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ISSUE 26:
SPRING 2018

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The beneficiaries of the £3,100 at the donation party held at the Cat & Fiddle in Radlett on Wednesday the 24th of January 2018. They included: The Elstree and Borehamwood Museum, Radlett Guides, Herts Air Ambulance, Visually Impaired Club, Hertsmere Community Transport, Otters Disabled Swimmers and London Colney Foodbank. The presentations were made by The Tried & Trusted editor, Pat O'Donnell.



Image courtesy Derek Allen



Image courtesy Derek Allen

Elstree and Borehamwood Station in 1948 and as it is today 70 years on.

Derek Allen

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

This edition is delivered to **Borehamwood South, Elstree, Bushey and London Colney.**

The other edition is for Aldenham, Borehamwood North, Radlett, Shenley and South Mimms.

9,500 copies per quarter will be delivered door to door and 500 copies available from selected outlets in Borehamwood, Barnet, Kenton, Stanmore, Mill Hill, Edgware and Radlett

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Unlike other publications, we only promote businesses that have provided satisfactory references and public liability insurance.

In our publication, unlike other publications, we publish our distribution area and the quantity delivered.

It is a legal requirement to provide the address of our magazine publishing house which we have always done so since 2009.

We have always used the same distribution organization Dor-2-Dor, based in Radlett. They have always given us 100% satisfaction, as they are very reliable using only people they can trust to carry out the job to the best of their ability. They are also used by government organizations. We make physical checks that our magazine has been delivered.

Any business that wants to advertise in our magazine must obtain a reference from an existing business in our magazine, or from at least two satisfied customers.

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It is incumbent on us to provide local information and What's On activities.



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Send your CV to editor@triedandtrusted.co or to the CEO of AMPSUK: odonnellpnf@hotmail.com
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THE CAT AND FIDDLE

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PH: 01923 469523



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

ALL CHANGE!



The new Exhibition at the Elstree & Borehamwood Museum is a trip down memory lane for those of us who remember steam trains, diesels, and electrics too.

We are celebrating the 150 years since the "Bed-Pan" line was opened and the railway station was built.

When you walk into the Museum you enter the old Elstree Station, and reading the wall panels you are taken back in time to the booking office, waiting room, milk churns, porters' trolleys, and lights and signals. Walk further and you are on the platform as an LMS steam train comes through – you can hear it thunder down the tracks, and smell the smokestack as it leaves that unmistakable odour through the station. And if the train had stopped for a few minutes to pick up passengers, then the driver will let you hop onto his platform to see how the big steam engine works. Once again our tiny Museum has been transformed into a huge space with a classic Exhibition.

Here's a couple of the many facts you will read as you walk around :

Our name has changed 5 times in the last 150 years! From Elstree to Elstree & Boreham Wood, ending up at Elstree & Borehamwood.

The glass and steel canopy that once covered the wooden shelter on the platform island was removed in the mid-70s, and is now to be found as a café roof on Kentish Town Station.

Entry from the Museum online blog:

"Generous Donation from Tried & Trusted

Thursday 25 January 2018

Our grateful thanks to the magazine Tried & Trusted for their cheque which we received today (see photo on Page 23). We were discussing plans for Families Day on Saturday June 30th, and we are featuring a steam train running in Meadow Park. So the Stationmaster's outfit needs to be just right! Children visiting the new Exhibition, All Change!, will also want to look the part as they drive the engine, so that extra bit of cash from the magazine will come in very handy. Thanks for your generosity, and do come in to see the result of your gift."

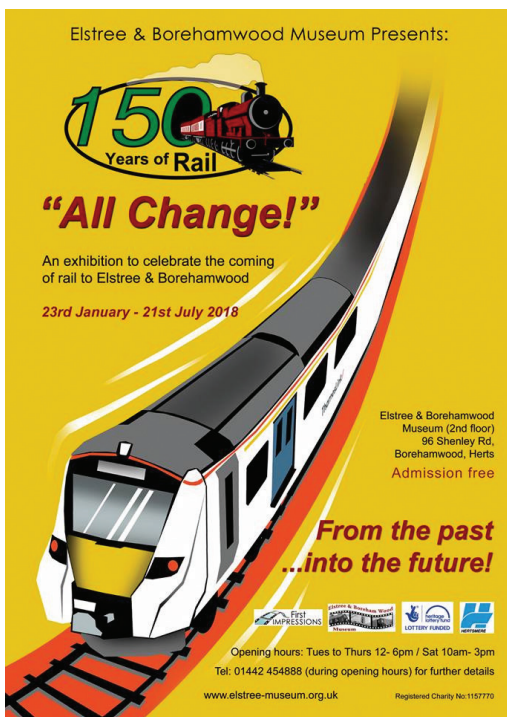
Elstree & Borehamwood Museum Presents:



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by Simon Gee

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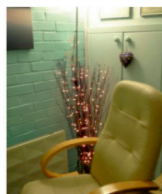


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Over £33,000 donations given to Charity since 2012!

OVER £33,000 has been given to over 30 charities and good causes by the Tried and Trusted since 2012.

All donations were handed over by Town or Borough Mayors and councillors. Since the Autumn of 2015, the donation pot was boosted by the publisher's own council salary.

