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ISSUE 30:
SPRING 2019

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SASHA CAPOCCI OUR NEW OWNER

making the presentations at the Tried and Trusted donation party held at the Cat & Fiddle in Radlett on Wednesday the 16th of January 2019. The beneficiaries of the £2,500 were the Elstree and Borehamwood Museum, Herts Air Ambulance, Hertsmere Mencap, the Visually Impaired Club and. Hertsmere Community Transport.



Both pictures
taken from the
corner of Drayton
Road and
Shenley Road,
showing the
Dufay-Chromex
factory in 1948
and the scene
now in 2019

Photos taken by *Derek Allen*

**For up to date information, news and content please visit www.triedandtrusteduk.com
To submit any content to us, please email triedandtrusteduk@outlook.com**

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MESSAGE FROM OUR NEW OWNER/PUBLISHER



Good day Readers,

My name is Sasha Capocci. I am so proud
to take over as owner and publisher of this
magazine founded by the late Roma Zite
and her partner David Burcombe. David has
serious health problems and is happy to allow
me to take over from him. I promise to keep the
magazine as it is, founded on the
principles of providing ads from reliable
traders who conform to the four cornerstones
of Honesty, Reliability, Professionalism and
giving value for money. All of our profits
will go to local groups and charities. We
could not go on without the continued
support of our loyal advertisers; to all of
whom we are sincerely grateful. My staff
and I will maintain this pleasant feel good
quarterly, which, we hope, will continue to
be a credit to the town.

For those of you who do not know me, I set
up the Visually Impaired Club, which meets
every Friday afternoon in Maxwell Hall.
Having been a former president of the
Rotary Club of Elstree and Borehamwood, I
also serve on the committees of many town
organisations and am treasurer of the Dropln
at 96.

May I wish all our readers and advertisers
every success throughout 2019.

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**Deadline for the next edition of Tried and Trusted
Magazine is 1st of May 2019.**

The opinions expressed by any writer in this magazine may not be endorsed by the Editor or Publisher. The policy of this magazine is to support free speech. We will however edit out any abuse against any religion, race, political affiliations, ethnicity or sexual orientation.



Elstree & Borehamwood Museum

October launched a brand new Exhibition which tells the story of the campaign thirty years ago to save Elstree Studios from closure.

By the mid 90's the then derelict site was up for sale as a shopping centre and housing, and yet today the future of the studios is more secure than ever. It is home to some of the most popular shows on television including Strictly Come Dancing and Big Brother. And recent film credits include The King's Speech and Rogue One: A Star Wars Story among many others.

It was a remarkable victory for the campaign and its Chairman Paul Welsh, and shows what determination can achieve even against superior odds. The new exhibition tells the story of that 8 year uphill struggle and its eventual successful outcome. Don't miss it.



Exhibition

MESSAGE FROM OUR FORMER OWNER/PUBLISHER



Goodbye Readers,

For almost 10 years I have been the Founder, proprietor, publisher and the first editor of the Tried and Trusted magazine.

For six years with my beloved partner Roma, who passed away in July 2015, we worked hard to find professional businesses that we could recommend to the public.

My ill health obliges me, with reluctance, to pass the ownership mantle over to the new management of Sasha Capocci. She will continue with the policies of the publication and still use all profit to benefit local charities. I value the loyalty of all businesses that have helped this publication to reach the most vulnerable members of our society with the protection being offered of honesty, reliability, professionalism and value for money

David Burcombe

Elstree and Borehamwood Museum Presents:

SOS

(Save Our Studios)

In 1988 a dedicated team of volunteers began a campaign to save Elstree Studios from closure

After an 8 year struggle their determination was rewarded and the Studios saved

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**This Exhibition celebrates that inspiring story
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Homeopathic etc., Hence the name Head2Toe.

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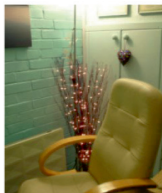


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Receiving a cheque on behalf of the Visually Impaired Club, Michael Capocci



Receiving a cheque on behalf of Herts Air Ambulance, Phil Millar and Natasha Courtney.



Receiving a cheque on behalf of Hertsmere Mencap, Vicki Wallis.



Receiving a cheque on behalf of Herts

Community Transport, Patrick O'Donnell.



Receiving a cheque on behalf of the Elstree and Borehamwood Museum, Derek Allen.

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Signed *K. Chappell* Date **17/01/2019**

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the O'DONNELL factor

By Patrick O'Donnell

Firstly, I must say how thrilled we are to welcome Sasha Capocci to our magazine. Having Sasha as our new owner/publisher is like Boreham Wood FC acquiring Lionel Messi or a small art gallery being given the Mona Lisa. We are that excited. While ever grateful to Roma and David for their inspiration and dedication over many years, we expect under Sasha's management to recover and exceed our best times. Sasha is known for her excellent business brain and her heart reaches out to all who are in need. Since she began to be active in our community in the 1990s, she has been showered with awards.

Since our four yearly elections will take place in May, I will forego my continuing look at democracy in Hertsmere and Borehamwood in particular. Please please cast your vote and say no to Vladimir Putin who wants you to lose faith in your democracy. If a postal or proxy vote is more convenient, remember you must have your application in by 5 pm on Wednesday 17th April which is 11 working days before Polling Day on Thursday 2nd of May.

I will go for a subject that has no connection with politics and politicians, namely the Studios Rotary Club in Elstree and Borehamwood. Rotary is a non-political, non-religious humanitarian organisation. I was surprised to be asked to consider joining as I had the impression that the Rotary was for rich retired businessmen. Membership is made by invitation. I, a person of modest means, went along and was accepted. Since the Rotary takes no account of political set-up including all the help that is given to vulnerable people by our state, I had difficulty understanding how it related to our democracy. In my difficulty, I compared the Rotary to King Arthur's Round Table. Rotarians are like knights who go about helping maidens in distress and protecting the poor from exploitation by brigands. All this they do for no payment. Thus, each knight must have an independent income, maybe an estate, a castle, a horse and armour. Each knight must be ready for the call for a meeting from King Arthur, which would probably come by carrier pigeon.

The knight would set out in his best armour (or second best if his best was at the blacksmith's) and would have to carry the pigeon with him on a 'one out, one in' arrangement. Would that mean that Queen Guinevere, like the late Queen Mum, had a pigeon loft? Communication was as important to the Round Table as it is now to the Rotary – just that the method has improved. We use email and we have to have 'means' i.e. we spend about £200 every year in joining fees and dinners at £20 and £35 a time.



