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ISSUE 23: SUMMER 2017

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Walk of Witness in Radlett, Good Friday





Print taken in 1948 showing Rowley Lane A1 crossing. Colour photo taken in May 2017 in same location.

Derek Allen

For up to date information, news and content please visit triedandtrusted.co or triedandtrusteduc.com
To submit any content to us, please email publisher@triedandtrusted.co. or call 07939670055

This edition is delivered to Aldenham, Borehamwood North, Radlett and Shenley. The other edition is delivered to Borehamwood South, Bushey, Elstree and London Colney. 40,000 copies will be delivered door to door and also available from selected outlets in Borehamwood, Barnet, Kenton, Stanmore, Mill Hill, Edgware and Potters Bar.

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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

An exhibition that started in January 2017 celebrating a century migration to Elstree and Borehamwood is open 'From Village to Town: Celebrating a Century of Migration' is displaying at Elstree and Borehamwood Museum on the top floor of the community hub at 96 Shenley Road, and is running until 8 July 2017. The exhibition, put together by volunteers, includes interviews with over 50 local residents on their recollections and memories of coming to the borough.

At the heart of the exhibition are several audio posts where visitors can listen on traditional telephones to excerpts from some of the interviews. Personal objects, loaned by contributors and other members of the community, tell the stories of their moving and settling in Elstree and Borehamwood. Filmed interviews and audio recordings conducted as part of the research for the exhibition are also available on the museum'swebsite. 'From village to town: celebrating a century of migration' is open from Tuesdays to Thursdays from 12pm to 6pm. And on Saturdays from 10am to 3pm.

New exhibition

Admission is free.

Find out more about the exhibition on this website http://elstree-museum.org.uk/blog.php? tag=Exhibitions

In January, Tried and Trusted made a donation of £400.00 to the museum as part of the Hertsmere Mayor's Charity this year.





Volunteers helped to contribute to the display.



The presentations were made by The Hertsmere Mayor Cllr. Pete Rutledge

The beneficiaries of the £4,000 at the donation party held at the Waggon and Horses in Elstree on Monday the 23rd of January. They included: 7th Borehamwood Scouts, London Colney Foodbank, Herts Air Ambulance, Hertsmere School of Dance and Drama,

Radlett Guides, Shenley Park Trust (Toddlers Park), Hertsmere Community Transport, Hertsmere Mayor's Charity, Elstree and Borehamwood Museum, Hertsmere Mencap. The fund was boosted by a financial investment from the founder's personal bank account.

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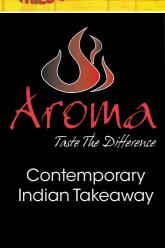






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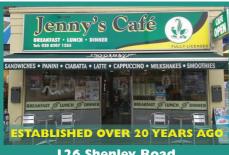
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Spotlight on the magnificent Stanborough Park of 126 acres, located on the outskirts of Welwyn Garden City, Hertfordshire.

I took the 601 to the Park from Borehamwood, just under an hour and a half on the 16th of May. Last year I went by car from Borehamwood 14 miles covered in just over 35 minutes.

For the past 9 years it has been awarded the esteemed Green Flag. The Park has many attractions that are enjoyed by thousands of people every year. All ages and tastes are catered for. It is a great day out for all the family. Leisurely walks, picnic, just lay on the grass and relax or a bite to eat in the café at value for money.

Directions: By car - leave the A1(M) at junction 4 and follow the signs to Stanborough Park. By Uno bus 601 from Borehamwood via Radlett, Colney Street, Park Street, St Albans and Hatfield -

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My kidney was only working 7% and with Dialysis 3 times a week, for 2 years at Edgware Hospital Kidney Unit.

Out of the blue I got a phone call at 23.00hrs to get to the Royal Free

Hospital as quickly as possible, as they had a kidney that might be a match.

I got to the Hospital and by 09.00 hrs I was taken into theatre, the operation took 5 hrs.

The donated kidney was slow to activate, and my own kidney was causing problems with bleeding and possible cross infection to the donated Kidney, so 1 had to have major surgery to take it out, it weighed nine and a half pounds.

I am alive today thanks to the surgeons, nurses, other hospital staff and to people giving blood donations. Also to a person that I have never met giving me an extended life with their kidney.

PLEASE BE A BLOOD DONOR AND THINK ABOUT CARRYING AN ORGAN DONOR CARD.

Lawrence Stack

SPONSORED BUS TRIP in aid of purchasing a blood pressure machine for the Edgware Kidney Centre.

Lawrence Stack and the Tried and Trusted publisher will start the Sponsored Trip from Victoria Bus Station at 23.00 on Monday night 17th July by overnight National Express Coach, arriving at Penzance 09.00 Tuesday morning.

PLEASE SPONSOR THEM.

Minimum sponsorship @ 20 pence per bus for 15 buses being £3 total sponsorship per contributor. If you wish to sponsor them please complete this form and give it with your contribution in an envelope to:

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You can come and see the intrepid duo at the Tried and Trusted stand at Families Day Saturday 1st of July at Meadow Park. They will commence their journey back home at 10.00 Tuesday 18th of July from Penzance travelling by 15 public service buses to get back to Borehamwood on Thursday. They will be using their bus passes, with two over night stops at Exeter and Swindon. The duo aim to be back in Borehamwood by late afternoon on the Thursday 20th of July

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THE FUTURE WITH TECHNOLOGY.