Amongst those that have received cheques from the Tried and Trusted donation pot, were two Borehamwood Scout troops, Radlett Guides, Shenley Cubs, Brookside Boys Club, Hertsmere Children's Drama and Dance Group, Ark Disabled Drama group. Hertsmere Community Transport, Hertsmere Mencap, Hertsmere Children's Centre, Borehamwood Baptist Church Youth Club and Lift Fund, Hertsmere Junior chess club, Otters Disabled Swimming Club, Borehamwood Junior Swimming Club, two Borehamwood junior football clubs, two local food banks, toddlers park in Shenley, Shenley and Borehamwood Seniors Citizens Clubs, Bereaved families group, Gratitude and St Teresa's Church Hall, which is used by many charities free of charge, as well

as The Elstree and Borehamwood Museum, the Hertsmere Mayors charities in 2016 to 2017, Herts Air ambulance, Elstree and Borehamwood Defibrillator campaign, Visually Impaired Club, The Elstree and Borehamwood Rotary Club, Rossington Youth Club and Peniwell's Disabled Riding School Child safety campaign in Cowley Hill.

We thank the advertisers and general public for using the services of the advertisers and supporting other events that we have organized either on our own or with other people or organizations, including our ongoing campaign, supported by the Rotary Club and Lawrence Stack, for a blood pressure machine for the Edgware Hospital Kidney Unit. Both Lawrence and the magazine's publisher traveled on 19 buses and one coach to Penzance and back to raise money for this endeavour. The amount raised so far is £1,100. Further money raising events are being planned to reach the target of £1,500 for the Blood Pressure Machine.



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Goodbye Christopher Robin (PG)

Thursday 1st March 1.15pm

After leaving London for the English countryside, writer A.A. Milne starts to spin fanciful yarns about his son's growing collection of stuffed animals. These stories form the basis for "Winnie-the-Pooh" and "The House at Pooh Corner." The enchanting tales bring hope and comfort to the rest of post war England. (107 min)

Breathe (12A)

Thursday 15 March 1.15pm

After contracting polio at the age of 28, Robin Cavendish is confined to a bed and given only months to live. With help from the ground-breaking ideas of inventor Teddy Hall, Cavendish devotes the rest of his life to helping fellow patients and the disabled. (118 mins).

Murder on the Orient Express (12)

Thursday 29 March 1.15pm

A lavish trip through Europe quickly unfolds into a race against time to solve a murder aboard a train. Hercule Poirot arrives to interrogate all passengers and search for clues before the killer can strike again. (114mins).

The Limehouse Golem (15)

Thursday 12 April 1.15pm

Victorian London is gripped with fear as a serial killer is on the loose and leaving cryptic messages written in the blood of his victims. Scotland Yard assigns the case to Inspector Kildare, who has a sneaking suspicion that he's being set up to fail. Kildare must rely on help from a witness to stop the murders and bring the maniac to justice. (109 mins).

Gifted (12)

Thursday 26 April 1.15pm

Frank Adler (Chris Evans) is a single man raising a child prodigy - his spirited young niece Mary (Mckenna Grace). Frank's plans for a normal school life for Mary are foiled when the 7-year-old's mathematical abilities come to the attention of Frank's formidable mother. (101mins).

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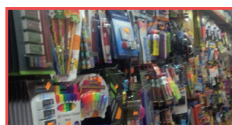
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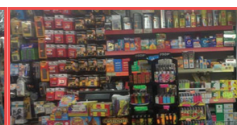
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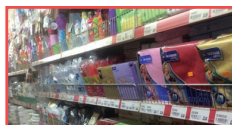
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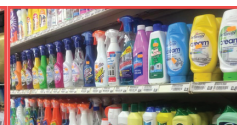
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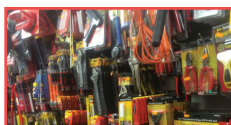
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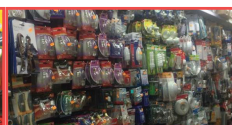
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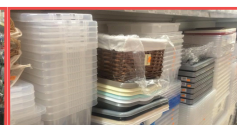
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the O'DONNELL factor

By Patrick O'Donnell

Our three councils, Herts County Council, Hertsmere Council and Borehamwood Town Council in theory are elected by us to serve our best interests. There is the suspicion that in reality the councils are representing the policies of central government to us. The burden on our councils is to get the money they need from every source except an increase of rates. This has led them to approve a business that pollutes the air we breathe, and pack in as many dwellings, including those containers, that will provide a revenue source. The infrastructure needed is often an afterthought. 'The people will manage somehow'.

My aim is to examine the ways in which our democracy can be used to make governing work for us and I do not wish to be partypolitical. There are some causes for concern in Borehamwood that culminated in two demonstrations that were held recently. The first was against the noxious smell coming from the Reviva Composting plant in Elstree and the other, last October, arose from the borough council's decision to build 'container' homes in Borehamwood where there are unused garages. The right to demonstrate on our streets is protected and is well used when the democratic procedures stifle the will of residents. The aim of demonstrations is to draw the public's attention to a chronic problem that is not being attended to appropriately. The task of the demonstrators is to get public support behind their protest and produce a climate of opinion that will get rapid change. Abe Lincoln recognised this when he said *"public sentiment is everything. With public sentiment, nothing can fail; without it nothing can succeed"*



Elsa Reyes leading residents of Elstree Village marching against the health hazard and the stench caused by the Reviva Composting site, Sunday January 14th 2018.

Photo: Mike Davidson

The Reviva problem is featured on Page 12. When democracy failed the residents they lost faith in Councillors and MPs and, lead by Elsa Reyes, they took to the streets. (see photo).

The 'container homes' issue and the public protest is examined on Page 13.

All government...is founded on compromise and barter, said Edmund Burke. But this presupposes awareness by the public of what is going on in our community. The Elstree and Borehamwood Residents Association (EBRA), which holds a public meeting every two months, and the Elstree & Borehamwood Green Belt Society, among others, keep an eye on what is being planned and have alerted the public to harmful and ill advised planning. The least a democrat should do is join and support these groups. When the public sleeps, councillors get complacent and treat consultation with the public as a footling exercise. The derisory consultation for the twelve-storey Isopad House woke many residents up, but too late. EBRA was founded to make sure such a monstrosity would never get planning permission again.