Rotary International is made up of more than 33,000 Rotary clubs in over 200 countries. The members of these autonomous clubs form a global network of 1.2 million members, all volunteering their time and talents to serve their communities and the world. We at the Studios, under our President Sandra Parnell, hold fortnightly meetings to keep our members informed about what is going on in the community and encourage members to find ways to give back to the community, locally and internationally.

Locally we are working with Thameslink, and our station master, to provide books in platform waiting rooms in a Bring a Book, Borrow a Book project. We also have projects like raising funds for the Elstree and Borehamwood Dementia Club, helping with the Youth Makes Music for all local children resulting in a wonderful concert. We help the local NSPCC, and we have lots of events in the pipeline to raise money for local charities. Internationally, we are helping to fund Rotary International's effort to eliminate polio from the world, which we nearly have with the World Health Organisation in all but three countries. You may have seen the purple crocuses our Rotary has planted in green spaces around the town. Purple is the colour chosen for the polio eradication project.

All in all, I find that belonging to our Studio Rotary is becoming more important to me in my effort to be part of a vibrant community. My fellows Rotarians amaze me by their good heartedness, connection with their community and friendliness. If you want further information, please email me odonnellpnf@hotmail.com or ring 0208 207 4993.

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Great Local Support Group.

'Iron sharpens Iron'. "If we all support each other, we become stronger and feel less alone".

Moving words of advice given to me by Beverley Wilkinson-Denny the amazing woman that has set up the community group called "CAYA" women supporting women from strength to strength.

Set up as a support group for women of all ages and backgrounds affected by things as diverse as Rape, abuse, bereavement and depression. From the daily struggles and fatigues of living with low self-esteem or anxiety to people battling with the financial turbulence of being a single parent.

Beverley, herself a single parent, works full time, cooks great Caribbean food and somehow still finds time to set up this amazing support group.

Having spent some time with her, I found her to be a kind, mindful, intelligent lady, a fountain of life knowledge, and very approachable and smiley. It was not hard to see why her support group has become such a success and why she fought so hard to achieve this goal. By doing so, she manages to allow her passion to drive her on, in her purpose.

The support group welcomes all ages and backgrounds. It covers many chapters of life that we may encounter such as: separation, divorce, poverty, not sleeping, homelessness, addiction and many others. The group has changed its days and times and will restart its meetings from February 2019 on the 1st and 3rd Saturday of the month between 12 noon and 1pm at Windsor Hall, Blyth Close WD65EE. Search on Facebook for Women supporting women from strength to strength, in order to find the private group, once found send a request to be part of CAYA (come as you are)

I explained to her, that it's sadly all too common for many of us to experience, at some point in our lives, one or more curve balls. I myself, was very low when I suffered many mis-carriages. I know that I felt very sad, lonely and unsure how I would ever cope with life again. I wish I had known about that this group earlier. Just the act of sitting with others and sharing stories and listening is very helpful.

Going to any support group especially the first time, is always going to be scary and

unsettling but there is a lot of comfort realising you're not alone, that you can just be yourself, and be surrounded by like minded women, brings peace to your soul.

Beverley explained to me that she believes that engaging is important, although not necessary if you feel unsure, but in time, sharing experiences has proven to help people to cope better.

Her very important mantra is "Iron sharpens Iron", woman working together, can help each other heal and be strong again.

Every person has something to share, be it life stories, skills, or a talent that somehow help others. Sharing and listening builds confidence and helps bring out the best in people. It helps us to learn how to change and gives us ways to cope. Listening allows communication & understanding.

I asked Beverley what led her to start the group and she explained that in answer to a prayer she listened to her inner voice telling her that she should do all she could to make it possible.

So, what is the vision and what does she want for the future for the group. she replied, 'For women to find strength, purpose & believe in themselves.'

It is a known fact that there is much power in unity, women supporting women. It allows us to grow from strength to strength. So, if you feel that this group could be of any help to you or others, please go along, or pass the word around.

On the 27th October 2018 Beverley won the 'Community Life Changer' award, for all the hard work she has done and is doing, through the support group. This award was given to her by Basic Business Initiative UK (BBI UK), which is

a charitable enterprise support agency. Their mission is to 'Promote Entrepreneurship and Self economic Empowerment'.

I personally, and on behalf of all at Tried and Trusted would like to congratulate Beverley on this well-deserved achievement and we all

wish her continued success in all that she does. Happy New Year to all our Tried & Trusted readers. I hope that this new year brings you peace, happiness & good health.



Santa Maria

A CELEBRATION OF PETER HEWITT'S LIFE



Peter Hewitt gardening.

Peter Hewitt (1937 – 2018) was born to William and Agnes Hewitt on 20th November 1937 in Lille in France. His father Bill Hewitt played professional football in France for Lille's SC Fives, under manager Bill Berry. Because of his physical disabilities, Peter's childhood was spent in Great Ormond St Hospital for Sick Children as well as in Schools for disabled children in Margate and Shaftesbury. Such an unsettled childhood may well have broken the spirit of most of his peers but not the young Peter who went on remarkably to overcome any adversity with his customary fortitude and courage.

Peter settled in Southwark in London and worked for many years for The Times Newspaper as a proof-reader, a job he loved and a job that he was ideally suited for with his meticulous eye for detail and ability to work well under the pressure of imminent deadlines. We must celebrate that Peter enjoyed such a rewarding working life at The Times Newspaper for many years and he was a well-respected, popular and dependable member of staff which speaks volumes as to Peter's strength of character.

Eventually Peter settled in the Edgware area after his working career in the print industry was behind him, he applied for a job as a gardener at the Finchley home of Lady Laing whose family had made their fortune in the construction industry. And how wonderful that he should be



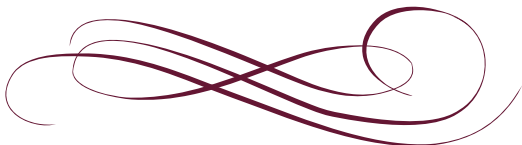
interviewed by Mrs Geannet (Jan) Paul who was working as the private nurse for Lady Laing at the time. Peter persuaded her that he was the one for the job and his enthusiasm and energy for gardening was very evident and the first meeting between Jan and Peter was to herald the start of a wonderful friendship that has lasted for over 40 years.

Peter was to become a much loved and important part of not only Jan's life but her family's lives too. Peter was present at all the Paul family Christmases, birthdays and social occasions over the years. Peter was to share so many special times with them enjoying attending horse race meetings and of course some wonderful holidays to Bournemouth, his favourite resort, and to Spain and Italy.