In a recent interview the MD of Daimler Benz (Mercedes Benz), Dr. Dieter Zetsche, said their competitors are no longer other car companies but Tesla which spe-

cializes in electric cars, Lithium-ion battery energy storage, and residential solar panels, and Google, Apple, Amazon etc.

There have always been the 3 constants ... Death, Taxes and CHANGE! Software will change and disrupt most traditional industries in the next 5-10 years.



Uber is just a software tool, they don't own any cars, and are now the biggest taxi company in the world. Airbnb is now the biggest

hotel company in the world, although they don't own any properties.

Artificial Intelligence: Computers become exponentially better in understanding the world. This year, a computer beat the best Go player in the world, 10 years earlier than expected.



In the US, young lawyers already don't get jobs. Because of IBM Watson, you can get legal advice (so far for more or less ba sic stuff) within seconds, with 90% accuracy compared with 70%

accuracy when done by humans. So if you study law, stop immediately, there will be 90% less lawyers in the future, only specialists will remain.



Watson already helps nurses diagnosing cancer, 4 times more accurately than human nurses.

Facebook now has pattern recognition software that can recognize faces better than humans. In 2030, computers will become more intelligent than humans

Autonomous cars: In 2018 the first self-driving cars will appear for the public. Around 2020, the complete industry will start to be disrupted. You don't want to own a car anymore. You will call a car with your phone; it will show up at your location and drive you to your destination. You will not need to park it, you only pay for the driven distance and can be productive while driving. Our kids will never get a driver's licence and will never own a car.



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Shenley Park Toddler Area Offical Opening

After months of eager anticipation, the day finally arrived for the official opening of our Shenley Park Toddler Area on 29 April 2017. Many people were in attendance including Hertsmere Mayor Pete Rutledge, Oliver Dowden MP, Anna from Frozen and even Peppa and George Pig! The toddler area is situated behind the current play area behind the Shenley Tea Rooms/Orchard Café, WD7 9DW.

This project was initiated via a conversation on social media, discussing how beautiful



Shenley Park is but how there was lack of suitable play facilities for babies and toddlers who also frequent the park.

Thanks to the hard work and dedication of the fundraising team of local mums, Sophie Burnham-Miller, Linzie Barr, Fiona Twitchett, Jackie Forster and Emma Simons, this vision has become a reality. They spent countless hours to ensure this fabulous play area was created for the benefit of many generations to come.

Special thanks goes out to everyone who gave their support in making this happen including the local and surrounding community, councillors who contributed their time, talents and generous donations, especially The Shenley Park Trust, the Shenley Parish Council and Shenley Fete, The Arsenal Foundation, Tesco Bags of Help Initiative, Zumba Dance Fitness with Laurel, Tried and Trusted magazine and Shenley Estates who were the main sponsor of the organised events.

It is so wonderful that our local community now has a safe, secure and stimulating environment for little ones to enjoy.

(Photo taken by Yakir Zur from Yakir Photography)



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rofile of Peter Richardson

Peter Richardson now into his late 80's is a well-known character around Boreham Wood, The old folk remember that it was 2 words not one Most days of the week Peter can be seen in Aycliffe or Leeming Road. Normally he would be having a drink and food in any of the three cafes in that part of Boreham Wood Mirzan, Tudor or Marios . He also frequents the cafes in Shenley Road.

Peter's claim to fame is that he was a driver and a personal security man. He looked after the following people in his working career: Tony Curtis, Warren Clarke, Robert Downey Jnr, Bryan Ferry, Andre the Giant, Don Gordon, Angelica Huston, Stacey Keach, Ian McShane, Roger Moore, Oliver Reed, Robert Urick, Shelley Winters, Jim Henson - Director, Nick Roeg - Director and John Rhys-Davies.

He has been the owner of 43 cars in his lifetime: Austin Healey, Ford Zodiac, Ford Zeppher, Bedford Luton, Ford Transit Luton X5, Thames Trader Minibus, S-Type Jaguar, Ford Capri 1600GT, Triumph Dolomite, Triumph Toledo, New BMW 3.0s, New BMW 3.0SI Morris 1300. Daimler Limousine, 1975 2 door Jaguar V12 5.3litre, 197 Cadillac Fleetwood. 1977 3.0 litre Granada Con-Ghia. Mer-280 cedes Limousine, Triump TR7, Austin Litre, Triumph 2000,



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Imagine we had the good fortune to be the Good Samaritan that saves someone's life.

Martin, of Bristol, writes: I was on holiday in Cornwall in August when, while walking in a car park with a friend, I felt really weird. I was having a cardiac arrest.

I literally collapsed and died, there and then on the tarmac, age 47. This incident with a stranger didn't just change my life - it gave me my life"

As my friend was trying to figure out what was happening, a stranger driving out of the car park stopped, having seen me lying on the ground, and asked my friend if I was OK. The stranger and his passenger got out of the car and came over to where I was lying. They immediately realised what had happened and took over.

They were both consultants from Plymouth's A&E Department at Derriford Hospital.

For printer

Thedriverhappened to have the only piece of equipment that could bring me back to life - a portable defibrillator - in his car. After three-and-a-half minutes of being dead, he had me conscious and I was immediately airlifted to Treliske hospital.

