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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 DropIn at 96.

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



Magazine is 1st of September 2019.

lstree & Borehamwood Museum

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.



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GOOD VIBRATIONS (A Look Back At The Sixties)

The new Exhibition now running at the Elstree & Borehamwood Museum features the decade of the 60s and its impact on this area. As well as a general timeline of the period, and a video of the most significant events, we have a look at the clothes, hairstyles and fashions of the 60s. We are concentrating on all the amazing music that came from and was played in Borehamwood. In our tiny space we have recreated the Lynx Club in Maxwell Park with its distinctive designs, mod groups, R&B bands and future music stars. There is also a record shop with LPs and 45s to browse, and a working automatic-change record player to show how we used to listen to music.



Visiting children, and adults, can dress up in 60s clothes, put on a Beatles wig and moustache or a Dusty Springfield beehive, and play the instruments on the Lynx stage.

We hope to have a Lynx Club reunion later in the year along with the current Maxwell Park Community Centre, home of the Lynx all those years ago!

Hope you can come and see us and revisit your memories if you were there, or find out why the decade is now regarded as the most significant by many of us. We're running until October.

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



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Barnet Medieval Festival

On the 8th & 9th of June this year, the second Barnet Medieval Festival took place. Myself & my son attended on the Saturday & had a great time. It really was like going back to the 1400's!

The festival began with an official opening & cannon fire. The battles re-enacted were, the Battle of Barnet (1471) & the second Battle of St Albans (1471). All of the costumes were exactly how they would have been in 1471, together with armour, guns & bows & arrows. Activities where children could participate were a Medieval battle, a soldiers' drill & archery.

Many displays showcased furniture, tools, equipment & clothing of the medieval era. It was fascinating to watch & observe the passion of all those that attended. The costumes were so interesting, and whoever I spoke to & asked questions regarding their particular display, spoke with much knowledge & enthusiasm.

Lady Catherine Montague did a demonstration of her clothes & explained in great depth, what each layer was & what it was used for. There were also many stalls selling medieval replicas. & goods. A new picture was displayed by the Artist Graham Turner.

Festival organizer- Susan Skedd. Barnet Medieval Festival- Facebook page.

6th-7th JUNE 2020 next Barnet Medieval Festival Santa Maria





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



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.



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



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Signed

Date 17/01/2019

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causes.

EDITH OAKLEY

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During June's volunteers' week, we'd like to bring you the story of one of Blood-Edith most dedicated volunteers, wise's Oakley. Bloodwise is UK's leading blood cancer research charity. Blood cancer is the fifth most common cancer in the UK and while huge progress has been made in improving treatment since they started in 1960, it is still the third biggest cause of UK cancer deaths – taking more lives each year than breast or prostate cancer. Even for those who survive, the long-term effects of treatment can be devastating.

Like many others, Edith's association with Bloodwise began with the loss of a loved one. Determined that others shouldn't have to go through the same heartache, Edith began fundraising and volunteering in 1959 – and today, aged 99, she's still going strong and is its longest serving supporter. Age has not stopped Edith from raising thousands of pounds to beat blood cancer.

She was first brought into contact with leukaemia more than 50 years ago when her late son John contracted the disease.

After his death, Mrs Oakley and her late husband Laurie began fundraising for the then

recently-formed Leukaemia Research said: "We lost She something very precious and I cannot stop. All this fundraising started when the Governor of Great Ormond Street Hospital said to go home and raise 'x' number of pounds and we'll start a research unit here". Laurie and Edith heard this and did as he



said. In 60 years, she's raised over £247,000. In recognition of her exceptional contribution to blood cancer research, Edith Oakley has received two prestigious accolades – winner of the Times/Sternberg

Active Life Award and the UCL Circle of Benefactors Award. We're in awe of Edith because she has given hope to so many children with blood cancer. In 2018 she was the recipient of the Mayor of Hertsmere's Civic Award which was presented at a dinner at Elstree Studios.

If you have been inspired by Edith's story, go to https://bloodwise.org.uk/fundraising and learn about the many ways you can make a difference.



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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.

In this issue I will write about 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. I, a person of modest means, went along and was accepted.