As well as being a long-time member of the Borehamwood Choir, Peter took part in the annual Borehamwood's Got Talent. For many years his comic poems appeared in this magazine. He was our resident poet. He found time to volunteer and offer his time to improve the lives of others. That was Peter. He loved organising and creating quizzes for all the resident stroke patients at Finchley Memorial Hospital and for the residents of Maydwell Lodge where he was chair of the club for many years. He offered his time and energy helping to keep the grounds of Barnet Hospital neat and tidy to the eye.

Over recent years and with failing health he has been cared for by Adrianna and as with Jan and her family, Peter was a much loved member of Adrianna's family too. It is therefore comforting for us all to know that Peter was much loved by so many. Peter was a remarkable and inspiring man who touched all of our hearts. He was a man for whom we can be truly proud.

(By kind permission of Richard Morgan, from his eulogy celebrating Peter's life.)





STRESS and Coping with it

The Oxford living dictionary defines stress as: A state of mental or emotional strain or tension resulting from adverse or demanding circumstances.

Each generation has its own challenges but I think the 21st century has got to be up there with being a stressful time for humankind despite all our modcoms!

Each surgery I run, I find that more than half the patients will either mention "stress" or I'll diagnose stress as a likely contributor to their problems be they mental and physical.

So It is obvious that the intense pressure of modern life seems to take so much from us.

We therefore have to find ways to manage stress in order to ameliorate the negative symptoms e.g anxiety, depression, headaches, insomnia, digestive symptoms and irritability which could result in a poor attitude at work, home and with our relationships thereby worsening the problem.

The old adage "prevention is better than cure" comes to mind, so my suggestion would be to recognise what causes you as an individual stress and avoid these triggers.

Developing resilience by setting yourself mental and physical challenges e.g a difficult puzzle or a run. This helps your ability to cope with the inevitable upsets and adverse situations.

Laughter is infectious and is a good medicine (with no side effects), so a positive attitude and relaxed frame of mind will help.

Let it out - it really feels good to talk and get things off your chest, that's why counselling is helpful. The GP can provide short counselling sessions and also refer for counselling services.

While waiting for an appointment try and talk to a trusted friend or family member.

Faith: Studies have also shown people of faith cope better with situations.

For more Stress busting tips look online

<https://www.nhs.uk/conditions/stress-anxiety-depression/reduce-stress/>

Till next time

Dr Nonnie

KIT nonnierose.5 on facebook @nonye10



TESTIMONIALS

Testimonial from Daphne Hilton

I have been using the Tried and Trusted for a few years now and my girlfriends and I would like to say how much we enjoy the content and the many reliable and trusted businesses that we have used. Please keep up the good work that we are sure has saved us money and all we have used have been the tops, honest prices and clean and tidy.

Tried and Trusted with complete satisfaction

Dear Editor

I don't use Facebook recommendations anymore. I used a painter and decorator called Bill. He was recommended as being cheap and good. He spent three days on the job having said it would only take one. He spent more time on the phone or away from my property. He doubled the price he quoted. I only paid him what he quoted.

I am writing this to your readers so that they will be on their guard towards some recommended tradesmen on face book.

This was a year ago; since then I have used 2 workmen I found in the Tried and Trusted with complete satisfaction.

I will continue to use the Tried and trusted people in future.

Yours sincerely Mrs. Maggie Willows, London Colney

Daphne Hilton, Borehamwood.
daphnehiltonuk@outlook.com

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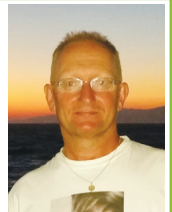
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Scissor Cut	£12.50
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Beard Trim	£3.50
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HAIRCUT	£9.00
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BOOK YOUR APPOINTMENT NOW

Cllr Sandra Parnell



*Cllr. Sandra Parnell,
President of the Studio
Rotary Club of Elstree &
Borehamwood*

I had the immense pleasure this week to meet the newly appointed President of 'The Studio Rotary Club of Elstree & Borehamwood'

Mrs. Sandra Parnell. A Councillor and active community member for over 30 years.

I was very warmly welcomed into her home, made a lovely cup of coffee & in no time at all, we were chatting as if we had known each other forever.

Not really knowing what a Rotary Club was I asked her if she could tell me what it was that they do. She was happy to explain that The Rotary is a worldwide organization of local groups who get together to fundraise and help needy charities. Throughout the year they organize many fundraising events and activities.

It is one of The Rotary's main world issues to help eradicate Polio, a crippling infectious disease that commonly affects children under the age of 5. It attacks the nervous system and can lead to paralysis. The virus is spread person to person, typically through contaminated water. Although there is no known cure, there is a safe & effective vaccine available, one which The Rotary & other partners have used to immunize over 2.5 billion children worldwide.

To help raise these much-needed funds Fabric crocus buttonholes are offered to members of the public in return for a donation.

The Crocus was chosen as the purple color matches the dye painted on the fingers of children who have been immunized.

Each Crocus comes on an information card which tells the story of the eradication programmes and Rotary's pivotal role in it.

Mrs. Parnell is also planning on putting together and publishing 'The Purple Cookery Book' as a method of raising more funds.

She asks that if anyone has any family favorite recipes, 'just like mamma used to make' or any particularly yummy recipes they know, if they would like to please forward them to her and she will try and include them.

In July 2018, 'The Studio Rotary Club of Elstree & Borehamwood' was established and Mrs. Parnell became its President. Having had many years' experience as a Rotarian, she is very happy to continue within The Studio Rotary Club, providing an invaluable amount of experience & support to the club and to our community, a community she has been actively serving for nearly 30 years.

The Studio Rotary Club of Elstree & Borehamwood, meet every 2nd & 4th Tuesday evening in the month, at 7pm at The Elstree Studios Bar. They are currently 21 members strong. Meetings are open to all and anybody can attend, new members are always warmly welcomed.

Speaking to her I discovered that Mrs. Parnell has a seemingly endless amount of charities and community groups that are close to her heart and that she helps.

In addition to her being a local councillor, she has previously volunteered at the Local Foodbank, & cooked at 'The Gratitude, Free Lunches' held at St Teresa's church hall. These vegetarian lunches are prepared and cooked by volunteers every week. They are free and served to anyone who comes to the church hall on a Wednesday lunchtime.

Once a year in October she organizes a 'Mini Olympic Disability Games' at The Spiers in Barnet. A range of people of all ages and disabilities can take part. This year around 100 people participated.

Currently on a Wednesday between 10am and 12, she runs a drop-in club for the over 60's at 96 Shenley Rd. (The Local Library). Lots of entertainment is organized such as exercise classes, quizzes, bingo, Hoy (which is a particular game of cards), together with tea, coffee & cakes.