I later learnt from my consultant at Truro that he rang the hospital most days to check on my recovery. Apparently, my chances of surviving without the intervention of this stranger and his particular piece of equipment was nil.

Since returning home to Bristol I tracked him down and had an, obviously emotional, chat with him by phone. It turns out he is also the chairman of a South West charity raising money to provide life-saving equipment to volunteers, hence why he had a defibrillator in his car.

This incident with a stranger didn't just change my life - it gave me my life. Now I'm also hoping to "pass it down the line"; i.e. help fund Air Ambulances and raise money for defibrillators.

From an initiative by lifelong Good Samaritan, Lawrence Stack, with the drive of town Cllrs Pat Strack, Sandra Parnell and Clive Butchins we have many defibrillators dotted about the town – at the station, in the library and the Council offices, and outside St Teresas church etc.

We remember with pleasure that this magazine, with contributions from Cllr Burcombe's councillor salary, has given £500 towards defibrillators in our schools and over £1,000 to the Herts Air Ambulance.















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Elstree & Borehamwood Green Belt Society



The Green Belt law in 1949 to prevent speculative ribbon around development other large cities Kingdom. The first records of our **E&BGBS** local date from 1959 when the battles against

building on Woodcock Hill on the South side of Borehamwood started and the Woodcock Hill Society (now merged the GBS) founded under Dr Lewis Wilde. We have been contesting Green Belt and conservation issues

Objectives for 2017/18

to the present day.

Our aim is to preserve as much as possible of the peaceful green and countryside pleasant which has been left to us after the ravages of road and building developments.

We live in an exceptionally fraahabitat. Major

motorways radiate out from London through HertsmereandtheurbancreepofLondonisalwaysa danger. The proposed construction of a huge Rail Freight Interchange Station at Park Street is the current greatest threat. If it goes ahead it will undoubtedly blight the whole area and cause endless road and rail problems. We are opposed to it together with every other local conservation organisation and the councils. We are campaigning, with other conservation groups to preserve Aldenham Reservoir. Liberty's offer of 5 million pounds to repair the dam and found a Trust to run the Reservoir from the profits from the building of 150 houses off Watford Road seems the only source of funding.

Society was formed by await and United

London

the

Sadly the Green Belt though protected in Law from 1947 is not immune to Central Government edict of the outcome recent developments with great anxiety.

> It is not our policy to interfere with reasonable improvements to private property and we are in favour of brownfield development.

We accept community has changing needs and cannot be preserved as in a museum. Playing fields, community centres, libraries and some new housing have to be provided. Our quality of life depends on careful planning especially in the control of traffic.

We try to retain those buildings with interest, history or architectural merit.

The destruction over the years of many landmark houses has robbed Elstree and Borehamwood of much of its visual amenity. I include the razing of the old cottages on Elstree High Street, the loss of the timber framed house at the Shenley Road / Theobald Street junction and the current demise of Little Organ Hall Farm. We must preserve what is left.

trying to serve the community and speak up for you all.

Please consider joining us today! Our membership subscription is a nominal £5.00 payable by cheque or standing order to E&BGBS.

You can email Pat Strack Membership Secretary at pat.strack@ntlworld.com phone her at 0208 386 3151

Contact details Chair: Ann Goddard: anngoddard999@hotmail.com 0208 953 1436

Planning: Jenny Jacoby jennyjacoby@tiscali.co.uk Website: www.ebgreenbelt.org



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PHOTO GALLERY

At the Tried and Trusted donation party held at the Waggon and Horses in Elstree on Monday the 23rd of January, the presentations were made by The Hertsmere Mayor Cllr. Pete Rutledge. Tried and Trusted editor, Patrick O'Donnell, made the presentation of £400 to the Mayor.











































FAMOUS QUOTES FROM HISTORY Which Famous Persons said the following:

- 1. "The important thing is not to stop questioning."
- 2. "All our dreams can come true if we have the courage to pursue them."
- 3. "It does not matter how slowly you go, so long as you do not stop."
- 4. "Success is walking from failure to failure with no loss of enthusiasm."
- 5 "Someone is sitting in the shade today because someone planted a tree a long time ago."
- 6. "Success? I don't know what that word means. I'm happy. But success, that goes back to what in somebody's eyes success means. For me, success is inner peace. That's a good day for me."
- 7. "You only live once, but if you do it right, once is enough."
- 8. "Once you choose hope, anything's possible."
- 9. "Try not to become a person of success, but rather try to become a person of value."
- 10. "There is no easy walk to freedom anywhere, and many of us will have to pass through the valley of the shadow of death again and again before we reach the mountaintop of our desires."
- 11. "It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change."
- 12. "Great minds discuss ideas; average minds discuss events; small minds discuss people."
- 13. "The best revenge is massive success."
- 14. "The difference between winning and losing is most often not quitting."
- 15. "I have not failed. I've just found 10,000 ways that won't work."
- 16. "When you cease to dream you cease to live."
- 17. "No one can make you feel inferior without your consent."
- 18. "Failure is another steppingstone to greatness."
- 19. "The whole secret of a successful life is to find out what is one's destiny to do, and then do it."
- 20. "If you're going through hell, keep going. What seems to us as bitter trials are often blessings in disguise."
- 21. "The way I see it, if you want the rainbow, you gotta put up with the rain."
- 22. "To me, business isn't about wearing suits or pleasing stockholders. It's about being true to yourself, your ideas and focusing on the essentials."
- 23. "If you can't explain it simply, you don't understand it well enough."
- 24. "I believe every human has a finite number of heartbeats. I don't intend to waste any of mine.
- 25. "The two most important days in your life are the day you are born and the day you find out why."