Our club is so similar to the first Rotary club formed in Chicago in 1909 bv Paul E Harris, а lawyer, Gustavus Loehr, a mining engineer, Hiram E Shorev. a merchant tailor and

Sylvester Schiele, a coal dealer, They met in the coal dealer's office and their aim was to meet up as friends to discuss affairs of the day. Their first public service project was the construction of public toilets in Chicago.

Like the founders we have to have money to spend for membership i.e. about £200 every year in joining fees and dinners at £20 and £35 a time. We at the Studios, under our President Nick Male, 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.

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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'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 12 unsettling but there is a lot of comfort realising you're not alone, that you can just be yourself, and be surrounded by likeminded 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 brings 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 to 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



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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 searchengine; 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.... Curioser and curioser ... 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.

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Having heard great things about James, I decided I needed to meet this young man and find out

more about him. Born in London-Westminster, James has lived in Borehamwood since he was 1 year old. At 23 years

old, he has already become a very popular guitarist and vocalist, mainly through word of mouth.

He is very polite, well presented with a refreshing passion and enthusiasm for his love of music and the lasting career he is aspiring to develop. His love for music started early, as his father was in the Band of the Welsh Guards and his uncle was in the Band of the Cold Stream Guards. His father has always been a great fan of James, encouraging him every step of the way and advising him on his song choices for all the various events he attends.

At the age of 18, he began singing in nursing homes, which then led to singing in pubs and expanding into community events such as The Borehamwood Christmas Lights Switch On and many council events. James also does birthdays, weddings, Bar and Bat Mitzvahs and communions, which are also extremely popular. He also very much enjoys doing charity events for schools and any charity that requests him, as he tinds a great deal of satisfaction and appreciation. James enjoys singing all genres of music such late 50's, good old Rock as Roll. Elvis and The Beatles. n

He explains that he will sing anything that is requested and is very adaptable to any audience. He then does his research, collating all the songs, and goes onto learn all the words and chords for his guitar.

One day a week, James works in Woburn Center Parcs in the Zip Wire section, which he thoroughly enjoys. In his down time, James likes to exercise, keep fit, walk his dog, socializing and baking. In the summer he loves going to Cyprus, where he jet skis during the day and sings in the evenings, in a bar. When asked if he had a favorite event or gig, James quickly replied "Singing in nursing homes, I really enjoy the interaction from the residents and the good feeling that singing evokes"

Christmas is an extremely busy time for James, so much so, that he starts to practice Christmas songs in October. James' next local event will be on Saturday 29th June at Meadow Park Family Day. So, pop along and see this amazing, passionate and full of energy young musician. A future dream for James would be to get a recording contract, which I have no doubt, having had the pleasure in meeting him, will be something that will happen.

From all at Tried and Trusted and our faithful readers, we wish James a bright an exciting future.

Contact him on 07809 217 080 and jamesstowell@mac.com





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If you wish to advertise events in our next issue, email

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

REGULAR EVENTS

MONDAYS

Mencap: Art from 10am – 11.30am Aberford Hall.

We Move She Move Club exercise 6pm - 7pm, 96 Shenley Road. WD6 1EB. All Welcome. Community Choir 7.30pm - 9.30pm, St Teresa's Parish Hall. WD6 1TG. All Welcome.

The Monday Club 10am to 12.pm Holy Cross, Balmoral Drive, WD6 2QU. Alternate Mondays 17th June, 1st, 15th & 29th July, 12th, 19th & 26th (B/H) August, 9th & 23rd September. All welcome.

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

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

TUESDAYS

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IT Champion Steve Newton answers questions about iPads, Tablets and Smartphones. 2pm - 4pm. Borehamwood Library. 2nd floor. 0300 123 4049

Mencap: Music & Move from 10.30am – 12pm Maxwell Park Community Hall, WD6 1JJ.

Elstree and Borehamwood Dementia Club every week 2pm - 4pm Fairway Hall, WD6 5BT. U3A, Third Tuesday of every month 9.30am noon, St Teresa's Parish Hall, WD6 1TG. Drop In Centre (over 60s), 9.30am - 12 noon. Contact Carol c/o 020 8207 1382. Fairway Hall, WD6 5BT.