Our planners have failed us in the past. They continually give planning permission to building firms without checking the quality of their work in the buildings they

have sold. These builders habitually do not check the work of subcontractors and so the new owners, our fellow townsfolk who have paid a fortune, have to take potluck with plumbing, drains and electrics.

Our democracy is the protector of our freedom to rule ourselves but, as has often been said, *"eternal vigilance is the price of freedom"*.

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THE REVIVA COM POSTING SITE

on Elstree Hill South is run by the Lewis Brothers. In 2009 they received planning permission to process green waste - mainly wood which would not produce much odour or dust. The site would employ 3-4 staff. Somehow in 2017 we see in Reviva's Planning Statement dated October 2016 that the site employs 20 staff and it is used to process biodegradable waste which produces gases including methane (which they state is 25 x more harmful than carbon dioxide) ammonia and sulphur (smell of rotten eggs). The smell is now so bad that people throw up when they catch it.

Considering there is a nursing home within 300 metres of the site and the Royal National Orthopaedic Hospital is less than 1km from the site the potential risk to the old and infirm must be substantial.



Reviva Composting Site WD6 3BL

The authorities are reluctant to shut down the site because

- 1) it helps with Hertfordshire's total recycling figures and
- 2) It employs 20 people.

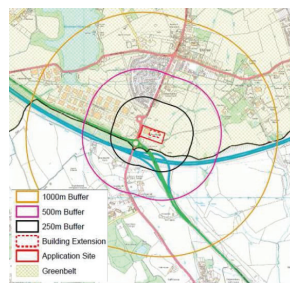
Neither of these considerations excuse this assault on the health and quality of life of those residents affected. They think that the bad smell is something that residents have to put up with. Legal moves to close down this monstrosity may drag on for years. This site must be closed down and as soon as possible.

What is needed to get the site closed down is for an overwhelming number of people to register complaints to the Environment Agency and Hertfordshire's Environmental Health.

If you believe odour is coming from the site and you consider it offensive then please contact the Environment Agency's Incident Hotline on 0800 80 70 60. The incident hotline is available 24 hours a day, 7 days a week. It is very important that they receive complaints when there is an offensive odour present in order to allow them build a picture of what is happening on the site. They calculate your position and the wind direction to build a map of the area affected.

As it happened, the Environment Agency met with STENCH on the 9th of February last and announced that different legislation was being applied from January 2018. As a consequence, the Reviva company will find it too expensive to continue processing the noxious waste. The objectionable compost has by now been moved away from the Elstree site. Even more stringent legislation is due to apply in March 2018. The Environment Agency has responded to the many complaints they received and have put a stop to the nuisance. So it turned out that the EA did protect the welfare of the people in the end, but only after we complained.

More information at the Elstree & Borehamwood Green Belt website www.ebgreenbelt.org





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PROTEST MEETING!

50 plus people attended a protest meeting at the Cannon Public House in Thirsk Road, Borehamwood, on Tuesday the 24th October 2017 to make Hertsmere council aware that the residents do not want 24 container type homes where the garages are in Crown road.

Objections are based on not suitable for the area and access very limited and the residents do not want their homes overlooked by such monstrosities.

The idea was to put up these containers to house homeless people. We agree homeless people should be given someplace to live but not in an area that is unsuitable. Plenty of other places to put them that will not affect the people who feel this is a step too far. Where will the residents keep their cars if the garages go?

There is not sufficient space on the roads now.

See Borehamwood Under Threat on Facebook for more information and comments.

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"YOU'D BETTA BELIEVE IT"

It's hard to believe that forty years have passed since town - twinning started in Elstree and Boreham Wood. In that time, hundreds of local people have visited Offenburg, the gateway to Germany's lovely Black Forest and the attractive small town of Fontenay Aux Roses, near Paris. Schoolchildren, sports teams and business people have all made valuable contacts and friendships that have lasted a lifetime.

Sometimes, even closer relationships have been formed.

Take Thomas and Susan Deschler for example. Susan Bailey and her brother, David, both attended the former Boreham Wood Grammar School in the 'sixties. At that time, the school had a very active exchange arrangement with a school in Offenburg. David, and his German friend Thomas Deschler, stayed with each others' families many times over the years. After his schooldays, Thomas went to medical school and became a GP in one of Offenburg's neighbouring towns. He also started dating Susan, his friend's sister and eventually the couple married, settling in Germany, where Susan helped Thomas run his surgery. Susan became so fluent in German and so active in the community that she was elected Deputy Mayor of her new home town.

She also acted as a guide for English - speakers visiting the famous Black Forest Museum near their home. Thomas and Susan met with our local ~ town twinning organisers and told them their romantic story.

Martine Eni, Chairman of the Boreham Wood and Elstree Twin Town Association (BETTA) said:- "It just goes to show what twinning can lead to. This young couples' lives were totally transformed by it. Now, we have developed a programme of

annual visits to both France and Germany. These are open to everybody. During 2018, we will be in Fontenay for their vibrant 'Fête de la Ville', in June and September will find us in Offenburg, for their celebrated 'Weinfest'.

Why not come and join us? Will you have a great time?

"You'd BETTA believe it!"

About BETTA



BETTA is here to help the local community in forming relationships with our twin towns of Offenburg in Germany and Fontenay-aux-Roses in France.

BETTA works hard to ensure individuals and groups have the opportunity to develop their cultural awareness. We strive to produce opportunities for the community both here and in our twin towns. We will continue to make sure BETTA goes from strength to strength. All members of the committee have a wide and varied range of skills and abilities which contribute to the running of the association. Any local organization or schools interested in more information should contact the association for support.

bettagroup@hotmail.com



The Borehamwood Community Choir is a choir for the people of Borehamwood and

the surrounding areas.