Answers on page 32



























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SHAVE	£8.50

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\	
Drycut	£9.00
Clipper Cut	£8.50
Scissor Cut	£10.50
Wash, Cut and Blowdry	£12.50



Traditional Wet Shaving with Hot Towels

BOREHAMWOOD & ELSTREE TWIN TOWN ASSOCIATION 'CELEBRATING PARTNERSHIP ACROSS EUROPE'

Borehamwood and Elstree Twin Town Association (BETTA) formed in 1982. Through all the recent changes, BETTA has promoted the town councils links with our two partner towns in Europe, Offenburg, in South West Germany, and Fontenay Aux Roses, near Paris. BETTA holds events promoting these links; organise visits to see the different cultural life in both France & Germany.

The association also receives visitors, and helps 'link-up' community groups with similar organisations in both our twin towns.

The Association attended a celebration of partnership twinning in Offenburg over the weekend of 1st & 2nd April 2017. Elstree & Borehamwood Town Mayor Cllr. Clive Butchins and his wife represented the town at this special occasion enhancing partnership links across Europe.



Pictured in April this year, during the BETTA visit to Offenberg, Mayor of Petra Ligure, Avio Valeriani, Lord Mayor of Offenburg, Frau Edith Schreiner and Borehamwood's Town Mayor Cllr. Clive Butchins.

The association, who work tirelessly to promote European culture links, believe that given our recent decision to leave the EU, it is more important now than ever to maintain unity and solidarity with our friends across Europe.

This year during the annual civic festival, the Mayor of Fontenay Aux Roses will be visiting the town for the first time in many years.

The Association's visit to Fontenay aux

Roses, to visit their annual Fete, was between the 19th and 21st May 2017, for a cost of £280.00 for non-members and £260.00 for Members. The trip included all travel costs from St Pancras Station to Fontenay Aux Roses; Two nights Bed & Breakfast Accommodation, and a meal on Saturday 20th May 2017.

The planned visit to Offenburg, to their colourful wine festival, is between 29th September & 2nd October 2017, for a cost of £330.00 for non-members, and £310.00 for members. The trip includes all flights and transfers to / from Stanstead Airport to Offenburg, and three nights Bed & Breakfast accommodation

BETTA, also run French Language sessions, at 96 Shenley Road, Borehamwood, on the last Tuesday of every month, from 2.30pm

For further details about the association and our activities, please look at our web site, www.betta.org.uk or for more information about our trips to Fontenay and Offenburg, plus how to become a member of the association, please contact BETTA either by E-mail bettagroup@hotmail.com or by telephone: 0203 441 6510.





Black and white print taken in 1948 showing the static water tank used to store thousands of gallons of water during the war in case the water mains got bombed the road on the left leads to Shenley, the road on the right is the Elstree way. The colour photo shows the view today.

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The well established, Hertsmere Academy of Dance & Performing Arts offers fun & inspiring classes for Children to Adults in many styles of Dance and the Performing Arts. Teachers work at a professional standard and are FULLY QUALIFIED to ensure your children are in safe hands.

Through taking Examinations with the Prestigious Royal Academy of Dance, The Imperial Society of Teachers of Dancing (ISTD) & Trinity College, students gain Government recognised Qualifications and they also perform in Events (such as community or charity fundraising) and Shows/Musicals throughout the year. We are also affiliated with a London Talent Agency for the more serious of students.

Students can come for fun or to pursue the performing Arts as a career.

Hertsmere Academy aim to provide students with life skills and to get the very best out of each individual student. Getting children off the streets and giving them a focus and potential qualifications is extremely important.





Many students have gone on to study in professional colleges, work within the TV/Film, Stage, West End and Music industry or have become educators and are all having very successful careers.

Soon, Hertsmere Academy will be initiating a scholarship programme for children of the community who cannot afford such beneficial classes. The scholarships awarded will also include a 'Tried & Trusted scholarship' as thanks for their kind donation to our scheme.

For more information, please visit WWW.INSPIRINGHERTS.COM





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Edwina has been qualified since 1991 with a degree in podiatry, BSc, M.Ch.S & S.R.Ch. & is an HcPc registered chiropodist/podiatrist.

She is highly experienced & continues to update techniques & treatments. This practice offers treatment for all including the elderly with home visits if required.

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NEW BUSINESS

Borehamwood High Street looks

a lot livelier now; fewer shops are empty.

The same is also true of Leeming and Aycliffe roads; all shops are now occupied there once again, including a gaming shop for kids and a interior display shop

There is a problem because rents have been vastly increased and some businesses may not be able to afford the high rents being charged by Hertsmere Council. A few have already moved on over the last few years.

The flower shop, the Greengrocers, the second hand furniture shop, the car parts shop, decorators supplies, the salt shop, jewelers, and driving school, to name but a few. All of them have been replaced. At least one shop has had at least 4 different businesses in situ in the last 7 years.