A bit further afield, Mrs. Parnell is founder & chairperson of a Jewish charity called 'British Friends of Orrshalom'. This charity helps raise money for children in Israel that have been mentally and/or physically abused by their parents and/or grandparents.

Where necessary, the children can be re-homed, given therapy and offered help and support to re build their lives. At present there are 34 homes for Shalom children. Often funds for this cause are raised by organizing concerts that play Klezmer music, which is a Jewish style of music.

Close to her heart is also, the 'Embrace a child' charity, where a suggested £25 monthly donation goes towards virtually adopting a child & helping them to have the basics in life and whatever else is possible.

The British Friends of Offshalom have also adopted a home in Mevverserrit-Israel.

So what future plans does she have, as well as raising the profile of the Studio Rotary Club, and hopefully welcoming new members, she plans on raising lots of money for the many needy charities and organizations she supports.

To this end she is planning a fabulous Classical concert, at Allum Manor (known formerly as Allum Hall) on the 17th November 2018 to support 'The Autism Project', which involves helping Autistic people come back to

the real world, using keyboards to enable them to communicate better.

I left my meeting with Mrs. Parnell, feeling very humbled and grateful that we have such an amazingly giving and kind human being in our community, and that I'd made a lifelong friend.

Please feel free to contact Mrs Parnell for any info you may need.

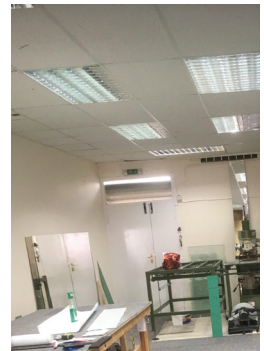
Website is:

https://www.studio-elstreeandborehamwood-rotary.org.uk/_contact.html

or email: secretary@studio-elstreeandborehamwoodrotary.org.uk

Santa Maria

From 2015 to February 2019, when David, our founder left the company, he donated over £10,000 of his own money to the donation pot. This included paying all expenses for the magazine in relation to the website and visiting clients etc. Printing, distribution and staff wages were the only expenses taken from the income of the magazine.



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The Timberland Trail

LIVE AND LET DIE

For many years I worked for Hunting Surveys Ltd based at Stirling Way in Boreham Wood, either in the office or 'out in the Field' abroad or in Britain (to use an outdated but accurate title) so I suppose that I qualify as a Cartographer. I made maps in many countries, using aerial photography to assist interpretation, and later computers to create an accurate scale survey for future use. I tend to study various maps as a reference point of information, so I am alarmed if I discover faults or omissions in current OS series... Perhaps I can check the reasons?

Er, not really! Certain facts are missing from the material displayed, so seeking answers means using the relevant computer search-engine; if it can be found...Try using the Local Government websites for a clue!! To explain why I am puzzled, go back a few weeks to last Bank Holiday Monday when I visited The Walled Garden at Shenley for a coffee at the stall run by Gemma. We talked for a while as she began clearing away, and I asked if she knew the function of the White House nearby when it was called The Gardener's Cottage, and was then the HQ for "The Watling Chase Community Forest"... This was news to her, but I recalled meetings held there around 2003 to discuss the proposed advantage it could mean for this area, which extended from Barnet up to St Albans and out from Bushey to Potters Bar. In fact, just about the area now covered by this magazine.... Curiouser and curiouser ... what has happened to this project, which was matched by several other similar zones with exotic names??

My hunting instinct now aroused, I gathered some large-scale OS maps of our area, and found evidence of the extent and names of public byways which were due to be improved as grants were provided for rural amenity value.

However, apart from a single track named Timberland Trail leading from Shenley towards Colney Heath, and called Watling Trail on these maps, I found no further changes of note or any advantage to our communities! Enquiries led me to County Hall in Hertford, where I was informed that a group called CMS (Countryside Management Services) had inherited the job, but had no funds to call upon! As it happens, I have done voluntary work with CMS in the past, but they seem to have faded away now, passing any responsibility on to the Footpath Section...who know nothing about this Watling Chase thingy! Don't give up yet- it's called a Chase isn't it?

Back to the Drawing Board, as I contact the "Thames Chase CF" in Upminster

where I first heard of these national plans for a better Britain; and I was given good news that their projects had been/were very successful. What a contrast in managing expectations, and achieving some results... My quest has led me back to Hertfordshire (County of Opportunity Trust and Fear Not) where a chance to improve our local environment was lost, because our area was hardly consulted when it mattered, for ten years...We should learn from this failure, ask questions- and pull together as a group who need help in the current frenzied situation affecting us here! -

Ken Peak (AKA 'Cartoman')
(London Colney village)

PUBLISHER'S MESSAGE

Our records show that we have published over 100 businesses in the Tried and Trusted in 9 years. Many businesses have ceased trading, and some have been refused further advertising in the Tried and Trusted as they seriously breached our terms and conditions.

Our website is up to date with those we still support www.triedandtrusteduk.com

If you have any doubts about any business promoted in the magazine or on our website please email triedandtrusteduk@outlook.com or phone 020 8207 4993.

It is our intention to only promote those businesses we trust to provide and Honest, Reliable Service with Professionalism and value for money.

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BOREHAMWOOD BRASS CONDUCT FUNDRAISING



Borehamwood Brass played Christmas Carols and Songs to entertain shoppers at Tesco. They were in full flow on Tuesday the 18th December and the following Wednesday, Thursday and Friday evenings 6-8pm and Saturday morning 10 -12pm. They were raising money for the NSPCC. NSPCC Committee members and the Studios Rotary Club members helped with the collection.

On the Thursday we were mysteriously joined by Elves, Hollie (Holly), Charlie (Cookie), James, (Jazzy) and Billie (Glitter) from Weymouth.

They work as photographers, for an events photo team EPT at Willows Farm for Christmas. They popped into Tesco after work and perchance joined us dancing and singing and shaking their buckets encouraging customers to dip into their pockets. A welcome interlude!

NSPCC organiser Ann Goddard said: "We are blessed to have such talented musicians within our town. Borehamwood Brass has, without quibble played at all the local NSPCC events for many years, helping to raise the profile of the NSPCC, together with raising some money at Christmas time with their carolling sessions at Tesco's every year." Town councillors Sandra Parnell and Pat Strack said 'Just happy to dress as elves and raise money for charity. Sparing a few moments of our time means we can put a smile other people's faces and raise money for a good cause at the same time.'