The Borehamwood Community Choir is a fully inclusive community project, always welcoming new members. Inclusive and enthusiastic, this is the choir to join if you want to simply have fun and enjoy yourself while singing. There are no restrictions to membership whatever ethnicity, religion or ability and no auditions are held. All we ask is that you love music and want to sing.

Our rehearsals are for 2 hours weekly in term time including a short break for refreshments. Join us at St Teresa's Church Hall, 291 Shenley Road, Borehamwood Herts WD6 1TG on Mondays at 7.30pm-9.30pm. It will only cost you £3 per session (to cover the choir's running costs) and we all look forward to seeing you.

How We Organise The Choir

Rehearsals are a collaborative exercise with the entire choir providing ideas and inspiration. Choir members take responsibility for various tasks to ensure that rehearsals run smoothly. Upcoming performances are the driving force behind our rehearsals as well as trying new material.

The Borehamwood Community Choir is available to perform at local events and special occasions. We can usually arrange in advance to perform songs that suit your event requirements. Email: bcchoir2015@hotmail.com Tel: 020 8953 8258 07771 862 820

Our thanks to Hertsmere Community Transport for providing transport options for choir members who are unable to travel independently.



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Sunday 9am - 5pm



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SCISSOR CUT	£12.50
HAIRCUT/WASH/BLOWDRY	£14.50
BEARD TRIM	£4.50
SHAVE	£9.00

SENIORS

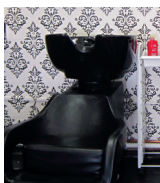
HAIRCUT	£9.00
SCISSOR CUT	£10.50
BEARD TRIM	£4.50
SHAVE	£8.50

CHILDREN (UP TO AGE 7)

CLIPPER CUT	£6.50
HAIRCUT DRY CUT	£7.50
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CHILDREN (AGE 8 – 14)

CLIPPER CUT	£8.00
HAIRCUT DRY CUT	£9.00
SCISSOR CUT	£10.50



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Coat (Long)	£9.50
Trousers	£4.50
Skirt (Plain or pleated)	£5
Jumper (Light)	£4.50
Jumper (Heavy)	£4.50
Waistcoat	£3
Blouse or Silk Shirt	£4
Tie	£2
Shirt (Plain or cotton)	£2.50
Shawl	£4
Dress (Plain)	£8.50
Dress (Fancy or Long)	£12.50
Dress (Evening)	£15

Leather, Suede or Sequins

Trouser or Skirt	£30
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Coat	£65
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Up to 7kg	£13.99
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Up to 10kg	£15.99
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	per kg

Price List

Alterations

Trousers

Shorten Plain	from £10.00
Shorten with Tape	from £10.95
Waist Altered	from £10.95
Taper All Legs	from £22.00
1/2 Pockets	from £8.00

Jackets and Coats

Sleeves Shorten Plain	from £23.00
Sleeves Lengthen Plain	from £21.00
Coats Shorten Plain	from £23.00
Taper Bottoms	from £20.00

Skirts and Dresses

Shorten with Lining	from £13.00
Waist Altered	from £10.99
Waist Elasticated	from £13.00

Zip

Jeans	from £10
Trousers	from £10
Skirts	from £10.50
Invisible Zips	from £10.00
Anorak Zips up to 22"	from £20.00
Anorak Zips over to 22"	from £23.00

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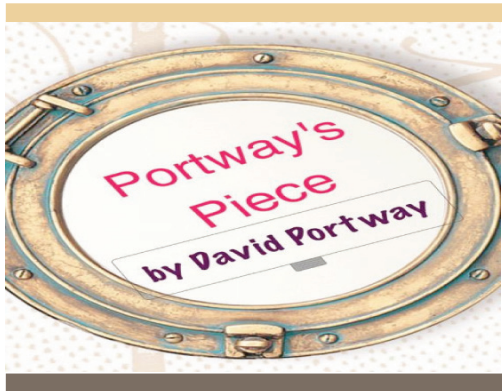
Wedding Dress	from £70.00
Evening Dress	from £35.00

Our Wedding Dress Cleaning Service starts from £70.

We can pack the dress in acid free tissue in a specially designed box depending on size, this will cost between £35 and £55.

Sundries

Cashmere, sequinned garments and silk clothing	POA
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Wallets and all Bags	POA



2017 is now behind us. What did it bring locally two new pizza places in Shenley Road opposite Furzehill road as if we have not got enough pizza houses? We also have an increase in the number of charity shops and Estate agents. So many shops are changing hands or closing down.

In Aycliffe and Leeming Road In 2017, we lost the Florist the printing and computer centre Herts plumbing Tina the hairdresser, Carpets and beds reduced down to one shop. Rumors abound that other shops too will be closing down because of high rents and a dropping off in customers. Wages have not kept pace with inflation.

We have all noticed the prices in the super-market going up and not by pennies but by 20 to 25%

On the entertainment front, less people turned up for the traditional families day in Meadow Park. The carnival was less of a spectacular than in past years.

There is evidence that things will be no better in 2018 until BREXIT is behind us in March 2019.

The future looks far from bleak, as a number of our old commonwealth countries want to trade with the UK, I expect 2020 to be a good year for trade and employment for many.