Deadline Reprographics has been in the town for the last 16 years and has not had his lease renewed.

A statement made to the owner David by a contactor for the council said you couldn't afford the 40%. Increase. That is true he could not!

Some of the shopkeepers protesting about the high rents being charged up to 400% increase This magazine started by David and Roma began its life in 2009 with a pilot edition financed entirely by David. Since December 2012 it has produced 4 editions annually of 40 pages each, covering 20,000 businesses and homes in Aldenham, Borehamwood, Bushey, Elstree, Radlett, Shenley and South Borehamwood, with 96 Shenley Road having up to 200 copies available shared between the foyer, the library and the museum.

Over the Yuletide season most shops in the High Street did better than expected. However some did struggle to make a profit.

Looking for a job in retail take your self down the high street a few shops are advertising for staff.

Where are you going for your holiday this year? A UK based holiday is cheaper. My suggestions include East Anglia. David and Roma always spent their holidays there for the last 15 years. 10 of those in the village of Corton, near Lowestoft in a caravan with their dogs. The Norfolk Broads are well worth a visit. Great Yarmouth has a many places of interest. The Piers, the circus, the golden sands and the funfair. Food is reasonably priced and parking is ok near the Wellington pier.

The pounds' decline will put a lot of people off from going abroad.

If it is the sunny weather you want you have no alternative but to go away from the UK. I used to spend my holidays in Spain. I noticed a big hike in prices in 2008 and steady upwards until last year when it jumped up by almost 20%

Writers wanted of any age fact or fiction with emphasize on local subjects.

Contact editor@triedandtrusted.co.

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elstree@manorpharmacygroup.co.uk

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MIND YOUR TECHNO-MOBILE POSTURE

People are refusing to give up their addiction to technology, despite claiming

they experience back or neck pain after using their devices.

To help you use your tech devices without impacting your back or neck health and posture, Borehamwood Chiro-Practice provides tips to stay back pain free:

- Mind your posture: Be aware of your posture when using mobile devices on the go, don't hunch over small screens and try to ensure you are never in the same position for a prolonged period.
- Your back and neck should be aligned in a straight line all the time.
- Be computer compatible: When sitting in front of your PC or laptop, sit in a chair that provides full support for your spine and make sure your shoulders, hips and knees face the same direction. Your seat should be adjusted so that your feet are flat on the ground and knees bent, but with a slope from your hips to your knees.

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You should end up with your hips higher than your knees and your eyes level with the top of the computer screen. You may need to put the screen on a stand, book or ream of paper to bring it to the right height.

- Keep your head up: The head is a heavy weight, so sitting with it forward of your body can put unnecessary strain on your neck and back. Try to sit with your head directly over your body.
- Test each exercise always to have some good and comfortable effect.
- Try before you buy: Try out new gadgets before you buy them to make sure they're comfortable to use and spend time setting them up in a way that works well for you.
- Bag it up: If you carry a laptop use a rucksack design laptop case, carry it on both shoulders and adjust the straps so that the bag is held close to your back.
- Stretch it out: When using your mobile, smartphone, laptop or tablet whilst sitting down, including on your commute, take the time to break position on a regular basis and stretch your arms, shrug your shoulders and move your fingers around as this helps to keep the muscles more relaxed. Try to avoid sitting in the same position for more than 40 minutes where possible.

To find out more, please contact us on 020 8207 33 66 or follow us on https://www.facebook.com/Borehamwoodchiro

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Child Mental Health



I can imagine a few raised eyeGrowing up it was commonly said to us, "Children should be seen, not heard" and I took it to mean children should just behave

and not express themselves, except when addressed.

It does comes in handy and I can be heard to quote the same to my kids, when they're talking too much. However on a more serious note , children should not only be seen but most DEFINITELY heard.

Research tells us that 10% of 5-16 years olds have a diagnosable mental health (Child society 2008) disorder, most of these have to do with their wellbeing and could be due to a number of issues.

It could be a mild dysthymia, where the child is sad and lonely because they're being called names or feeling left out by the other children at school or a more serious depressive disorder due to bullying to the extent that they feel insecure of low self worth and don't want to go into school or grades start to slip and self harm is considered.

Unfortunately 70% of these 10% of children with the mental health problems which also include anxiety and schizophrenia, don't tell anyone or get the help they need so the problems continue into adulthood causing untold stress, worry and lack of being able to fulfill their full potential and sometimes death or self harm. In the next few series, I'll be tackling these subjects one by one, to help you recognise when a young person you know is struggling and also how to get help easily and quickly.

You'll be surprised and probably relieved to know that, it's not just about medication as many low level problems improve with a non-judgmental listening ear and empathy, something many of us can give without going to any formal medical school. Till next time,

GP doctor at NHS Trust, (GP, Medical writer and Author of Surviving the 11+) or keep in touch: Nonnie Rose on Facebook; @Nonye10 on Twitter

by Doctor Nonnie

HAYFEVER -AN INCREASING PROBLEM?