Ann Goddard, Chair NSPCC, was delighted to be joined by such an enthusiastic group. Nearly £1,800 was raised for the NSPCC in the run-up to Christmas.

Thanks to Borehamwood Brass, Tesco, and collectors, the elves and the public for donating.

TESTIMONIALS

Testimonial from Marion Savage.

Radlett Company: HELP4PC's

Again, this was my first time of using your magazine for computer services. After several years of 'sticking pins' in the Yellow Pages to find a satisfactory company to service my desktop computer (usually unsuccessfully), EUREKA at last! A gentleman, called Phillip, was able to solve my problems in my own home.

His services proved to be convenient, efficient, courteous, and also came at a very reasonable, competitive price.

Once again, I shall look no further. HELP4PC's have gained my trust. Totally confident in their services, and I shall certainly use them again, should the need arise.

My thanks to this Company, and not to forget 'Tried & Trusted'.

Hello, my name is Keith Bass.

I first advertised in the Tried and Trusted Magazines in the winter of 2013.

I am a fully qualified plumber with vast experience gained over 30 years. I have found my advert to be extremely beneficial to my business. Being self-employed, finding work can be difficult at times. It is usually found through word of mouth from my regular clientele.

However, since featuring in Tried and Trusted, I now have a much larger customer base. My business is doing very well and all my clients are very happy with the work I have done.

I would like to thank Tried and Trusted for a brilliant service. I would definitely recommend other small businesses to advertise in this magazine. I'm sure they will see their businesses grow as I have.

I will continue to advertise in Tried and Trusted for the foreseeable future.

Kind regards,
Keith Bass (FLOW THE PLUMBING CO LTD)

POETRY CORNER

Wind

the wind blows - invisible
 unless it chooses
 until it chooses to be seen - revealed
 with all its faces

the blow and blast of wildness
 prophesying tempest

the dance of a tall tree's shadow
 across a summer water-meadow

a whispered game of "catch me"
 in a leafy white willow

the ebb and flow of floral skirts
 on a stroll beside the river

the applause of snapping laundry
 celebrating wash day

the little pealing of a wind-chime
 in a garden's shady arbour

the sudden shock of slamming doors
 a small gale gusting through the hallway

murmuring in the marram grass
 on shifting seaside dunes

the billow in a sailor's sail
 going about a bright red buoy

harrying of lofty clouds
 across high cerulean blue

the bluster - the buffeting of birds
 off a high chalk headland

ruffling the slick, smooth skin
 of a lake, unfathomably deep

the wind blows - invisible
 unless it chooses



by Sue Packer

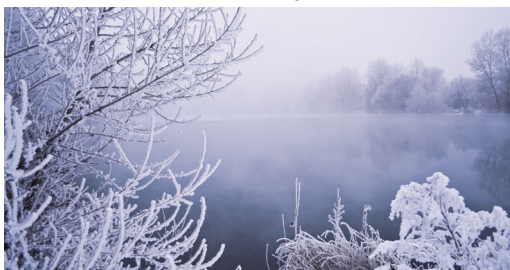


Fresh Wishes

In long dark winter days
 Christmas now a whisper
 Hope lingers in January blues
 With cohesive hue.
 And draperies and pretty dresses
 Resisting the January blues.

Here comes Mr. Valentine
 Valentine cards will do a grand show
 Cards In a shop window,
 Look : that opening show:
 The vision of some dream.

by Gloria Francis Times



*Shades
Hair Salon*



103 Harthorpe Road
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 Herts, WD6 5HY
 020 8207 2907

READING CORNER



Being evacuated to Blackpool in the 1939-45 war

Our family lived in North London when in 1942 the doodlebugs started to drop on us, very scary. There was a brick air raid shelter in the street which we rushed to when the siren went off. Luckily our house never got bombed but a block of flats opposite my infant's school was demolished, but we still went to school the next day! Parents were asked about evacuation and mine agreed. Mine told me I was going on a holiday with my school friends so getting on a train was exciting as never done that before. We arrived at Blackpool and told we're at the sea! In a big hall we stood around waiting to be allotted then Shirley and I were taken by Mrs Siddall to her house. Shirley was nice and we became friends. I was about 8 yrs old but don't recall going to school. Mrs Siddall was a cold woman who did not like me (perhaps she heard me call her piddle). When we wrote home Mrs Siddall read our letters before they were sealed, so when Shirley and I went to the post box I wrote on the back of my envelope IF YOU DONT COME AND GET ME I WILL KILL MYSELF. So a few days later a lady arrived and took me to meet Mr & Mrs Stott, a couple with a daughter Dorothy married to Eddie a Polish officer in the RAF. They were a kind family with a large guest house so some of Eddie's Polish RAF friends used to come to stay on leave. It seemed a house full of fun and laughter. Dorothy used to let me help lay tables, peel vegetables and make beds also feed the chickens in back garden. They found me a school nearby which I loved immediately and made friends.

One day Mrs Stott said they had a surprise for me and shortly after Dad arrived with my young brother. My parents had asked if he could come as knew how happy I was. Downstairs the house had a large family room, kitchen, bathroom and 3 bedrooms.

There was also a dining room/lounge at front plus bedrooms upstairs. Billy and I went to school together running along the back alley behind the houses. On the way home we always stopped at shop to buy Sarsaparilla for 1p. We were spoilt by being taken to Pleasure Beach, a magical fairground open all year. Summertime was best on the beach and of course we had unlimited ice creams. There were harsh winters with storms when the promenade was barricaded off and shop windows boarded up. We went to the pictures and the Tower circus or theatre. One day I saw a poster asking for girls to audition for a pantomime so went along and did my Shirley Temple song and dance routine which I had done for Red Cross concerts at home but never got in. But later did see the pantomime at Christmas. Sometimes we went to the cinema on our own using a Polish coin which looked like a shilling. Little brother made himself a cart with pram wheels which he took to the station asking people if he could carry suitcases to the boarding house. I guess no taxi drivers never minded as he was only a small boy. This was an idyllic period of our lives plus we had so much freedom. There seemed to be no war in Blackpool with plenty of food, no air raid warnings, a different world. School was great and occasionally one of our parents came to visit as Dad worked on the railway.

One day a letter came to tell us we had a baby brother which was exciting. Then in May 1945 a loud siren rang out and we were told the war was over. The Polish men could go back home but Dorothy told me that her husband Eddie was going to stay here with the RAF. We went to say goodbye to school friends and teachers then Dad arrived to take us home. Mrs Stott and Dorothy cried a bit and so did I. Things soon went back to normal once we were home and at our old infant school both passed the 11 plus going on to grammar schools.

