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ISSUE 27:
SUMMER 2018

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Image courtesy Derek Allen



Image courtesy Derek Allen

The White Horses Inn as it was in 1885 and as it is today in 2018.

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 **Aldenham, Borehamwood North, Radlett and Shenley.**

The other edition is delivered to homes in Borehamwood South, Bushey, Elstree and London Colney and along the Edgware/ Mill Hill border.

Published by AMPSUK LTD 24 Oak Farm Borehamwood WD6 2DD. Company Registration 0837633720
Studio: 020 8953 7132 publisher@triedandtrusted.co Editor: 020 8207 4993 odonnellpnf@hotmail.com

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Image courtesy Derek Allen



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Elstree and Borehamwod Station in 1948 and as it is today 70 years on. 2018 marks its 150 year anniversary.
Derek Allen

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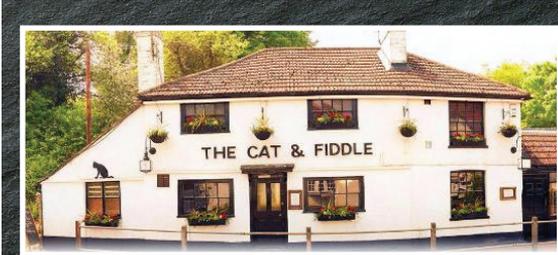
help4pcs was the first business to be promoted in the pilot edition of Tried and Trusted in 2009

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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.

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. 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."

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.

by Simon Gee

Elstree & Borehamwood Museum Presents:

"All Change!"

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TESTIMONIALS

Testimonial from Daphne Hilton

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

Daphne Hilton, Borehamwood.
daphnehiltonuk@outlook.com

Dear Reader, If you have used two or more services/products in this magazine, please write and give your comments. Let the other readers know if you were satisfied.

Congratulations to Boreham Wood Football Club for their best ever season and reaching the final at Wembley from the Tried and Trusted



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20 & 21 October 2018 at Fairway Hall Borehamwood

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- Are they of a different faith?
- How can we get to know each other and learn to live together in harmony?

We will tackle all these questions, and have a lot of fun doing it, at a major community event this October, 20th & 21st 2018.

Will be our first Black History and Community Festival with our Town Mayor Victor Eni and many distinguished guests.

For many years, towns and cities across the U.K. have marked Black History Month,

Now it is our turn.

However, we have expanded the original concept. Our event will celebrate all the communities of this now - diverse town.

Jewish and black performers will entertain together. People from Poland will chat with guys from Ghana. We will share food, art, our life-stories and our hopes and fears for the future, whilst celebrating our common humanity.

We want you to be part of this.

Whether you were born in Shenley Road or Sierra Leone, there is a place for you in this vital project.

Just contact E&B Unity Network on 07852 967160 or interculturalbe@gmail.com

As John Lennon invited us,
"Imagine all the people sharing all the world"

Be there, get involved, be part of this.



Brief history of Shenley that is over a thousand years old.

Mentioned in the Domesday Book. Shenley is based

The Shenley Bee Hive prison on the Anglo-Saxon word Scenlai or Senlai, translated as a bright clearing of woodland. From the middle Ages, most of Hertfordshire was forest with a few farms or hamlets within in the forest. Shenley was settlement within Hertfordshire

In the 14th century, Shenley was a convenient parish for an estate, within reach of London. It was the clean air in contrast to the smoke of London that made it a healthy place to live. This village grew to house the families providing a services for the country estates. Parish registers, date back to 1657, and include the occupations of coachmen, bailiffs, bakers and labourers. Many people worked in agriculture, as cattle drovers, shepherds and millers. Among Craftsmen in Shenley we found tailors, weavers, shoemakers, cord-makers, brick-makers, blacksmiths and carpenters.

The reason tiles and bricks were made in the area was the wealth of suitable clay.

During the First World War, part of Porters field was used as an aerodrome. In 1932 Shenley Hospital was built. King George V and Queen Mary opened it in 1934. Shenley Hospital lasted for over 60 years, later sold to property developers for housing. Shenley Park was developed for the enjoyment of the village with the preservation of the orchard and spinney for pleasant walks. The walled garden was landscaped and open to the public and plays host to a number of events throughout the year. There is a well-used teashop called the café in the Orchard. Shenley is the home Arsenal Football Club, training facilities and was opened in 2000. Shenley Cricket Centre, plays host to the women's and U19 international matches during the summer months. The heart of the centre is the magnificent 19th-century pavilion, designed by the famous cricketer W. G. Grace. The cricketing theme runs throughout most of the road names on the Porters Park housing estate.