Hayfever season has started early again this year. Already, patients are trickling into the pharmacy with symptoms and requests for advice. Hayfever, is undoubtedly on the increase having more-or-less trebled during the last 25-years. The cause of the increase remains controversial, but is generally assumed to be environmental: it may be our good friend the house dust mite, who thrives in modern homes which, being warm, moist and full of soft furnishings, provide the ideal environment. Another factor could be increasing atmospheric pollution. However, the clean

air acts of 1956 and 1968 actually reduced pollution, belying this explanation. Maybe there's a general increase in our sensitivity to allergens. Current estimates are that up to 15% of us suffer from allergic rhinitis with children (10%) and adolescents (20%) suffering most.

BUT IS IT HAYFEVER? Dripping nose? Red watery eyes and a dry itchy throat? Have you had one too many late nights, is it a summer cold or could it be hay fever? Many millions of people mis-diagnose their hayfever symptoms, or simply suffer in silence. So whatever your symptoms drag them along to your local pharmacy for some soothing advice!

HAYFEVER? Strangely enough, it isn't a fever – and it isn't caused by hay! In fact the cause is pollen. But there are three pollen seasons, trees in spring, grass through the summer and some plants and even fungi in the autumn. So some poor souls, who suffer from all three, experience symptoms all the way from Spring to Autumn.

SELF-HELP: Wear sunglasses, avoid country walks at peak season and ask someone else to mow the lawn! Keep car windows closed, and close house windows at night. People suffer more at night because pollen rises with the warm air by day, and descends as the air cools at night....... so if you sleep with your windows open you are inviting the pollen in!

REMEDY THE SITUATION: Ask your local pharmacist for help. They will tailor the treatment specifically for you. There is a range of remedies, including herbal treatments and even vitamin supplements that may be helpful in some circumstances.

WORRIED ABOUT DROWSINESS? There are many effective non-drowsy antihistamines these days and pharmacies stock and sell large money-saving packs. For more severe symptoms there are nasal sprays and eye drops of various sorts. But beware: often the active ingredients overlap so we take particular care for those on prescribed medication, the very young and pregnant ladies!

AND FINALLY: According to NHS estimates, up to 1 in 3 GP appointments could be handled perfectly safely in a pharmacy, thereby freeing up GPs to spend time with those who really need their help. Hayfever is a perfect example.

by Graham Phillips, MANOR PHARMACY, RADLETT AND ELSTREE



























FAMOUS QUOTES FROM HISTORY This Famous Person said the following:

- 1. The important thing is not to stop questioning." - Albert Einstein
- "All our dreams can come true if we have the courage to pursue them." - Walt Disney
- "It does not matter how slowly you go, so long as you do not stop." - Confucius
- "Success is walking from failure to failure with no loss of enthusiasm."

- Winston Churchill

- 5. "Someone is sitting in the shade today because someone planted a tree a long time ago." - Warren Buffett
- "Success? I don't know what that word means. I'm happy. But success, that goes back to what in somebody's eyes success means. For me, success is inner peace. good а day Denzel Washington
- "You only live once, but if you do it right, once is enough." - Mae West
- "Once you choose hope, anything's possible." - Christopher Reeve
- "Try not to become a person of success, but rather try to become a person of value."

- Albert Einstein

- 10. "There is no easy walk to freedom anywhere, and many of us will have to pass through the valley of the shadow of death again and again before we reach the mountaintop of our
 - Nelson Mandela
- 11. "It is not the strongest of the species that survive, nor the most intelligent, but the one responsive to change."
 - Charles Darwin
- 12. "Great minds discuss ideas; average minds discuss events; small minds discuss people." - Eleanor Roosevelt

- Frank Sinatra

13. "The best revenge is massive success."

- 14. "The difference between winning and losing is most often not quitting." - Walt Disney
- 15. "I have not failed. I've just found 10,000 won't work." ways that - Thomas Edison
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- 18. "Failure is another steppingstone greatness." - Oprah Winfrey
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- 25."The two most important days in your life are the day you are born and the day you find out why." - Mark Twain



































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

Deadline for all content is 1st August 2017. For further details and updates go to www.triedandtrusteduk.com and click on the what's on page.

REGULAR EVENTS

Mencap Adult Activity Program: St Teresa's Church Hall, 291 Shenley Road, WD6 1TG. For adults with learning disabilities Lucy Sitton lucy@hertsmeremencap.org.uk 07770 746 655.

Mondays: Arts and crafts 10am - 12pm. BOOK in advance. Price £4. Get Creative with ceramics, painting, printing and seasonal gift making.

Tuesdays: Music, Movement and Munch
11 am - 1 pm. Price £4. Learn to Relax and
express yourself through music. Bring a packed
lunch.

Wednesdays: Coffee morning. 10am - 1pm Price FREE admission A chance to ask for informal advice and receive support. 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 From 7am – 11.30am. Price £4. St Teresas Church Hall. Creative drama and music, where you can have fun and make friends.

Fridays: Football with Borehamwood FC. 1pm – 2pm Price £2. Borehamwood Football Club, Meadow Park, Broughinge Road, Borehamwood, WD6 5AL. Football and fitness by professional coaches – suitable for beginners

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

Mondays: 7.30pm - 9.30pm, Community Choir, St Teresa's Parish Hall.

2nd Tuesday of every month: 1.15pm - 3.15pm, Borehamwood W.I. at Fairway Hall, Brook Close, Borehamwood WD6 5BT.

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

Tuesdays: July 4th & Sept 12th 8pm, EBRA, St Teresa's Parish Hall.