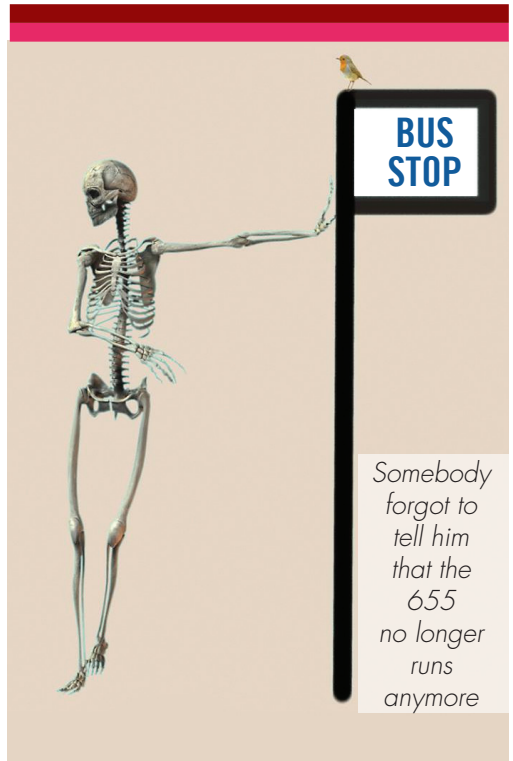
By The time 2019 comes in this magazine may have closed down or a new owner will be at the helm. Our Founder's deteriorating health does dictate he might not wish to continue after the end of 2018 unless new staff is available to take it forward.

Scrutiny of each and every advertiser who goes into this magazine is important as the policy of the magazine is to check that all advertisers give Honest, reliable and professional service with value for money. In the past, we have had a few former advertisers who got complacent and did not provide the service or prices that were acceptable.

It's not the money that is important but the quality of the advertisers that reflects the policy of this magazine set down by the founders in 2009.

Most media and publications will be happy to take your money to advertise their services but will not give any conditions before their advert is accepted.

Anybody that has advertised in this magazine or website has met a representative of the magazine before their advert will be accepted. I know a few potential advertisers who have been refused entry into the magazine, as seeking advice from former customers was unsatisfactory.



Somebody forgot to tell him that the 655 no longer runs anymore

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WARNING SIGNS YOUR HEART SENDS YOU

by Sarah Crow of www.eatthis.com/

Heart disease is the number one killer around the world, accounting for 1 in 4 deaths in the United States alone. What's worse is that many people ignore the symptoms of heart trouble, mistaking them for other, more minor medical issues.

YOU'RE OUT OF BREATH

If you're struggling to breathe as you go about your daily business, it could be a sign that your heart isn't working properly. Many individuals with heart disease develop pulmonary edema, a condition in which the lungs fill with fluid. When the heart doesn't effectively carry blood to and from your vital organs, your blood pressure increases, causing the transfer of fluid from your blood vessels to the alveoli, tiny air sacs inside the lungs. This makes it difficult to breathe and can often create a feeling of heaviness in the chest, similar to what some people experience during a panic attack.



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YOU'RE DIZZY

When your brain isn't receiving adequate blood flow, it can make you feel woozy, limiting the amount of oxygenated blood being delivered to your organs.

YOUR SHOULDER ACHES OR IS NUMB

Numbness and pain in the left shoulder are among the most widely reported heart attack symptoms. If the pain is moving down your chest and into your fingertips, it's important you call 999 right away. Often the pain isn't just limited to your arm, however — many people experience it in their jaw and neck, too.

YOUR ANKLES ARE SWOLLEN

Your lungs aren't the only part of your body that can be affected by edema; for many heart disease patients, edema of the lower extremities is a sign that their ticker needs a tune-up.

YOU'RE CONFUSED

Feeling seriously confused — like can't find your house on your road confused — can be a serious sign your heart isn't fulfilling its obligations. When your heart isn't working effectively, it limits the amount of oxygenated blood getting to your brain, making you more likely to get confused easily.

YOUR HEART IS POUNDING

If your heart is pounding while you're sitting at your desk, it's time to talk to your doctor. As plaque in your arteries builds, it limits the ability for blood to flow through them, making your heart work harder.

YOU CAN'T SHAKE A COUGH

For those with heart disease — particularly those suffering from pulmonary edema — a persistent cough is often one of the first signifiers of their health issues. If you have a nagging cough that no cold medicine can touch, your doctor should know about it.

YOU'RE GAINING WEIGHT FAST

Rapid weight gain when you haven't changed your diet is particularly concerning. The edema that often signifies heart disease can cause rapid weight gain, often most noticeable in the extremities and face.

YOUR HEARTBEAT IS IRREGULAR

An irregular heartbeat can be a sign of heart disease, but more commonly, it's a sign of arrhythmia





Child Mental Health

We're continuing the series started last time on Child mental health by talking about Depression in children and teenagers

Many factors can cause children to feel depressed

- It could be due to family dysfunction, poverty or reduced family income causing them to feel un-cared for and lacking in provision.
- Child abuse or sexual abuse
- School factors, which include pressure of workload and bullying from peers either school on on social media.

I'd like to outline some of the symptoms of depression

They include:

1. Excessive tiredness, either due to restless sleep (tossing and turning and also waking up un-refreshed after a good nights sleep
2. Over or under eating
3. Low mood also called anhedonia and this can cause despair and hopelessness
4. Loss of interest in life , school, friends even family events which then leads to isolation
5. Self harm e.g. slashing wrists, cigarette burns and feeling or even in very severe cases attempting suicide.

In all these cases, **the first thing is for the parents or carers or concerned adult, to identify there is a problem and SEEK HELP.**

Help could either be from talking to the child on their own and also with a trusted friend or parent.

Speak to the school if school issues are identified and if no solutions could be found then make an appointment to see the GP, who have the expertise to listen, diagnose, treat and refer or signpost to other organisations that can assist.

The important thing is that no child suffers in silence.

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

PHOTO GALLERY

The beneficiaries of the £3,100 at the donation party held at the Cat & Fiddle in Radlett on Wednesday 24th of January 2018.

