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ISSUE 28:  
AUTUMN 2018

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Elstree as it is today in 2018.

Image courtesy *Derek Allen*



Elstree as it was in 1900's

Image courtesy *Derek Allen*

The Tried and Trusted is delivered to more homes in Borehamwood, Elstree, Radlett and Shenley than any other private magazine and we have the evidence to prove it.

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## Elstree & Boreham Wood Museum



Red Lion, Shenley Road



Dufays Lab, Shenley Road



Thatched Barn

A trip down memory lane...these photos have been on display at the Elstree & Boreham Wood Museum.



1948, Marathon past the Crown



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MGM Film Studios, Elstree Way

Vist the musuem to see similar photos on display. Photos courtesy of the musuem and photographers Simon Gee and Derek Allen.



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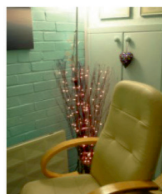


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# Black History and Community Festival

*20 & 21 October 2018 at Fairway Hall Borehamwood*

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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](mailto: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 Doomsday 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 tearshop 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*

I have been taken to task for referring to 'container' homes and getting involved in local politics. I am concerned with the quality of our democracy in Borehamwood and so must refer to what I see as abuses regardless of party. By the way, the official name is 'modular units'.

Since civilisation began rulers have used confusing language to hide their reality. I first became aware of this when the Nixon administration used the words 'collateral damage' to describe their continuing slaughter of innocent villagers in bombing raids in Vietnam.

Here is the reality.



Let us be clear. The English language belongs to the people who speak it. We the people have made the language by using it. For example, we decided to pronounce 'mutton' as 'mutn' or /'mʌt(ə)n/. And 'mutn' is correct.

Modern English has developed from a time when everyone was familiar with the King James Version of the Bible, dignified and resonant in public readings. Nursery rhymes are fine examples of clear English. Officialdom would take 'The King was in his counting house counting out his money, the Queen was in the parlour eating bread and honey' and render it with a pinch of awe, as 'His majesty was engaged in affairs of state while the Queen dined alone'.

In 2012 many families on benefit received a notice of an under occupancy penalty. What could that be? It's a penalty, so the claimant, let's say a woman, has done something wrong. She is under occupying. What remedy?

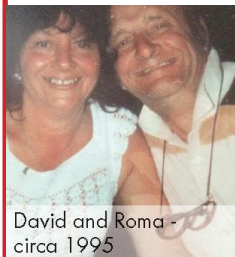
Should she buy a fish tank or put up more shelves? She asks at the furniture store, How do I fully occupy my place? Well, ma'am it's the Bedroom Tax. How many bedrooms do you have? My disabled husband and I are in one and our 14-year-old twin boys are in the other and we have a box room. There it is - you have one bedroom too many. Now if you had a teenage daughter she could go in the box room and you would not be under occupied. So, it's an 'under reproducing penalty' as well!

When people use language to confuse us, they disrespect us. We should expect every respect from those we elect. When Winston Churchill addressed our people at war did he describe it like Rupert Brook "Honour has come back, as a king, to earth, And paid his subjects with a royal wage; And Nobleness walks in our ways again; And we have come into our heritage"? No! He said, "I have nothing to offer but blood, toil, tears, and sweat".

Ask your friend what is a modular unit and you'll get a blank stare; or maybe hear I did a college course once and it was divided into modular units. We should call out any councillor or MP who uses language to obfuscate! By naming them 'container homes' do we demean those who live in them? No more than we demean the poorest of a third world country when we say they live in shantytowns. They cannot help it. If these homes are imposed, we should and will sympathise with those who have no choice but to live in them. And if so, can we hope that the council might fund a 'Get to know you' initiative to make sure these temporary residents of Borehamwood can show their humanity and feel welcome?

## **ROMA REMEMBRANCE**

On the 29th of July we remembered 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.



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# Mayor Victor Eni

Today, I was honoured to have the opportunity to sit and talk with the elected Mayor of Elstree & Borehamwood Victor Eni. A logistics Manager, working for Sainsburys. He is softly spoken and is both humble yet a purposeful character, he has lived in the town with his wife and three children since the mid 90's.

I asked him what drives and motivates a person to take on the role of Mayor and how he came to be elected in May of this year.

"I believe that all blessings in life comes with responsibilities and rules to follow, only then can we enjoy our days to the fullest. My Aim has always been to serve in anything that will enhance and move the Community forward." He said, "I saw the opportunity to help locally, if I got involved. I very much want to help and enjoy meeting selfless people, that want to make change happen."