Wednesdays: 1 pm - 2 pm, Gratitude, St Teresa's Parish Hall, WD6 1TG.

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

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

Sunday Acoustics Night, 7.30pm until late. Last Sunday of the month. The Waggon & Horses, Watling Street. Everybody Welcome: singers, instrument players, monologue tellers, poets or just be a spectator.

Wednesday Acoustics Night, 2nd Wednesday 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 Wed New members welcome.

Contact Clive Butchins 8953 1827, or Sandra Parnell 8953 0832 or or Pat Strack 8386 3151.

Mondays: Care & Share, Maxwell Centre Coffee mornings for Carers. Monday, 10am -12pm. Contact Vicky August 020 8905 1158, email enquiries@maxwellpcc.org

Hertsmere Leisure at 96 Shenley Rd Enjoy cinema for less at 96 Midweek Matinée films are only £5 which includes Tea and Cake.

Ring for current films and book by phone on 01442 454000 or pop into the Box Office.

Funky Friends Youth Club for 7-1 1yrs Every Friday 7.30pm at Maxwell Community Centre. Admission Free. Contact Michelle Jonas, jonasmichelle@aol.com.

The Monday Club Organ Hall Community Centre, 39 Bairstow Close, Borehamwood WD6 4TB. 10.15am to 12.30pm. Alternate Mondays June 5 & 19, July 3, 17 & 31, Aug 14. All welcome.

Visually Impaired Club meets on a Friday from 1.30pm - 4pm at Maxwell Park Community Hall, Borehamwood.

To volunteer or to join contact Sasha Capocci sashacapocci@hotmail.com

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



OUR CALENDAR OF EVENTS CONTINUES HERE

JUNE

Sat 10th Summer Fair. 11am - 1pm. The Vicarage (next to St Michael's Church) patsperry@talktalk.net.

Sat 10th St Teresa's Primary School Diamond Jubilee Summer Festival. 4pm - 9pm in the school grounds. There will be live music, great food and drink and fun for all ages! Everyone is welcome to come and enjoy the atmosphere with pupils and teachers past and present.

Mon12th Borehamwood W.I. Fairway Hall Speaker - Ann Hall on Denman College.

Tues 13th Crochet & Chatter, All Saints Church. 1pm - 2.30pm. All Welcome.

Sat 17th Wed 14th 12pm - 2pm. Soup & Chat, St James Church Bushey.

Wed 14th 7.30pm Full Borehamwood Town Council Meeting, Fairway Hall .

Sat 17th Beginning of Festival fortnight. Civic Festival Parade. Theme: Star Wars 40th Anniversary – Star Wars and the Films of George Lucas and Steven Spielberg. For events see http://www.elstreeborehamwood-tc.gov.uk/index.php/events/town-festival

Wed 21st Elstree and Borehamwood NSPCC Summer Lunch. Shenley Cricket Club, 12.30pm for 1pm. 3 course lunch and speaker. All profits for the NSPCC. Tickets from Ann Goddard 020 8953 1436

Sat 24th Festival Flower Show All Saints Church, 10.30am – 3pm

Sat 24th Strawberry Tea at The Vicarage (next to St Michael's Church) in aid of Marie Curie 2.30pm - 4.30pm. £5. Please let Pat Sperry know if you would like to come so we can make sure there is enough cake! patsperry@talktalk.net

Sat 24th ROGUE ONE Free screening in Maxwell Park at 7.30pm with Q&A from Director Jon Spira

Tue 27th 2.30pm to 4pm. Free French Language Sessions 96 Shenley Road. Open to all adults.

Wed 28th 12pm - 2pm. Soup & Chat, St James Church, Bushey.

JULY

Sat 1st Families Day, Meadow Park 12pm - 5pm Lots to enjoy. Free entry.

Sat 1st 4.00pm Garden Craft Society Spring Show at Allum Hall.

Sat 8th Coach Trip to Brighton £18. Departing St Michael's church. Phone 01923 673 959 or 07939 130 871 to book. patsperry@talktalk.net

Mon 10th 10.15am -12.30pm Monday Club Organ Hall.

Tue 11th Crochet & Chatter, All Saints Church, 1pm - 2:30pm All Welcome

Wed 12th 12pm - 2pm. Soup & Chat, St James Church, Bushey.

Wed 5th 12pm - 2pm. Soup & Chat, St James Church, Bushey.

Wed 19th 12pm - 2pm. Soup & Chat, St James Church, Bushey.

Sun 23rd NSPCC Garden Party, Shopwick House, Elstree 2pm - 5pm. Large Victorian Garden, live music, stalls, raffle, teas, disabled access. Dogs on leads. All profits for the NSPCC. Children free. Adults £3.

Tue 25th 2.30pm - 4.30pm. Free French Language Sessions 96 Shenley Road, open to all adults.

Wed 26th 12pm - 2pm. Soup & Chat, St James Church, Bushey.

AUGUST

Wed 2nd, 9th, 16th, 23rd Foodbank: August summer family lunches with crafts and activities. If you would like to secure a space please contact us on 07902 437872 or email info@borehamwood.foodbank.org.uk. Booking is essential and spaces are limited.

Mon 8th 10.15am - 12.30pm Monday Club. Organ Hall Community Centre, WD6 4TB.