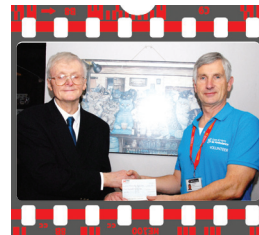
Presentations were made by Tried & Trusted editor, Pat O'Donnell.



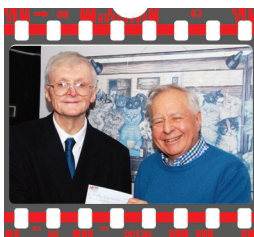
Receiving a cheque on behalf of Elstree and Borehamwood Museum, Derek Allen



Receiving a cheque on behalf of Radlett Guides, Nicola Day



Receiving a cheque on behalf of Herts Air Ambulance, Phil Millar



Receiving a cheque on behalf of Hertsmere Visually Impaired Club, Bob Clarke



Receiving a cheque on behalf of Food Bank, London Colney, Tony Barter



Receiving a cheque on behalf of Herts Community Transport, Christine Saunders



Receiving a cheque on behalf of Otters Disabled Swimming Club, Pat Brown

Was it a Streaker?

By Josie Shingle

I had been to a friend's birthday party the night before and had too many bebies so forgot to put the alarm on. Waking up late, remembered was supposed to be at a conference, fell out of bed dressed had a quick cup of tea and rushed out of the house. Thankfully the traffic was light so arriving late at the hall I crept in and sat at the back.

The hall was packed as there was a very special speaker that day, so only just got seated as our President made the introductions.

The speaker was a very elegant looking gentleman in his 40's I guessed. But just as he began the main door opened and someone came crashing in.

Everyone turned as this person dressed in a bright red robe raced up the aisle shouting and screaming. There was shocked silence from us all. Then she threw off her robe (we all saw it was a SHE by then) stood there stark naked.

Everyone stared flabbergasted with mouths wide open in amazement.

She grabbed the microphone from the speaker and began a tirade about womens lib, equality, climate change, local politics etc. At this point our plucky President picked the robe up and tried to put it round her ample shoulders.

She was having none of it and giving him a huge wallop so the poor man went falling flat on his back. By this time there was pandemonium in the hall.

Next she had the audacity to sit on the lap of an elderly bald headed gentleman sitting in the front row. Well his wife was having none of this. She jumped up and grabbed the woman by her hair. The streaker gave this poor lady a smack in the face sending her chair crashing to the floor.

Things were getting beyond a joke by now, not just comical but violent. A few of the younger members got up trying to restrain her but it was hilarious really so some people were laughing probably in embarrassment.

Then – it seemed like in slow motion – the streaker picked up her robe, threw it round her shoulders, made a rude sign, dashed out of the

side door and vanished. For a moment there was stunned silence as we all sat there dumbstruck.

Next everyone started to talk at once, laughing or amazed, it had been so surreal.

Finally the President picked up the microphone, brought the meeting to order, apologising profusely to our guest speaker and asking if he wanted to continue. He and the audience agreed but it was difficult to concentrate.

To be honest I dont recall what the talk was about at all. Our President thanked him profusely again and assured him that this was not normally the way our conferences were organised.

Leaving the hall I could swear the speaker had a smile on his face! Well by then my head was throbbing so I decided to slip away quietly and go home.

Once indoors took some headache pills and laid on my bed going over in my mind what had occurred. All the extraordinary events of the morning had been so surreal.

The phone rang just as I was just dozing off. It was my best friend asking if I was alright and why had I missed the conference. What? I said "I was there it was hilarious, that crazy streaker" There was a long pause then she replied "are you sure you are alright. I'll come round, what streaker, what are you on about? we had a talk about really famous people who had lived in this area, it was really interesting, the speaker was great!"

After a deep breath I asked her to come round so we could get to the bottom of things. When she arrived I told her exactly what had happened when I arrived late at the hall. "Have you been at the bottle again? not having one of your funny turns?" she asked puzzled.

Eventually after a lot of laughter and discussion we came to the conclusion that I had been in a really deep sleep. It had all been a dream (or nightmare). Laughing I said "maybe the committee should book a streaker for the Xmas party? However perhaps I had better lay off the booze for a while eh"

Josie Shingles runs a local Creative Writing class for the U3A.

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WHAT'S ON

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

Deadline for all content is 1st May 2018.
 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

11am - 1pm. 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 10am - 11.30am. Price £4. St Teresa's 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 to Saturdays : Times vary. **Sewing and Stitching.** (Bunmi Okon, call 07467 535 228).

Kids from age 6, teens adults and seniors. Learn the basics and then the sky is the limit.

All Saints Church (side door) in Shenley Road, Borehamwood WD6 1EB.

Email: bunmiokon@yahoo.com.

Mondays: 9.30am - 11.30am Mum and Baby Classes;

Mondays 7pm - 9pm Adult Classes;

Tuesdays 9.30am - 11.30am Seniors Class

(OAPs);

Wednesdays 4.30pm - 6.30pm Teenagers Class;

Fridays 4.30pm - 5.30pm Age 8 - 11yrs old;

Saturdays 9.30am - 10.30am kids Classes

10.30am - 11.30am Age 8 - 11yrs Old

11.30am - 12.30pm Age 6 - 8yrs old.

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

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

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

Mondays: Care & Share, Maxwell Centre Coffee mornings for Carers. Monday, 10am - 12pm.

Contact Vicky 020 8905 1158.

Email enquiries@maxwellpcc.org

The Monday Club: 10.15am to 12.30pm Organ Hall Community Centre, 39 Bairstow Close, Borehamwood WD6 4TB. Alternate Mondays from 26 February, 12 March, 26 March, 9 April, 23 April and 21 May. All welcome.

