egg within an egg. It had an outside shell of platinum andenamelledd white which opened to reveal a smaller gold egg. The smaller egg, in turn, opened to display a golden chicken and a jewelled replica of the Imperial crown. This special egg so delighted the Czarina that the Czar promptly ordered the Faberge firm to design further eggs to be delivered every Easter. In later years Nicholas II, Alexander's son, continued the custom. Fifty-seven eggs were made in all.

Today eggs are decorated it with superb artistry. Some use flowers and leaves from greeting cards, tiny cherubs, jewels and elegant fabrics, braids and trims, to adorn the eggs. They are separated, delicately hinged and glued with epoxy and transparent cement, and then when completed, they are covered with a glossy resin finish. Children colour with wax crayons then dip the egg in a dye to create colourful Easter eggs. Some artists have hand printed poems that scroll out from the decorated egg. Although the omens and the mystery of the egg have disappeared today, the symbolism remains, and artists and children delight in the old world tradition of adorning and colouring eggs.