Composed by John Hylton from Internet research for Tried and Trusted readers..

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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 party political. 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*"

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 townfolk 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*".

ROMA REMEMBRANCE

On the 29th of July we will remember the passing of our co founder Roma Zite who died in July of 2015, aged 72. Everyone in Borehamwood knew her.



David and Roma - circa 1995

She was always helping people and going to charity events. She is missed very much.

Producing this magazine as a hub of local news and events, whose profits would go to the community, was a labour of love for Roma and her partner David.



Elsa Reyes leading residents of Elstree Village marching against the health hazard and the Stench caused by the Reviva Composting site, Sunday January 14th 2016.

Photo: Mike Davidsohn.

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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.’8

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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Hello again dear reader.

Today, I'll be talking about cancer in general and specifically breast cancer.

It is a fact that many people live in dread of cancer, either because they've heard of its devastating effect on the health, finances, and poor prognosis with dire complications in others. Or unfortunately have had firsthand knowledge of cancer affecting either themselves or a close relative.

As you may know, cancer can affect almost all the body organs and there's currently a lot of research to finding out about the causes and successful treatment of different kinds of cancer to reduce the sheer numbers affected by this dreadful disease. We in general practice are also attending refreshers to pick up cancer early but you dear reader have a part to play.

The Silver Lining (as I always like to give you one) is that many of the cancers we know can be prevented or the effect ameliorated by a healthy lifestyle (i.e. avoiding smoking and excessive eating with regular exercise such as walking, jogging or simply going up and down the stairs at home several times a day) and early detection.



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Certainly in the case of breast cancer (which affects mostly females but can occasionally affect men in about 1% of cases) early detection has been proven to save lives!

Adopting a routine of breast self-examination at least once a month, e.g. after the menstrual period is certainly helpful in detecting any changes that were not previously there.

These changes can then be mentioned to the general practitioner who will also examine the breast and take the necessary action to refer it to reassure as needed.

In my last TV series which was also on this topic. Our guest had self detected her own lump which unfortunately turned out to be breast cancer.

She was at the time of diagnosis, a young mother whose only child had just started reception but because she picked it up, as she herself said, when it was the size of "a kidney bean" she survived!!

She underwent a successful treatment with chemotherapy and radiotherapy and some surgery and is alive and well today 8 years after her breast cancer experience to literally tell the tale.

This example shows us that self breast examination is definitely part of the fight against breast cancer.

I see many women in my clinic who have heard about the self examination but say to me "I don't even know what I'm looking for and I don't know how to check my breasts and so I teach these women how to check their own breasts.

If you are in that category please look on my Facebook page www.facebook.com/Nonnierose.5 to watch a demonstration of the breast examination.

The incidence of cancer increases with age, so from age 50 the NHS sends out letters for three yearly mammogram screening which will also help to detect any abnormal lumps.

Please endeavour to attend these free health checks as it is a very good service and doesn't take long and is at worst a little bit uncomfortable.

That you had a normal screen, however, doesn't stop you from checking your own breast in between as it's better to be vigilant on these issues.

I look forward to hearing your stories and please keep healthy.

Till next time God bless

Dr Nonnie

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customers in the
distribution area
of this
magazine
& beyond!



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122

020 8953 1215

The Village Barber Shop

The Gentlemen's Hair Salon

Good quality hair cutting at honest prices

122 Shenley Road Borehamwood, Tel: 020 8953 1215



The family run business with over 80 years experience.

We are highly experienced barbers specialising in modern and traditional haircut styles and techniques.