Monday and Tuesday: afternoon and evening ballet: Hertsme Academy Of Performing Arts (term time only) times vary.

Contact Chahna Morgan 020 8207 3980

cj.danze@hotmail.co.uk Fairway Hall WD6 5BT

Monday, Tuesday and Thursday: (evenings).

A J Fitness - Contact 07999 123139.

Fairway Hall WD6 5BT

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

2nd Monday of every month: Borehamwood W.I between 1pm - 3.15pm at Fairway Hall, Brook Close, Borehamwood WD6 5BT (meets monthly for lunch)

2nd Monday 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: 9.30am - 12 noon. Drop In Centre (over 60s) Contact Ann, Ros, Carol c/o

020 8107 1382. Fairway Hall WD6 5BT

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

Wednesdays: 12 noon - 1.45pm.

Weight Watchers Contact Angie

07795 187936. Fairway Hall WD6 5BT

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

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

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

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

Wednesday: 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.

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

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

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

Friday: 10am Zumba, (Michele Kleinman 07973 383591) Aberford Community Hall in Aberford Road, Borehamwood WD6 1PG

Friday: 1pm - 2pm Borehamwood Islamic Society Fairway Hall WD6 5BT. Contact 07909 523717.

Friday: 9.30am - 11am. Junior Soccer Stars Fairway Hall WD6 5BT Contact Adam 0208 945 7171 or london@supersoccerstars.com

Friday: 1pm - 2.30pm FREE Parent Toddler group Cowley Hill Primary School Nursery Winstre Road, Borehamwood, WD6 5DP
Tel:020 8953 2218

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

Sunday: 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.

Hertsmeare Leisure at 96 Shenley Rd. Enjoy cinema for less at 96 Midweek Matinée films are only £5 which includes Tea and Cake. See our list on Page 8, and book by phone on 01442 454000 or pop into the Box Office.

Funky Friends Youth Club for 7 - 11yrs
Every Friday 7.30pm at Maxwell Community Centre. Admission Free. Contact Michelle Jonas, jonasmichelle@aol.com.

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

FEBRUARY

Sat 10th 11am - 1pm All Saints Church Coffee Morning. Music Makers All Saints Church, Singers and players who live in the town taking part in celebrating their contribution to entertainment in the town.

Mon 12th 6.30pm Borehamwood and District Garden Craft Society Allum Hall, AGM with guest speaker on roses.

Tues 20th 10am U3A – The Life & Science of Galileo by Graham Marrett St Teresa's Church Hall, Tea, coffee and a chat.

Wed 21st 2pm - 2pm. Soup & Chat.
St James Church, Bushey.

Sun 25th 7.30pm Acoustics Night at Cat & Fiddle, Bank live band.

Mon 26th 10.15am - 12.30pm Monday Club Organ Hall. 39 Bairstow Close, Borehamwood WD6 4T.

MARCH

Wed 7th 12pm - 2pm. Soup & Chat.
St James Church, Bushey.

Sat 10th 11am - 1pm All Saints Church Coffee Morning Photography and Art All Saints Church, Calling all local photographers and artists to display their work. Landscapes, portraits etc. Colour black and white all photographs tell a story. Any form of media can be displayed paint, crayon, charcoal etc.

Mon 12th 10.15am - 12.30pm Monday Club Organ Hall. 39 Bairstow Close, Borehamwood WD6 4T

Tues 13th 1pm - 2:30pm Crochet & Chatter. All Saints Church. All Welcome.

Tues 20th 10am U3A – In the Footsteps of a Wedding Toastmaster by James Higgs
St Teresa's Church Hall, Tea, coffee and a chat.

WHAT'S ON

MARCH continued

Wed 21st 12pm - 2pm.
Soup & Chat.
St James Church, Bushey.

APRIL

Wed 4th 12pm - 2pm. Soup & Chat.
St James Church, Bushey.

Mon 9th 10.15am - 12.30pm Monday Club.
Organ Hall Community Centre, WD6 4TB.

Tue 10th Crochet & Chatter. All Saints Church. 1pm - 2.30pm. All Welcome.

Sat 14th 11am - 1pm All Saints Church Coffee Morning Performing Arts All Saints Church.

Tues 17th 110am U3A - Ware Barges on the River Lea by David Perman St Teresa's Church Hall, Tea, coffee and a chat.

Wed 18th 12pm - 2pm. Soup & Chat.
St James Church, Bushey.

Mon 23rd 10.15am - 12.30pm. Monday Club
Organ Hall. 39 Bairstow Close, Borehamwood WD6 4T

Tues 24th 14.30pm - 4pm. Free French Language Sessions 96 Shenley Road, open to all adults.

Sun 25th Acoustics Night at the Cat & Fiddle, from 8pm. Everybody Welcome: singers, instrument players, monologue tellers, poets or just be a spectator.

MAY

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

Mon 7th 10.15am - 12.30pm Monday Club.
Organ Hall Community Centre, WD6 4TB.

Sat 12th 11.00am Town Pre Festival Multi-cultural Event, All Saints Church. Food, entertainment and activities celebrating our diverse community.

Tues 15th Crochet & Chatter. All Saints Church. 1pm - 2.30pm. All Welcome.

Wed 16th 12pm - 2pm. Soup & Chat.
St James Church, Bushey.

Mon 21st 10.15am - 12.30pm Monday Club.
Organ Hall Community Centre, WD6 4TB.

Sun 27th Acoustics Night at the Cat & Fiddle, from 8pm. Everybody Welcome: singers, instrument players, monologue tellers, poets or just be a spectator.

Tues 29th 14.30pm - 4pm. Free French Language Sessions 96 Shenley Road, open to all adults.

Wed 30th 12pm - 2pm. Soup & Chat.
St James Church, Bushey.