Some eight years ago, he met members of the Conservative party and was asked to join. He became a Councillor as he realised it was a good way of seeing what local people's concerns were and a way of trying to help them. He has spent many years working with local people, helping and advising them.

Driven by his urge to serve, Victor became a school Governor in 2014 at Cowley Hill Primary School. Being a Governor fed his curiosity and showed him how schools operate, a challenging role that has allowed him to play his part in helping.

Along with Councillor duties, being a Treasurer for The Association of British Nigerian Councillors UK, Neighbourhood Watch Committee member and his time spent supporting the Borehamwood & Elstree Twin Town Association he has had many opportunities to find out what gives this area such a rich and active community spirit.

"I have found that so many people here are so generous with their time and want to make life here successful and enjoyable for everyone. Wherever I can, I have met with and spoken to, as many diverse groups as I can. Its always a joy to see and watch people making life so fulfilling. It was such a pleasure speaking with Victor. I feel very blessed and grateful that he is our Mayor. He is a man of great integrity, honesty and very selfless himself, in all the voluntary time that he gives and all that he does for our community, yet still being an inspirational, loving and giving husband and father.

Please feel free to contact the Mayor, he will try his best to advocate your case, in the best way he can.

Santa Maria



## “TESTIMONIALS”

Testimonial from Patricia Wells.

I think all publications should have a health warning when they put in adverts that may not provide an acceptable service. Thanks for the Tried and Trusted

Testimonial from Cynthia Stephens.

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

Testimonial from Marion Savage, Radlett Company: E E C. My first time of using the 'Tried & Trusted' magazine, and finally, at last, after years of searching, I have found a competent, all round house maintenance Company! This came in the form of a gentleman, namely Robin. My initial enquiry was managed efficiently, helpfully and with courtesy. As was the job itself right from to start to finish. I would also like to add that this Company has a very fair and competitive pricing policy. I shall look no further, judged by my personal experience. Extremely good all round. My thanks to EEC for their services, and not to forget 'Tried & Trusted'.



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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.

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.5towatchademonstrationofthebreastexamination](https://www.facebook.com/Nonnierose.5towatchademonstrationofthebreastexamination).

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 Nennie*

## “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](mailto:daphnehiltonuk@outlook.com)

If you have used any of the advertisers in this magazine send your comments to [publisher@triedandtrusted.co.uk](mailto:publisher@triedandtrusted.co.uk) or phone us with your comments to 020 8953 7132



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of this  
magazine  
& beyond!**



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specialising in modern and  
traditional haircut styles and  
techniques.

## OPENING HOURS

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Tuesday - Wednesday: 8.30am - 6pm

Thursday - Friday: 8.30am - 7pm

Saturday 8am - 6pm

Sunday 9am - 5pm



## 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)

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## CHILDREN (AGE 8 - 14)

Dry cut	£9.00
Scissor Cut	£10.00

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

Traditional Wet Shaving  
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# 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
DRYCUT	£11.00
SCISSOR CUT	£12.50
HAIRCUT/WASH/BLOWDRY	£14.50
BEARD TRIM	£4.50
SHAVE	£9.00

### SENIORS

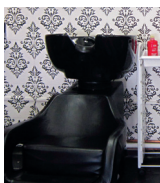
HAIRCUT	£9.00
SCISSOR CUT	£10.50
BEARD TRIM	£4.50
SHAVE	£8.50

### 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**



# Elegance Dry Cleaners

112 Shenley Road,  
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**15% off** everything  
for the 1st six weeks  
on presentation  
of this ad.

Dry  
cleaners  
of  
distinction.

Fast  
turnaround  
on all  
dry  
cleaning.

We offer  
high  
quality and  
bespoke  
finishing.

open 7 days a week

**Monday  
to Saturday  
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

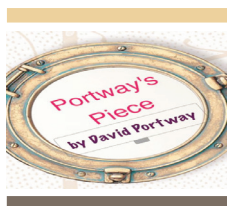
Our Wedding Dress Cleaning Service starts from £70.

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





On the 7th of May our photographer and petrol head Derek Allen and myself, went by bus to Brent Cross to test-drive the all-electrical Tesla 3 car. Estimated to be About 600 HP priced

at £71,000. The salesman Alex took us out the M1 and the power of this fully electrical car was amazing. He touched the accelerator and within 3 seconds we advanced to 70 MPH. It was so silent you could hear a pin drop if the air conditioning was not on. I was to sit behind the wheel after we reached the Service station on the M1. I was cautious and careful for this car was huge and wider than most cars on the British roads.