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Monday: 9am - 6pm
Tuesday - Wednesday: 8.30am - 6pm
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GENTS

Drycut	£10.50
Scissor Cut	£12.50
Clipper Cut	£9.00
Beard Trim	£3.50
Wash, Cut and Blowdry	£15.50
Wet Shave	£9.00

CHILDREN (UNDER 8 YEARS)

Dry cut	£7.50
Scissor Cut	£9.00

CHILDREN (AGE 8 - 14)

Dry cut	£9.00
Scissor Cut	£10.00

O.A.P.s (65 Years +)

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

Traditional Wet Shaving
with Hot Towels

The Village Barber Shop

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WD6 1EA
T: 020 8953 1996

STUDIO

STUDIO UNISEX HAIR SALON & BARBERS

MONDAY - FRIDAY 9.00AM - 7.00PM
SATURDAY 8.00AM - 7.00PM
SUNDAY 9.00AM - 5.30PM

SOME OF OUR MENS SERVICES INCLUDE:

CLIPPER CUT (ALL OVER)	£9.00
DRY CUT	£11.00
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
SCISSOR CUT	£9.50

CHILDREN (AGE 8 - 14)

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



We welcome **SUSIE**, formerly of Josephs to Studio Unisex Hair Salon & Barbers.

Susie has over 27 years experience in the industry.

Whether it's highlights, a colour, perm or just a haircut or blowdry you require, you'll be in the expert hands of Susie.

Susie offers haircuts to Men, Women & Children.

Please contact **Susie** for any **SPECIAL OFFERS** that are available.

BOOK YOUR APPOINTMENT NOW

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Elegance Dry Cleaners

Opens
4TH
JUNE

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Dry
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OPENING OFFER

15% off everything
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Fast
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We offer
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**Monday
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8.00 - 18.30
Sunday
10.00 - 16.00**

Professional Dry Cleaning

2 piece Trouser Suit	£9
2 piece Skirt Suit	£9
3 piece Suit	£12
Evening Suit	£10
Linen Suit	£10
Jacket	£6
Coat (Short)	£7
Coat (Medium)	£8
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
Jacket	£15
Coat	£65
Biker Jacket	£35
Biker Suit	£60

Laundry Wash 'n Dry

Standard wash 'n dry	
Up to 7kg	£13.99
Medium wash 'n dry	
Up to 10kg	£15.99
Large wash 'n dry	
Up to 16kg	£18.99

Quilts

Single	£14.99
Double	£17.99
Kingsize	£24.00
Duck Feather	from £24.00
Blankets	from £14.00
Loose Covers	POA
Throws	from £14.00
Curtains	from £14.00
	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

Wedding & Evening Dress Specialists

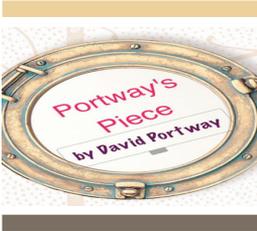
Wedding Dress	from £70.00
Evening Dress	from £35.00

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, sequined garments and silk clothing	POA
Ladies Handbags, Leather	
Wallets and all Bags	POA



In the properties that Hertsmere Borough Council own, the rent has been increased by up to 400% for Aycliffe and Leeming Road.

In Shenley Road, most private landlords were not greedy. Rental prices were increased but by modest amounts. In fact it's not a secret but price increases in the high street were less than in Aycliffe and Leeming roads. An example: a double shop in Leeming Road: requested rent £34,000; a double shop in the High Street double the size: only £30,000. In Edgware Deans Lane, prices were remarkably lower. An identical property in Aycliffe Road: rent required £12,000 per year; only £7,500 per year in Deans Lane. This area is much busier than Aycliffe and Leeming roads.

Seven bus routes with at least 40 buses in the hour serve this area compared to Aycliffe and Leeming Roads with only 3 bus routes and only 12 buses an hour. There are more shops in Dean's Lane too, 2 doctors surgeries, a Harvester, 2 estate agents, 5 restaurants /cafes / take-aways, 4 hairdressers, a double glazing company, petrol station, plumbing supplies, electrical suppliers, pharmacy, 4 grocers shops, a newsagent Indian and a Chinese take away etc. I hear we will be delivering 1000 or more copies into that area in autumn or winter 2018.

We now have two new pizza houses in Shenley Road. We also have an increase in the number of charity shops and estate agents. One charity shop has closed down. So many shops are changing hands or closing down.

In Aycliffe and Leeming Road In 2017, we lost the florist, the printing and computer shop, the plumbing centre, the hairdresser and one double shop reduced by a half. Rumours abound that other shops too will be closing down because of high rents and a dropping off in customers, as 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%. However, the future looks far from bleak, as a number of our old common-wealth countries want to trade with the UK, I expect 2020 to be a good year for trade and employment for many.