JUNE

Sat 12th 11am - 3pm Town Flower Festival
All Saints Church.

POETRY CORNER

Leaves and Birds

The autumn patterns can
cause and make something
Arriving: colour sharp -
yellow and red under foot-falls.
It seems bountiful - splendid.
The birds spy dying leaves
garish in death
winter beckoning.

Rolling, flying in a death.
They lay in columns on grey pitch;
against a garden wall.
Dry, brown, green, yellow, red , orange.

By Gloria Theophile © 2017

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READING CORNER

BACK IN TIME



I stepped off the 107 bus that was opposite the All Saints Church Borehamwood on the 1st of January 2018. Suddenly I found myself falling and lost consciousness. When I came too there was a man and woman standing over me and helping me to my feet. I looked around and was shocked to see that apart from All saints Church nothing resembled the day or the year I had stepped off the bus. There were no shops, only some very old looking houses several yards behind me. The church I did recognize. I had been transferred back in time. As the couple who had helped me asked if I was ok they moved on. I knew where I was instantly but why had I been sent back in time. I could see no mechanized vehicles, all that I could see was a few horse and carts and horses with riders traversing the unmade muddy highway. It was obvious it had been raining as large puddles had formed on what was the highroad.

I decided to walk towards the station that was advertised on a metal board outside the church. It was strange that I was walking along the road that in 2018 would contain many shops and plenty of people. There were a few people that past me by lifting their hats as was common decency to do when a lady was close enough to be seen. Not only was I back in time as a woman and in 2018, I was a man in the late 19th century I saw the date on a newspaper left on bench the 1st of January 1888. My attire was a long dress that covered my boots and trailed in the path. I had a heavy coat on too gloves on my hands and a scarf round my neck it was bitterly cold. Children were playing with a big wheel they were chasing along the road with a stick. I saw other children across the road near where the old postal sorting office used to be playing with a wooden horse and throwing rings round a stick. I heard a bell ringing as a group of people on the penny-farthing bicycles came past me heading towards the station. I then saw my first mechanical driven vehicle with a man walking in front of it also heading towards the station. It drove past me very slowly.

If I had a mind to walk quicker I am sure I would have past it. A carriage and horses drove past the mechanical vehicle and myself. I saw kites being flown in the distance, men were coming out of a pub on the corner of what I took to be Theobald's street. I was aware that it had snowed as I saw a few snowmen slowly disintegrating in the sun.

I was at the station and watched the steam train with a few carriages pull up to the platform. A few people got on the train that was going to London. The air was filled with smoke that at times was getting into my eyes and mouth causing me to cough and splutter.

I was fascinated by seeing Borehamwood in 1888 130 years ago. Why was I viewing the town I lived in now I do not know? I was worried would I now be living in this age and where was my house. My house was over the bridge in 2018 and indeed there it was recently built in the year 1886. Was I living there now? I had to find out. As I approached the house a person who I realized was my great grandmother beckoned me to come in and sit by the fire. My great Grandfather smiled at me and asked my Great Grandmother to fetch me a cup of tea. She did this and I watched as she poured it out through the strainer. In those days tea bags were non-existent just tealeaves that had to be caught in the strainer before the tea went into the cup. The warmth of the fire was greeting me with pleasure and I took off my coat, with the help of my Great grandmother. I watched my great grandfather light up his pipe and fill the room with smoke.

Looking around the room I saw only a two items of furniture that still remained in the house in 2018 a French dresser that contained the crockery and a lantern in the far corner that I had kept despite a friend of mine saying I could sell it for a good price. The picture of the farm that my family owned in a painting was still on the wall. I was about to venture upstairs of my house in Elstree when I again lost consciousness and awoke in my bed. Was this a dream?

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CUISINE COLUMN

QUINOA KHICHDI

Ingredients

Half cup Quinoa
Half cup split lentils
3/4 (three quarter) cup mix veg
(peas, carrots, bell peppers, tomatoes, onions)
2 teasp. veg.oil/butter
Half teaspoon cumin seeds
Salt to taste
Red chilli powder to taste
Half teaspoon coriander powder
Half teaspoon garam masala

Method

In a pot add oil.
Once oil is hot, add cumin seeds and let them crackle.
Add vegetables and cook them for few minutes.
Add salt, red chilli powder, coriander power.
Now add washed and soaked Quinoa and lentils.
Add 3 cups of water.
Cook on low heat, covered, until water is absorbed and cooked.
Enjoy hot with yoghurt and pickle of your choice.

HOW DO I CLEAN IT?

- Rinse with water in a strainer
- Repeat 2 - 3 times
- Without rinsing, quinoa will have a bitter taste

HOW DO I COOK IT?

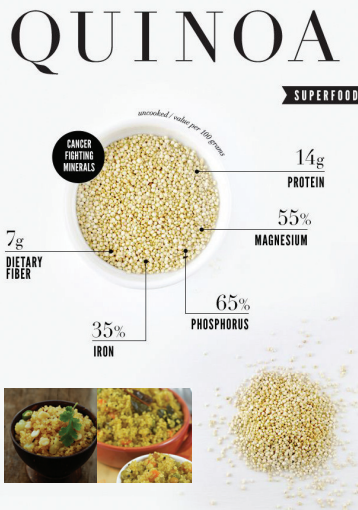
- Clean seeds first
- stovetop 15-20 minutes
- Bring water to boil, pour seeds into water, cover pan with lid, set to low heat

HOW DO I STORE IT?

- Store in airtight container
- Quinoa will last 3-6 months if stored in the refrigerator

gluten free / wheat free /
low cholesterol /
low sodium

Quinoa is a seed, not a grain, and is actually a relative of leafy green vegetables like spinach



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