After the war Mr & Mrs Stott came for a visit. The following year Dorothy and Eddie also came. They stayed at a hotel and took us to a Polish restaurant. Mum corresponded with the family for a while so sometimes had news of them. Looking back I realised how lucky my brother and I were with such a great family and all the exciting experiences we had. It was a very special time in my childhood, oh yes and I came home with a broad Lancashire accent which my friends found hilarious.

By Jessie Shingle

READING CORNER



An Angel comes to earth

I was one of the fortunate millions of Angels who have never been to earth and seen what life was really like. Some of my friends had been but were reluctant to tell me what they experienced. I wanted to find out for myself what life on earth was really like.

In Heaven we are all friends and we enjoy each other's company. No gambling here plenty to drink and eat and nobody goes short of anything. Whatever we want we can have. We read books watch films of bible stories we play sporting games and nobody gets upset if they do not win the first time but next time they win. Equality is what it is all about in heaven. Nobody gets jealous; we share each other. Some of us angels are male some are female and others have no gender.

Every year I asked God if I could go and live on earth for a while. Every time his said, "ask me again next year." I did for 4 years.

On the 4th year he said before I give you my decision, Angel Ophidians, tell me why you want to go and live on the earth".

"Well God its like this; here in Heaven we have no hardships everything is perfect there is no sin we are all happy together. Stress is something I hear about from people who came to us from earth and I just want the opportunity to experience it myself." God thought for what seemed like an age and he spoke. Ophidians. Where on earth would you like to go." "I want to go to England and understand their problems after Brexit." "Ok I do agree with your request" commented God and waved his hand.

The very next second I was standing in the high street of a town called Borehamwood. I looked at the Borehamwood town church. The Street was buzzing with people and every shop seemed to be busy.

I looked down at what I was wearing and it fitted in with the general attire of the period a double-breasted black suit with a dark tie, and a trilby hat. There were cars moving at a reasonable pace and seemed to be no obstructions. People looked happy and there did not seem to be any hardships.

The scene changed and there I was in different attire a pair of ripped trousers and a T-shirt with some weird message written on it, but the same street. Oh dear where had most of the shops gone. Many seemed to be empty or turned into accommodation and there seemed an abundance of charity shops. Traffic was almost at a standstill. I was looking at this red sports car and it had not moved for ten minutes when it did it moved a few yards before stopping again.

I was whisked up in the air and fell to earth at a sports ground the home of Borehamwood FC. A match was being played between them and Barnet FC. It was a local derby and the ground was packed with spectators. I did hear a supporter say to his friend if we do not lose to Barnet today we will stay top of the Premier league with only 1 game left and as we have not been beaten all season we will be crowned champions of all England. The end of the game and City had won 2.1 and were untouchable as the champions for that year

I saw many adults and children crying as their team Barnet had lost. Fights broke out between rival fans. Police were firing on the crowd and I saw many injured or evaporated.

I wanted to go to 2019 not whatever year this was. Instantly I was on the move again to the outskirts of town where I saw gigantic high-rise buildings as far as the eyes could see. No green fields.

Around these building I saw police officers with automatic weapons. A police officer barking out orders to two teenage kids playing by the water fountain. They gave abuse and one of them threw a large stone at him and he fell to the ground and two officers opened fire on the assailant. His body disintegrated. I saw his soul moving upwards a clear indication they was dead.

Copyright to Davron



If you are an advertiser or member of the public that recommends a business to go into this magazine, we will pay you 10% commission on their first year's advertisements if we agree they are suitable to be promoted in the magazine.

Email triedandtrusteduk@outlook.com or phone 0208 207 4993

WHAT'S ON

If you wish to advertise events in our next issue, email
editor@triedandtrusted.co

Deadline for all content is 1st May 2019.
 For further details and updates go to
www.triedandtrusteduk.com and click on the
 what's on page.

REGULAR EVENTS**HERTSMERE MENCAP ADULT ACTIVITY PROGRAM:**

For adults with learning disabilities.

Francesca Dresner francesca@hertsmereencap.org.uk

Mondays: Art with Shoshona 10am - 11.30am
 Aberford Hall.

Tuesdays: Music & Movement with Sian
 10.30am - 12pm Maxwell Park Community Hall.

Wednesdays: Coffee morning 10am - 1pm.
 Price: FREE admission. A chance to ask for
 informal advice and receive support.

Wednesdays: Jubilee Club 7pm - 9pm. Aberford
 Hall. Aberford Road, Borehamwood, WD6 1PN.
 Snooker, Table Tennis, Music, Keep Fit and Arts
 and Crafts Price £1.

Thursdays: Drama with Sian 10am - 11.30am.
 Maxwell Park Community Hall.

Fridays: Dance aerobics with Belinda. 10.30am
 - 11.30am. Fairway Hall, Brook Close.

All activities are £4.

We really look forward to seeing you.
 New friends always welcome.

Coordinator 07938 722619

MONDAY

Zumba: 6.30pm - 7.30pm, St Teresa's Parish
 Hall, WD6 1TG.

Zumba: 7.45pm. Michele Kleinman
 07973 383591. Aberford Community Hall in
 Aberford Road, Borehamwood, WD6 1PG.

We Move She Move Clubercise: 6pm - 7pm.
 96 Shenley Road. All Welcome.

Community Choir: 6.30pm - 7.30pm, St Teresa's
 Parish Hall, WD6 1TG.

96 Shenley Road. All Welcome.

**Care & Share, Maxwell Centre Coffee mornings
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Contact Vicky 020 8905 1158.
email.enquiries@maxwellpcc.org.

**Men's and women's Keep Fit and Ballroom
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Afternoon and evening ballet: Hertsmere
 Academy Of Performing Arts (term time only),
 times vary. Contact Chahna Morgan
 020 8207 3980 cj.danze@hotmail.co.uk
 Fairway Hall, WD6 5BT.

A J Fitness: Evenings. Contact 07999 123139.
 Fairway Hall WD6 5BT.

Borehamwood W.I: 2nd Monday of every
 month. 1.15pm - 3.15pm at Fairway Hall,
 Brook Close, Borehamwood. WD6 5BT. (Meets
 monthly for lunch).

TUESDAY

Afternoon and evening ballet: Hertsmere
 Academy Of Performing Arts (term time only),
 times vary. Contact Chahna Morgan
 020 8207 3980 cj.danze@hotmail.co.uk
 Fairway Hall, WD6 5BT.

A J Fitness: Evenings. Contact 07999 123139.
 Fairway Hall WD6 5BT.