Once on the motorway, I was able to put it through its paces and I found it was easy to reach 86 MPH in 3 seconds before quickly slowing down within 2 seconds to 30 mph. This was superior to any petrol or diesel car I have ever driven since I passed my test in 1966. No handbrake. You just push the footbrake down and that acts as the handbrake. I found it slowed down in 2 seconds from 60mph by just removing my foot from the accelerator to stop at the traffic lights. Within a few hundred yards I had to turn right towards Hendon. Instant acceleration not equaled by any petrol or diesel vehicle. You can shock other road users by how fast it can move.

When my boat comes home I would be happy to purchase an all-electrical car. Not quite as large. They are introducing a smaller model estimated cost £35.000. I am saving up now.

Useful facts. Up to 400 miles on one full charge. On a supercharger, 20 minutes will give you up to 200 miles. A camera at the back of the car guides you into reverse. Open the boot or the bonnet no engine or mechanical parts are visible. All you see is the cover for all mechanical parts. No exhaust to be seen and it does not require engine oil. 8,000 encased AAA batteries they claim will last up to 20 years. The only checks you need to make are your tyre pressures and make sure you have enough charge in your batteries to reach the next power point.



## OUR FOUR CORNERSTONES OF INTEGRITY

All businesses promoted in the Tried and Trusted Magazine and on the website must be honest, reliable and provide a professional service with value for money. They will have met at least one member of the Tried and Trusted board before their advert can be accepted. They must also agree our terms and conditions. Our policy is to protect the public from unscrupulous traders. Most publishers will accept anybody to advertise in their publications. We require either a recommendation from a current advertiser or a recommendation from a reader and then that business must provide three checkable references, proof of their liability insurance and membership of any trade authority.



Our standards are purposely set very high. Trying to find traders who can provide what we insist on is getting harder and harder each year. It is like trying to find a needle in a haystack. We have suffered in the past from malicious allegations in respect of our reputation. We know that we have the support of the public behind us. If we find any business that becomes complacent and we get more than two serious complaints, that are upheld after investigation, we will have no hesitation but to remove them instantly. We would rather make no profit than promote any unprofessional trader. Always check our trusted traders register on [www.triedandtrusteduk.com](http://www.triedandtrusteduk.com) to ascertain that they still have our support.

# Sewing and Stitching with *Bunmi Okon*

Sewing Classes for Beginners, Intermediate and Advanced Learners



- ♥ Kids from age 6, teens, adults and Seniors are welcome
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Learning | Development | Design | Creativity

## “TESTIMONIALS”

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

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,

And have had a more than few leads and hoping this will increase. Have moved into the locality last year. WD6, hence advertising with the Tried and Trusted.



We deliver this magazine & other leaflets in the local area & we require a few more reliable people to help us with our distribution.

If you have the time, energy & a car or live close to an area we want covered, phone Laura today on 07790324492



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

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

**Trevor Delaney:** Hi, Pat Love your editing skills with some great articles and bless you for giving your profit to charity. PS used 5 of your people in the brochure and satisfied.



## *Tina's hair and products*



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## **Bill's Wheels** is back in Tried and Trusted **MOBILE TYRE FITTER**

The publisher has used Bill on numerous occasions  
He found him to be not only the cheapest, but also the best.  
Most tyres fitted at your home or office day and night

**07946 177041**



## “TESTIMONIALS”

Testimonial from Marion Savage.

Radlett Company: HELP4PC's

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

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

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

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

Hello, my name is Keith Bass.

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

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

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

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

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

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

## POETRY CORNER

# The World



It's everywhere  
far and near  
the great throng;  
people call,  
some will fall  
People whirl  
people swirl.  
Everyone in their own bubble-  
the strangeness outside surrounds.

Because it's everywhere  
far and near-  
people ready and able  
and for wishful new connections.  
Parlance and possible destinations.  
All over the world - meetings,  
people in a circle - to their destinies.  
The world is more.  
Foreign air in a bubble..