YOUR LOCAL COMMUNITY MAGAZINE NEEDS YOU!!

We are looking for people who want to write for this long established magazine, trainee editors, cartoonists, Salesmen, researchers etc. Send your CV to editor@triedandtrusted.co or telephone 020 8953 7132 to find out more.

Some areas of this country no longer have local newspapers or even a community magazine. We do not want to see this happen in Aldenham, Borehamwood, Bushey, Elstree, London Colney, Radlett and Shenley.

Many of our staff are in their late 50s 70s and early 80s we need some young blood to take it into the next decade and beyond.

We need reliable, honest, professional traders who give value for money. References are essential, as we want to protect our readers from rogue traders.

Our advertising rates are:

¼ page £80.00

½ page £140.00

full page £250.00 per issue No VAT

Register £80.00 a year for three lines.

All our profits go to local causes and charities.



TESTIMONIALS

Hello, everybody reading this, my name is Rajan, and I am the owner of North London Gas Ltd.

I specialize in heating systems, pretty much all makes and models, have not been to a system unable to repair for as long as can remember.

Try me you won't be disappointed.

I only do boilers and hot water systems; I don't do bathrooms and general plumbing.

Have been advertising with Tried and Trusted, since the winter of 2017, 2 editions plus this one for the summer. And have had a few leads and hoping this will increase.

Have moved into the locality recently, WD6, hence advertising with the Tried and Trusted.

PHOTO GALLERY • PHOTO GALLERY



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.

The presentations were made by the Tried & Trusted magazine's editor, Pat O'Donnell.

All photos were taken by our photographer Derek Allen



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

OVER 40 TRADERS IN THIS MAGAZINES OR ON OUR WEBSITE**ACCOUNTANTS**

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Coombe Electrical Supplies, Shenley. Ask for Tim. Tel 01923 852 722

EEC Heating Plumbing Building maintenance. Tel 0208 953 0609

Stag Tool Hire, 301 Shenley Road Borehamwood. Tel 0208 953 1181 www.stagtoolhire.co.uk

My Super Handyman Tel 07546 899 836 www.mysuperhandyman.co.uk

COOKING LESSONS

Exclusive Indian Vegetarian Cooking Lessons Borehamwood. Tel 0203 669 8253

CAFES, RESTAURANTS, HOTELS, PUBLIC HOUSES

Golden Plaiice Fish Restaurant, 132 Shenley Road Borehamwood. Tel 0208 953 7791

Aroma Indian Takeaway, Radlett. Tel 01923 855 355 www.aromatakeaway.co.uk

Saffron Indian Takeaway. Tel 020 8207 6526/1886 www.saffronherts.co.uk

Cat and Fiddle, 14 Corben Hill, Radlett. Tel 01923 469 523

CAR SERVICES

Shenley Garage Car Repairs. London Road, Shenley. Tel 01923 854 376

Harringtons Car Sales, London Road, Shenley Tel 01923 857 457 www.hcsales.co.uk

CARPETS AND BEDS

First Choice Carpets and Beds Ltd. 6 to 8 Leeming Road. Tel 0208 905 1271

www.firstchoicecarpetsandbeds.com

COMMUNITY TRANSPORT

Hertsmere Community Transport. Tel 0208 207 5055

COMPUTER SERVICES

Apple Mac Help & Design – Hertsman – Tel 07803 730 636 Hertsman@gmx.com

HELP4PCS Phillip Lee. Computer Repairs. Tel 0208 207 2387 or 07973 501 001

phillip@help4pcs.com

CLEANING SERVICES

Sam's Dry Cleaners, Leeming Road, Borehamwood. Tel 0208 207 2265

M&S Fibre Cleaners Carpet and Upholstery Cleaning. Tel 0208 441 7798

Elegance Dry Cleaners, 112 Shenley Road Borehamwood

DANCE CLASSES

Zumba in Borehamwood, Michele. Mobile 07973 383 591. m.kleinman@fiscali.co.uk

DELIVERY SERVICES

Dor - 2 - Dor, Radlett. Mrs Laura Davis. Mobile 07790 324 492

DRIVING INSTRUCTORS

Alec's Driving School, Alec. Mobile 07836 292 836. algchauffeurservices@yahoo.co.uk