Health Walk: 10.30am. Meet outside Halfords/
 Doctor's surgery (WD6 4PR). Walking shoes or
 boots. Free.

We Move She Move Yoga: 1pm - 2pm.
 96 Shenley Road. All Welcome.

Fixations Theatre Company: 3.45pm - 7.30pm.
 96 Shenley Road. All Welcome.

Victoria Jane School of Dance: 6pm - 9pm.
 96 Shenley Road. All Welcome.

**IT Champion Steve Newton answers questions
 about iPads, Tablets and Smartphones:**

2pm - 4pm. Borehamwood library. 2nd floor.
 96 Shenley Road. 0300 123 4049.

Elstree and Borehamwood Dementia Club:
 Every Tuesday of the month. Fairway Hall,
 WD6 5BT, 2pm - 4pm.

U3A: 3rd Tuesday of every month. 9.30am -
 noon, St Teresa's Parish Hall, WD6 1TG.

Drop In Centre (over 60s): 9.30am - 12 noon.
 Contact Ann, Ros, Carol c/o 020 8107 1382.
 Fairway Hall, WD6 5BT.

Zumba: 10.15am. Michele Kleinman
 07973 383591. Aberford Community Hall in
 Aberford Road, Borehamwood, WD6 1PG.

**Men's and women's Keep Fit and Ballroom
 Dancing:** Afternoons. Allum Manor WD6 3PJ.

WEDNESDAY

Shorter Health Walk: 10.30am meet outside
 Mirzan Restaurant 134 Aycliffe Road,

Borehamwood, WD6 4DY. Walking shoes or boots. Free

Slimming World: 3.30pm – 6.30pm, 96 Shenley Road. All Welcome

Candice Conway Theatre School: 4.30pm – 6.30pm. 96 Shenley Road. All Welcome.

50+ Yoga: 7.30pm – 9.30pm. 96 Shenley Road. All Welcome.

Nearly Golden Oldies: Allum Hall. Admission: £5 per person.

The fantastic Nearly Golden Oldies Group:

Every other Wednesday afternoon.

Allum Manor, WD6 3PJ.

Weight Watchers: 12 noon - 1.45pm. Contact Angie 07795 187936. Fairway Hall, WD6 5BT.

Gratitude: 1pm - 2pm. St Teresa's Parish Hall, WD6 1TG. (Not during School Hols)

Mums & Baby's Exercise: Afternoon. St Teresa's Parish Hall, WD6 1TG.

Children's Zumba Afternoon: St Teresa's Parish Hall, WD6 1TG.

Borehamwood & Elstree Twin Town Association:

Once a month evening. Contact bettagroup@hotmail.com for dates. Fairway Hall WD6 5BT.

Acoustics Night: 2nd Wednesday of the month at the Cat and Fiddle, Radlett from 8pm. For further details contact Nick Male 020 82073057.

DR96 Over 60s Club: at 96 Shenley Road 10am - 12pm every Wednesday. New members welcome. Contact Sandra Parnell 8953 0832 or Pat Strack 8386 3151

THURSDAY

A J Fitness: Evenings. Contact 07999 123139. Fairway Hall WD6 5BT.

'Knit and Natter': 1st Thursdays in the month. Knitters and beginners alike, all welcome.

St Michael's Church Hall, Brook Road, Borehamwood.

Men's and women's Keep Fit and Ballroom

Dancing: Afternoons. Allum Manor WD6 3PJ.

Slimming World: 9.30am – 11.30am, 96 Shenley Road. All Welcome.

First Class Learning: 3.45pm – 6pm. 96 Shenley Road. All Welcome.

Boot Camp: 6.30pm – 7.30pm. 96 Shenley Road. All Welcome

Monique Fivaz's Salsa Class: 7.45pm – 8.45pm. 96 Shenley Road. All Welcome.

Afternoon Tea Dance – Ballroom, Latin & Popular

Sequence: 1.45pm - 4.15pm. Large floor, free raffle and free parking! Refreshments included.

Allum Hall. Admission: £5 per person.

Zumba: 7.45pm. Michele Kleinman

07973 383591. Aberford Community Hall in Aberford Road, Borehamwood, WD6 1PG.

Yoga: 10am - 11.15am. Contact Liz Eley 07751 958433. Fairway Hall, WD6 5BT.

Starmaker School: 4pm to 6pm. Fairway Hall WD6 5BT. Contact 07774 447 932.

FRIDAY

We Move She Move Pilates: 10.5am - 11.45am.

£5 per class. Please bring your own mat.

96 Shenley Road. All Welcome.

Guiding Light (Church Group): 7pm - 9pm.

96 Shenley Road. All Welcome.

Zumba: 10am. Michele Kleinman

07973 383591. Aberford Community Hall in Aberford Road, Borehamwood, WD6 1PG.

Borehamwood Islamic Society:

1pm - 2pm. Fairway Hall WD6 5BT.

Contact 07909523717.

Junior Soccer Stars: 9.30am - 11am. Fairway

Hall, WD6 5BT. Contact Adam 0208 945 7171

or london@supersoccerstars.com

FREE Parent Toddler Group: 1pm- 2.30pm.

Cowley Hill Primary School Nursery.

Winstre Road, Borehamwood, WD6 5DP.

Tel :020 8953 2218

Funky Friends Youth Club: for 7-11 yrs. Every Friday, 7.30pm at Maxwell Community Centre.

Admission Free. Contact Michelle Jonas, jonasmichelle@aol.com.

Hertsmere Leisure: Midweek Matinée films are only £5 which includes Tea and Cake.

At 96 Shenley Rd at book by phone on 01442 454000 or pop into the Box Office.

SATURDAY

Fun With Phonics: 1.30pm – 3.30pm.

96 Shenley Road. All Welcome.

Ambassadors for Christ Mission:

12.30pm – 4.30pm. 96 Shenley Road. All Welcome.

SUNDAY

Friends of Care Homes 'An Evening Out in the Afternoon': Radlett Every Sunday from 3pm - 4.45pm Tel: 01923 289890.

'An Evening Out in the Afternoon': 3pm to 5pm.

£5. Friends of Care Homes at Phillamore Court Community Hall, Radlett WD7 8NN.

Minibus service. Tel:01923 289 890

WHAT'S ON

SUNDAY continued

Acoustics Night 7.30pm until late. Last Sunday

of the month at the Cat and Fiddle, Radlett or the Fisheries (see postings below) from 8pm. Everybody Welcome: singers, instrument players, monologue tellers, poets or just be a spectator. Updates will be given on our web site.

Writers in the Wood Occasional meetings. Please contact Lorraine Reed at Lorraine.Reed@live.co.uk.