Tue 8th, Crochet & Chatter, All Saints Church, 1 pm - 2:30 pm. All Welcome.

Wed 9th 12pm - 2pm. Soup & Chat, St James Church, Bushey.

Sun 13th Diamond Jubilee, Borehamwood Bowls Club. BBQ and music to follow. www. borehamwoodbowlsclub.org.uk

Wed 23rd 12pm - 2pm. Soup & Chat, St James Church, Bushey.

Tue 29th 2pm - 4pm.Free French Language Sessions 96 Shenley Road, open to all adults.

Hoonay fon Borehamwood *

Chorus:

Hooray for Borehamwood, some say it's just as good as Hollywood, where any film they made, would make the grade, and on its day, beat all Hollywood, at its own game; so some directors, and many actors, came to Borehamwood just to make their name.

Hooray for Borehamwood, where technical support's so very good, where great directors such as Ge-orge Lucas, and Stephen Spielberg, preferred it to Hollywood:

you made your own good luck, no need for Donald Duck, Hooray for Borehamwood.

Verse:

Walk down Shenley Road from the station to the Studios,

A walk thro' the history of our film industry: Plaque after plaque tells of the great and the good

Who made it in films, here in Borehamwood.

How many great films were made at Elstree Studios?

How many great stars came to us from afar? Walk back along Shenley Road to the station, Be proud of these films that entertained the nation.

Chorus:

By David Carlile

*Based on the song Hooray for Hollywood by Johnny Mercer and Richard Whiting

BARNET WAY

Around Heather
By Rosemary
A few trees stood for the birds
In dawn chorus
They fly.

The frail came
To the Rosemary.
Lots of rest at the Heather;
And the kindness
Of nurses.

For kindness of nurses, Injured, needy came; The men saw Cavell, The women Nightingale.

Sunshine ward Music for doctors and Children. Everybody smile With wellhouse smile. Matron stops awhile A Kingdom style.

By the Rosemary The birds fly And start a new day.

By G. T. Francis

READING CORNER

Another Body

There I was walking along the road when I was aware of this out of control truck heading towards me. I was hit and thrown into the air. I was smashed down onto the road where I was run over by a car.

I saw the light a long way off in a tunnel. I felt relived that I was not in any pain and was going towards this light. Next thing I am aware of is being in a cot and my body had shrunk I had no teeth. I was aware that I was a baby not the same gender when I had left the earth. Was I to undergo another life full of misery like my last life?

I was born to a girl hardly out of her teens. Abandoned on the steps of a church. A family that was kind to me adopted me. When the lady who had adopted me with her man died, I was sent to another family at the age of 7. My new guardians were not the nicest of persons. I am being generous as they were really nasty. I was a slave to their requirements the floor I had to wash every day. The beds I had to make the dusting I had to do and as I got older I had the cooking to do. I was never let out of the house.

I did escape when by accident the lady who was my guardian left the door unlocked and I ran out into the street. I saw the lorry coming but could do nothing.

This second life as a boy was happier and my parents treated me well. Presents galore for my birthday and Christmas. As I grew up, I made many friends.

I found it difficult that I could never get it out of my mind my previous life of drudgery.

I was 12 and on my way home from school having just said goodbye to two of my friends.

I saw the couple that had been my guardians walk arm in arm. I decided to follow them and as they entered the house I looked through the window by standing on a wooden box. There was this girl inside that looked just like me while I was alive as a girl older looking by at least 12 years. It felt strange I was looking at myself.

I could not understand it the girl who I was, was dead killed by a truck and a car. What was going on my mind was in a state of uncertainty. Then I remembered I had a twin who was fostered by another family and somehow this nasty couple had acquired my twin and treating her the same as me. My plan was to try and get my twin out of this house. I knocked on the door. The man opened it and I threw a stone at him that caught him on the side of the face. I went to run away and he came after me leaving the door ajar and my twin of my previous life was able to escape.

I was too fast a runner for my assailant to catch me and doubled back to see my twin of another life and persuaded her to come to the police station. She did not hesitate and the story she told to the police as I sat and watched her was enough to convince the police that a crime of slavery had been committed.

I remained friends with this girl who had been my twin and as time went on despite her being 12 years older than me we became friends but I never did tell her that I was her twin in my previous life.

By Davron



CUISINE COLUMN



Pyaaz pakoda or Onion Bhaji (Onion fritters)

Ingredients

2 cups thinly sliced onions 1 1/4 cups Gram flour (besan)

2 tsp finely chopped green chilli (optional)

1/2 tsp Turmeric Power

1tsp carom seeds (ajwain)

1tsp Chilli Power (optional)

1/4 cup finely chopped cilantro leaves

Salt to taste Oil for deep-frying

Method

Combine all the ingredients apart from oil along with little water in a deep bowl and mix well using your hands, it should have batter like consistency.

Heat the oil in a deep non-stick wok/pan and drop spoonfuls of the onion mixture using your fingers, few at a time and deep-fry on medium heat till they turn golden brown in colour from all the sides. Drain on kitchen towel.

Serve immediately with chutney of your choice.

Manui Gupta









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EDITOR: Mr. Patrick O'Donnell.

Tel. 02082074993

EMAIL: publisher@triedandtrusted.co

triedtrusted@gol.com

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