ELECTRICIANS AND SUPPLIERS

Gary Aldridge, Electrician. Mobile 07875 233 026

DPM Electrica l. Daryl Mumby. Mobile 07931 791 819

Coombe Electrical Supplies, Rectory Road, Shenley. Tel 01923 852 722

EEC Heating and Electrical Services, Borehamwood. Robin Tel 0208 953 0609

ENERGY PERFORMANCE

Certificates issued call Malcolm. Local assessor on Mobile 07879 274 971

ESTATE AGENTS

Michael Yeo Estate Agent. 195 Shenley Rd, Borehamwood. Tel 0208 953 2112 sales@yeo.co.uk
lettings@yeo.co.uk

GARDEN SERVICES

Franklin Gardens, Borehamwood. Tel 0208 953 1973 or 07724 086 976
Oaklands Tree Specialists Ltd. Mobile 07887 807 327 www.oaklandstreesspecialist.co.uk

HAIRDRESSERS AND HAIR CARE

Village Barber, 122 Shenley Road, Borehamwood. Tel 0208 953 1215
Shades Hair Saloon, 103 Hartford, Road Borehamwood. Tel 0208 207 2907
Studio Barbers, 106 Shenley Road Borehamwood. Tel 0208 953 1996

HEALTH AND MEDICAL SERVICES

Chiropodist Edwina Paul. 76 Shenley Road, Borehamwood. Tel 0208 953 9052
Hypnotherapist / NLP www.suejaqueshypnotherapy.co.uk

MEDIA SERVICES

Howard Grover, Borehamwood. Tel 0208 953 7757 or 07525 149 977
www.avtransfers.biz
AMPSUK LTD Publishers Mobile 07939 670 055

OFFICE SUPPLIES

The Ink Lab, 38 Shenley Road, Borehamwood. WD6 1DR. Tel 020 8207 4999

PLUMBERS HEATING ENGINEERS AND SUPPLIES

Flow, The Plumbing Co. Tel 0203 006 2821 or 07846 399 676
EEC Gas Safe, Robin. Tel 0208 953 0609 or 07932 877 866
Megaflow Boiler & Heating Specialist, Rajan. Boiler | 07954 158 793

PRINTING SERVICES

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RUBBISH AND WASTE REMOVAL

Edgware Waste Remover Elstree Dave Free phone Tel 0800 234 3526 www.trashcollectors.co.uk

If you cannot find a TRADER on this above list to suit your requirements please text us on 079 3967 0055 and we will do our best to locate a TRADER who can provide the service or products that you need.

TESTIMONIALS

Testimonial from Phillip Lee.

I have been advertising with Tried & Trusted since its launch and it has always proved to be worthwhile.

Not only do I receive calls for computer assistance from members of the local community, (enabling me to dedicate more time to them as there is no need for me to travel further afield for business) but also many of these original clients then refer me on to others too, which grows my business by word of mouth.

Phillip Lee
(HELP4PCS)

Hello, my name is Keith Bass.

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

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

However, since featuring in Tried and Trusted, I now have a much larger customer base. My business is doing very well and all my clients are very happy with the work I have done. I would like to thank Tried and Trusted for a brilliant service. I would definitely recommend other small businesses to advertise in this magazine. I'm sure they will see their businesses grow as I have.

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

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

READING CORNER

The Secret Tunnel

By *Josie Shingle*



The four of them had been friends since childhood, all growing up going to the local village school. Back in those distant days they had formed a gang going exploring at weekends and in the holidays. No one else was allowed into their secret world and naturally there was a password. Now 10 years had passed, they had each gone off to university or moved away for work but had always kept in touch. This year for the first time they had arranged to meet for the weekend back at the village where most still had relatives. Tom had come down the night before and his parents still owned the local tavern so of course had agreed to stay there. Robin and Charlie arrived next having met on the train and walked up from the station. Later Robbie arrived having driven down. There was lots of back slapping and laughter before sitting down to eat the meal Toms mother had prepared. Then began lots of drinking and reminiscing about stories of happy boyhood days with various adventures they had got into. At the end of the evening Charlie suggested that next morning they go off to find their secret tunnel. Oh yes said Robin that place up near the old quarry, I remember, we used to dare one another who would stay in the longest, I was always the winner! Oh no you wasn't it was me upped Tom and arguments started as to who was the bravest boy in those far off days. Come on you lot drink up your Mums got your rooms ready, so happily they went off to bed.