WEDNESDAYS

Shorter Health Walk 10.30am. Meet outside Mirzan Restaurant, 134 Aycliffe Road, WD6 4DY walking shoes or boots. Free

Mencap: Coffee morning from 10am - 1pm. FREE admission. All Saints Church, WD6 1EB.

Borehamwood & Elstree Twin Town Association. Once a Month evening. Contact bettagroup@ hotmail.com for dates. Fairway Hall, WD6 5BT.

DR96 over 60s Club at 96 Shenley Road, WD6 1EB. 10am - 12pm new members welcome. Contact Pat Strack 8386 3151.

Mencap: Jubilee Club 7pm – 9pm, Aberford Hall Aberford Road, WD6 1PN Snooker, Table Tennis, Music, Keep Fit and Arts and Crafts.

THURSDAYS

Mencap: Drama 10am – 11.30am Maxwell Park Community Hall, WD6 1JJ.

Knit and Natter 1pm 1st Thursdays in the month beginners are welcome St Michael's. Church Hall, Brook Road, Borehamwood, WD6 1EB Starmaker School 4pm to 6pm. Fairway Hall WD6 5BT Contact 07774 447 932.

FRIDAYS

Visually Impaired Club every Friday from 1.30pm to 4pm at Maxwell Community Center, WD6 1JJ. Contact Sasha on 07771 862 820.

Mencap: Dance Aerobics 10.30am – 11.30am Fairway Hall, WD6 5BT.

SUNDAYS

'An Evening Out in the Afternoon' 3pm to 5pm. Friends of Care Homes at Phillamore Court Community Hall, Radlett WD7 8NN. Minibus service. Tel: 01923 289 890

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

JULY

Tues 2nd: EBRA Meeting. 7.45pm for 8pm, St Teresa's Parish Hall, WD6 1TG.



TRIFD & TRUSTED

JULY continued

Sat 6th: Summer Cream Tea at The Vicarage

2.30pm - 4.30pm. Tickets £6 adults, £3 children. Booking in advance necessary for catering purposes.

Contact is Pat Sperry either via email patsperry@talktalk.net or 01923 673959 or 07939 130871. The Vicarage,WD6 5EQ

Sun 7th: Brass Band Concert. 3pm - 4.30pm Borehamwood Brass. Meadow Park, WD6 5AL. FREE.



Testimonial from Mrs. Mandy Cottrell Elstree

I would like to thank the handyman, plumber, gardener, electrician and carpet cleaner whom I have used over the last year for their first class service all of which I got from the Tried and Trusted. My sister who lives in Watford got her own wedding dress dry cleaned from a trader in the magazine so her daughter could wear it for her own wedding. She was so satisfied and wished they had a Tried and Trusted in Watford.

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

We listened and now deliver in Arkley.

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 September 2019. Sun 14th: NSPCC Garden Party 2pm - 5pm. Schopwick, WD6 3SW. ann.goddard999@hotmail.com Tues 16th: U3A 10am for 10.30am "The Sainsbury Family Business" by Trevor Baker St Teresa Hall, WD6 1TG.

Sat 20th: Borehamwood Garden Society Summer Flower & Produce Show 1.30pm - 4.30pm. Allum Manor, Elstree, WD6 4PJ.

Sun 21st: Brass Band Concert. 3pm - 4.30pm. Hemel Hempstead Band. Meadow Park, WD6 5AL. FREE

Sun 28th: Brass Band Concert. 3pm - 4.30pm. Welwyn Garden City Band. Meadow Park, WD6 5AL. FREE.



Sandy Cox: When I spoke to the publisher he asked me if I had anything good to say about the magazine. Yes, I said nice articles and of the 6 people I used all were good and no hesitation in endorsing.

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Tried and Trusted is unique in that not anybody that wants to advertise in the magazine will be allowed to do so.

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Within the last the year we have refused to promote several potential advertisers, as they did not meet our high expectations. They were a curtain/blind supplier, two estate agents an ethical food shop, a builder, 2 electricians and a man with a van.

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TESTIMONIAL

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.

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

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.





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