To report any errors in this listing please email odonnellpnf@hotmail.com

EVENTS FOR YOUR DIARY:

ADVERTISE YOUR EVENT HERE

It is not compulsory but if you could make a small donation towards our charity pot, it would be appreciated. Send your donation to Tried and Trusted.

MARCH

Sat 9th 11am -13pm All Saints Coffee Morning Concert for musicians, singers and choirs. With Mayor Victor Eni. In aid of Mencap.

Sun 17th 1pm- 6pm Mother's Day Lunch, Oshwal Centre, Coopers Lane Road, Potters Bar, EN6 4DG. Lunch, Live Music & Tea & Biscuits. £12.50 members, £15 non-members, £6 (5-10 years), Under 5s FREE.

Phone Binduben (020 8367 0392), Hansaben (020 8368 7527), Dina Shah (07421 839 237)

Sun 17th 7pm - 22.15pm.

The 11th No Surrender Annual Quiz, Allum Manor House & Hall 2 Allum Lane, WD6 3PJ, Borehamwood, Herts. No surrender charity. Helping Cancer sufferers all over the world. £30 per person. Table of 10 recommended. For tickets please email - nosurrenderquiz@gmail.com

Tues 19th 10am for 10.30am St Teresa's Church Hall. U3A Talk 'Audrey Hepburn - her War and Film Years' by Howard Slater

Tues 19th 7.45pm for 8pm, EBRA meeting (AGM), St Teresa's Parish Hall. WD6 1TG

Wed 20th 7pm - 11pm Second & Last Borehamwood Mayor's Dinner - Supporting MENCAP. Extremely popular the 1st time round! Fairway Hall, WD6 5BT, Borehamwood, Herts.

Tickets £20 - 3 Course dinner & Jazz Band. Book via e-mail, Cllrenioffice@gmail.com or call 0208 207 1382

Thurs 21st 7pm-10pm. Fawltly Towers dinner, St Michael's Manor Hotel, Fishpool Street, AL3 4RY, St Albans, Herts. Hosted by Demand Charity. Helping disabled people to overcome barriers to independence and inclusion. Tel: 01923681800 £45.00

Fri 29th 6.15pm U3A Quiz Night at St Teresa's Church Hall to include Fish & Chip Supper. Bring your own drink and glasses. Tickets £10, must be purchased in advance from Betty by 19th March.

Sun 31st 2pm - 8pm. Mother's Day, Faborje Restaurant, 46 The Parade, WD17 4AY, Watford, Herts. 2 Courses £19.50, 3 courses £24.00 includes a glass of Prosecco. Tel No: 01923 510390.

APRIL

Sun 7th 2pm Borehamwood Garden Craft Society Flower Show at Allum Hall

Tue 16th U3A 10am for 10.30am St Teresa's Church Hall. Talk 'Angels, Putti, Fairies and Dragons' by Roger Wootton

Thurs 18th - 24th 12noon till 11.59 pm Spring Beer Festival Watling Street Beer 2a Greycaine Road, Watford, WD24 7GP, Herts. Tel No: 07713 841 936. £5 entry

Sun 21st 15.30pm Pro Wrestling Clash return to Borehamwood for The Ballad of Clash Bandicoot! After one heck of an anniversary show.

Tues 23rd 2.30pm - 4pm. Free French Language Sessions 96 Shenley Road, open to all adults.

Sat 27th Scratch Messiah at All Saints Church. Rehearsals 2pm for 2.30pm. Performance 7pm. Contact Derek Holland.

Derek.holland3@btinternet.com

Collection in aid of the Childrens Society

Sun 28th Acoustics Night at the Fisheries from 8pm. Everybody Welcome: singers, instrument players, monologue tellers, poets or just be a spectator.

MAY

Sat 11th From 11am - 4pm Town Pre-Festival Multicultural Event. All Saints Church and the Piazza in Shenley Road. Food entertainment and activities celebrating our diverse community.

Tues 21st 7.45pm for 8.00pm, EBRA meeting. St Teresa's Parish Hall. WD6 1TG



Sun 26th Acoustics
Night at the Fisheries
from 8pm.. Everybody
Welcome: singers,
instrument players,
monologue tellers, poets or just be a spectator.
Tue 28th 2.30pm - 4pm. Free French Language
Sessions 96 Shenley Road, open to all adults.

CUISINE COLUMN



SOOJI HALWA

Manvi Gupta

INGREDIENTS

- 1/2 cup Sooji (Semolina)
- 1/3 cup Ghee (clarified butter)
- 2 cups Water
- 1/2 cup Sugar
- 5 Almonds sliced (optional)
- 5 Cashew nuts chopped (optional)
- 1/4 teaspoon Cardamom Powder (optional)

METHOD

Pour water in a small saucepan and bring it to boil over medium flame and add sugar to it. Let it boil for around 3-4 minutes. Remove it from the flame and keep aside.

In a heavy based pan add ghee and heat it over medium flame, add semolina. Stir and mix. Roast it until golden-brown, keep stirring continuously.

Reduce flame to low; slowly add boiled water and sugar mix and mix by stirring constantly (add water only in small incremental quantities because it will splutter as soon as you add it)

Stir continuously to avoid lump formation until all water gets absorbed and it has a semi-solid consistency. Add cardamom powder and mix almonds and cashew nuts after reserving some of them for garnishing.

Serve Hot



TESTIMONIALS

RJ Hooker: I used over the last 5 years 12 of the traders in the publication all very good. I used to use yellow pages, not anymore!

Philip Smith: Until I used the mag I used cowboys who ripped me off. Using 4 advertisers in your mag I was never ripped off.

Testimonial from Cynthia Stephens.
Honestly, Sir, You picked the best forget the rest I used only this mag to find who I want and trust

Brian Thorn: Used three businesses, Handyman, Electrician and Plumber. All good, highly recommended.

Mr. Ken Cowinage : Their website only promotes good businesses and having used a few of them both in their magazine and on their website I am happy to report they do only use the cream of businesses.



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We were asked us if we could bring the magazine into other areas.

We listened and we now deliver in Arkley for the first time.

Other places have requested this type of magazine too, but until we get more staff we will concentrate on the present areas we cover.

We welcome your comments to triedandtrusteduk@outlook.com. and we will publish as many as we can.

EDITOR: Mr. Patrick O'Donnell.
Tel. 02082074993

EMAIL: triedandtrusteduk@outlook.com

WEBSITE: www.triedandtrusteduk.com

The Editor accepts no responsibility for error or omissions in this publication
Deadline for the next edition is 1st of May 2019.

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