Next morning after breakfast Robin, Charlie and Robbie went off to see relatives who still lived in the village but arranged to meet back at noon for their visit to the quarry. After a pint back at the pub they set off. Do you remember where it was? Well not exactly said Charlie, we used to go up behind the old gamekeepers cottage, oh yes thats right race you there and off they scampered laughing. It didn't look much different except that the entrance was more overgrown by bushes which they quickly pulled back revealing a gloomy entrance. Wow look at that said Tom, bags I go in first, give me 10 minutes then come and find me. Cheering him

on the others agreed sending him off with dire warnings of scary monsters lurking inside. Being prepared they had all brought torches and soon Robbie said come on 10 minutes is up lets go and get him, so they went in shouting his name. It was very dark in the tunnel with creepers hanging from the roof plus bits of rock on the floor. After about 15 minutes with no reply from Tom they began shouting louder, their voices echoing inside the tunnel. After going in a few more yards Charlie shouted "its alright Tom, you win ok", then gradually went further in but no reply came back just an eerie echo. "This is ridiculous" shouted Charlie, stop mucking about Tom its getting late, we're wasting drinking time, but nothing. The 3 men now stood worried and puzzled. He must have passed out or something, perhaps tripped over a rock said Robbie, I dont like this, someone should go for help. I'll go said Robin and off he sped. They went in a bit deeper still calling out and in no time Robin was back with Toms Dad plus some men from the pub. They had brought first aid, blankets and a flask of coffee.

The rescue party quickly went further into the tunnel until they reached a dead end. "There must be a secret opening along the passage and Tom knows about it, thats why he was so keen to go in first" said Charlie. Still worried they called the emergency services who arrived in no time with their specialist equipment but still Tom was nowhere to be found. Then the police were called but they could not explain Toms disappearance. Then a team came with proper caving equipment but nothing helped. Toms Dad and some of them stayed they in relays for a week, sick with worry, not knowing how this mystery had occurred. Robbie, Charlie and Robin stayed on for another week at the pub after contacting their various businesses to get extended leave. Most of the time they just sat around puzzled, bewildered at what had happened and somehow feeling guilty it was their fault. How could a simple childish prank go so wrong? Nothing made sense.

A old gypsy woman who lived in a caravan near the gamekeepers cottage said the place was cursed. Apparently 100 years ago there had been a rock fall and men were trapped never to be found again. It was all rubbish of course.

The secret gang disbanded never to meet again. They didn't want to think about what had happened to their friend and if they were to blame. It haunted them for the rest of their lives.

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 to 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?

Copyright to Davron



Update to the BLOOD PRESSURE MACHINE FOR THE EDGWARE KIDNEY UNIT

Diane Ryan, Head of Community Fundraising at the Royal Free Charity, writes:

"Lawrence Stack, a kidney transplant patient, celebrated a year of fundraising activities which concluded in achieving the £1,300 target enabling Edgware Kidney Unit to purchase a blood pressure machine.

The presentation of the machine took place 20 March 2018 at Edgware with members of the Kidney unit and Barnet Hospital Charity. Thanks go from the Charity and Kidney unit to Lawrence and all the community supporters who made this possible."



Lawrence Stack wishes to thank the many people who helped at the fundraising events and who made donations to this worthwhile cause. Special thanks go to the Elstree and Borehamwood Rotary Club doctors who checked people's blood pressure, to the Hertsmere Academy of Dance and the Performing Arts for their entertainments and Sasha Capocci who supplied the catering at World Kidney Day in March 2017 at St Teresas church hall, raising about £600. Also to David our publisher who accompanied Lawrence on his sponsored Penzance to Borehamwood Bus Trip raising roughly £400. He thanks all the people who contributed to his street collections outside 96 Shenley Road and at the Families Day in July 2017. It took just over a year to raise the £1,300 needed.

REGULAR EVENTS

MENCAP ADULT ACTIVITY PROGRAM:

For adults with learning disabilities.

JUNE/JULY 2018

Mondays: Arts & Crafts 10am - 12pm. £4. St.Teresa's Hall.

Tuesdays: Music & Movement 11am - 1pm. £4. St.Teresa's Hall. (Not the third Tuesday of month)

Wednesdays: Jubilee Social Club. 7:30pm - 8:45pm. £2. (Not first Wed of month).

Thursdays: Drama 10am -11.30am. £4. 96 Shenley Road.

Look out for our new Autumn programme of activities in September.

For further information, please contact: Sian Kenrick, Hertsmere Mencap Activities Coordinator, 07938 722619.

Sian@hertsmereencap.org.uk

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.

Wednesdays once a Month evening. Borehamwood & Elstree Twin Town Association.

Contact bettagroup@hotmail.com for dates. Fairway Hall WD6 5BT

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

WHAT'S ON

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

Deadline for all content is 1st August 2018. For further details and updates go to www.triedandtrusteduk.com and click on the what's on page.

The Monday Club: 10.15am to 12.30pm
Organ Hall Community Centre,
39 Bairstow Close, Borehamwood WD6 4TB.
10.15am - 12.30pm. Alternate Mondays, June
4 and 18, July 2, 16 and 30, Aug 13, 27 and
Sept 10. All welcome.

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

Contact Chahna Morgan 020 8207 3980

cj.danze@hotmail.co.uk

Fairway Hall WD6 5BT

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.

1.15pm - 3.15pm at Fairway Hall Brook Close,
Borehamwood WD6 5BT
(meets monthly for lunch)

3rd Tuesday of every month: U3A, 9.30am -
noon, 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)

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

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

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

Wednesdays: : 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
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

Thursdays: 4pm - 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.

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

Fridays: 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.
Hertsmere Leisure at 96 Shenley Rd.

Enjoy cinema for less at 96 Midweek Matinée.

Films are only £5 which includes Tea and Cake.

Book by phone on 01442 454000 or pop into
the Box Office.

Funky Friends Youth Club for 7 - 11 yrs

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.

EVENTS FOR YOUR DIARY:

ADVERTISE YOUR EVENT HERE

**It is not compulsory but if you could make a small
donation towards our charity pot, it would be
appreciated. Send your donation to
Tried and Trusted, 24 Oak Farm, Borehamwood
WD6 2 DD .**

Cheques made payable to Tried and Trusted LTD.

LIST OF EVENTS CONTINUES NEXT PAGE


 WHAT'S
ON
JUNE

Sat 9th 10am - 1pm. St Michael & All Angels Church Summer Fair. Free entry,

raffle, tombola etc etc

Sat 9th 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

Sat 9th 7pm - 10pm. Dementia Club Folk Night. £10. St Teresa's Church Hall.

Mon 11th 6.30pm Borehamwood and District Garden Craft Society Allum Hall, AGM with guest speaker on roses.

Sat 16th Carnival Parade - Leaving Brook Road car park at 1.45pm, the procession heads up Shenley Road to Theobald Street, turning at Aycliffe Road and Leeming Road before completing the circuit.

Sun 17th Elstree Productions "An American Dream!" Fairway Hall, Brook Close. 7.30pm.

Mon 18th BBC Concert Band "A Night at the Movies" Tickets £8. Allum Hall, Allum Lane. 8pm

Wed 20th Elstree & Borehamwood's Got Talent Fairway Hall. Free admission.

Fri 22nd Schools Art Show See the work of local schools. Organised by Elstree and Borehamwood Rotary Club. 96 Shenley Road. 9am - 5pm.

Fri 22nd Borehamwood Brass Concert. All Saints Church. Doors open 7.30pm. Free.

Sat 23rd Festival Park Run. Aldenham Country Park. 9am.

Sat 23rd Festival Flower Show. 10.30am - 3pm. All Saints Church, Shenley Road.

Sat 23rd Fire Station Open Day Elstree Way. 1pm - 4pm. FREE

Sat 23rd EBLOS Show "A Sentimental Journey" Contact Marianne 07888741208. £8. Fairway Hall, Brook Close. 7.30pm.

Sun 24th Schools Art Show 96 Shenley Road. 9am - 5pm.

Sun 24th Outdoor Bandstand Concert Meadow Park. 1pm - 3.30pm. Free.

Sun 24th Teddy's Trails Festival Walk - Arkley. The walk is free but registration is essential.

Please register with www.hertsdirect.org/walksandmore. Starts at Elstree and Borehamwood Railway Station.

Sun 24th 150 years Model Railway Exhibition Small Hall at 96 Shenley Road. 10am - 5pm Everyone is welcome.

Sun 24th Hertsmeare Acoustic Music Club Open Mic Night. Contact Nick Male 020 8207 3057. The Fishery, Watford Road, Elstree. 7.30pm. Free.

Sun 24th EBLOS Show "A Sentimental Journey" Fairway Hall, Brook Close. 3pm. £8.

Sun 24th 7.30pm Acoustics Night at Cat & Fiddle. Bank live band

Mon 25th 10.15am - 12.30pm. Monday Club Organ Hall. 39 Birstow Close, Borehamwood WD6 4T

Mon 25th Flower Festival Coffee Morning. 11am. All Saints Church, Shenley Road.

Tue 26th 2.30pm - 4pm. Free French Language Sessions. 96 Shenley Road, open to all adults.

Wed 27th The Royal British Legion Quiz. The Royal British Legion, Shenley Road. 7pm.

Thu 28th Tabletop and Roleplaying Game Evening. Fairway Hall, Brook Close.

7pm - 10pm. All are welcome

Sat 30th Families Day 12pm- 4pm. Meadow Park, Brook Road.

JULY

Sun 1st 2pm - 4pm. Museum History Walk. 96 Shenley Road. Free.

Tues 3rd 19.50pm - 21.30pm. EBRA Meeting. St Teresa's Church Hall, Tea, coffee discussion of local concerns. All welcome.

Tues 17th 10am U3A - "Manor of the Moor - Rickmansworth" talk by Dr H Falvey.

St Teresa's Church Hall, Tea, coffee and a chat.

Tues 24th 2.30pm - 4pm. Free French Language Sessions. 96 Shenley Road, open to all adults.

Sun 29th Acoustics Night at the Cat & Fiddle, from 8pm. Everybody Welcome: singers, instrument players, monologue tellers, poets or just be a spectator.

AUGUST

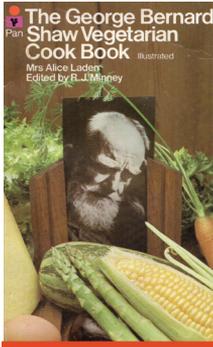
Sun 26th Acoustics Night at the Cat & Fiddle, from 8pm. Everybody Welcome: singers, instrument players, monologue tellers, poets or just be a spectator.

Tues 28th 2.30pm - 4pm. Free French Language Sessions. 96 Shenley Road, open to all adults.

SEPTEMBER

Tues 4th 19.50pm - 21.30pm. EBRA Meeting. St Teresa's Church Hall, Tea, coffee discussion of local concerns. All welcome.

CUISINE COLUMN



From the George Bernard Shaw Cookbook by Mrs Alice Laden.

Even a beginner can cook these delicious recipes, which were made-up during WW2 during rationing.

The ingredients are easy to come by.



CABBAGE PIE (4 persons)

Ingredients

- 3 ounces butter
- 2 hard-boiled eggs
- 1 medium-sized white Cabbage
- 5 ounces grated Cheddar cheese
- 16 ounces short or flaky pastry (or sufficient to line 9" dish and to cover pie)
- Little milk and 1 egg yolk
- Salt and pepper



Method

Melt the butter in a large saucepan. Finely shred the cabbage and add to the butter. Cook gently for 5 minutes. Line a 9" pie dish with pastry. Place on this a layer of sliced hard-boiled egg, then a layer of cabbage, then a sprinkle of salt and pepper, and then a layer of cheese.

Repeat the layers once more. Cover pie with remaining pastry and brush with a little milk mixed with egg yolk. Cook in a moderately hot oven (350o or Mark 4) for about 25 minutes.



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TESTIMONIALS

Testimonial from Mrs. Mandy Cottrell Elstree

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



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

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A number of people phoned the publisher to praise the traders in the magazine. We have been asked us if we could bring the magazine into Edgware and Mill Hill. We listened and we will.

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

We welcome your comments to publisher@triedandtrusted.co or text us on 07939670055 and we will publish as many as we can.

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

EMAIL: publisher@triedandtrusted.co
WEBSITE: www.triedandtrusteduk.com

The Editor accepts no responsibility for error or omissions in this publication

Deadline for the next edition is 1st of August 2018.

Any material or alterations presented after this date will be rejected.

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