*by Gloria Francis Times*

## 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)

## KEEP DEATH OFF THE ROADS



I will always remember my driving test

It was the day my instructor was laid to rest  
My examiner was like any normal guy  
Born to live and not to die  
He quizzed me first on the Highway Code  
I said never give way to a hedgehog or toad  
The eye test was easy,  
though he wouldn't admit it  
I was sure I read the car's number plate  
before I hit it

Though he was quick to spot my deliberate mistake

As the car stopped smoking once he released  
my hand brake

Driving over a junction he made a sign of the cross

He said had it been running on time you'd have hit that bus

His reaction to my hill start was very abrupt  
You found it easy going down,  
but I want you going up

He said past the zebra crossing turn to the right  
I said what zebra crossing, t  
here's not an animal in sight

As I stopped at the traffic lights he bellowed  
green means go

I told him I was colour blind so how the hell would I know

I was sure my 3-point turn went like a treat  
Till he scornfully pointed out it was a one-way street

Reversing round the corner almost shattered my nerve

But three streets later I got close in to the kerb  
Back at the centre he went over the test

He was obviously biased because he wasn't impressed

He said in a lifetime of driving he was never exposed

To a greater threat of being killed on the road  
He said he'd never been pious but he'd found God at last

I said it's all very interesting but have I passed?

## 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****SECOND  
LIFE**

**Live the same life again  
with important changes.**

It would be nice to if we could live our life over again since we can correct the mistakes we made, the wrong turning and the awful decisions that we made. We often say with the afterthought "I wish I never did that".

I seemed to have a feeling of déjà vu when I walked out of my parent's house in Elstree on my way to work. I had a vision of a woman crossing the road by the Public House, The Artichoke and a car speeding down the hill and a woman being thrown in the air by the force of the impact and landing on her head instantly killing her in a pool of blood. I forced myself to walk faster until I reached The Artichoke pub and before the car was visible I pulled this woman off the road. She screamed at me to let go of her arm hitting me with her handbag. The sound of the car and the speed paused her action against me as the car swerved to avoid an oncoming car and crashed into the front of a private house before bursting into flames. Knowing the woman was safe I hurried away. Later in my relived life I was to marry her. Another vision occurred as I was about to board a bus for Boreham Wood from Elstree outside the Fishery Pub. I visualised this bus overturning as it went into Allum Lane. I decided not to take this bus even though I would be late for work, as the next bus would not come for another 15 minutes. The next bus was on time and as we proceeded up toward the traffic lights the volume of vehicles was much larger than usual on this summer afternoon.

Cars coming towards us told of a bus crash on the road to Radlett. My vision was proven correct. Later I was to find out that 20 people on that bus had been injured and 4 had died.

I had an interview for a job in the Village Boreham Wood. I remembered that I had taken the job but it was poorly paid and the boss was later to face a criminal charge of

buying shares in his own company with money from his own company. Many of the employees faced redundancy and no payment of wages. In 1952 it was not compulsory for employers to pay redundancy or wages. I decided not to take the job and accepted a job in nearby Edgware at the local main post office.

I learned the job well as a postal and telegraph officer and my expertise and ability was noticed by the Midland Bank and found myself working there and reaching the dizzy heights of Branch Manager.

I had taken the position with the Insurance Company before the reliving of my life and going into the Royal Mail. I found myself implicated in a robbery that took place in this company It had resulted in my being convicted of the crime and spending 5 years in prison.

Out of prison and nobody would employ me. I adopted a life of crime and got mixed up with a notorious underworld gang dealing in drugs and firearms. Eventually I got caught and spent a further 10 years in jail. I never did learn my lesson that crime does not pay and was offered a lucrative employment as a hired assassin. I was contracted to eliminate senior members of the legal profession I killed 3 of them before I was involved in a hostage situation where I had ordered the employees of a bank to lay on the floor. I turned my back for a second and one of the hostage's struck me from behind and in court I was convicted of killing 7 people although it was only 3 the police and prosecution wanted a culprit for 7 and got it. Life in prison was the outcome.

In my relived life I was to marry the lady I saved from being knocked over by a speeding car. We had 2 wonderful boys who were to become an asset to society one as a doctor the other a lawyer.

*Copyright to Davron*

## “TESTIMONIALS”

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

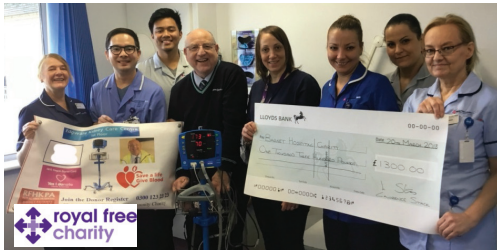
**Philip Smith:** Until I used the mag I used cowboys who ripped me off. Using 4 advertisers in your mag I was never ripped off.

## 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 Hertsmer Academy of Dance and the Performing Arts for their entertainments and Sasha Kapocci 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

### HERTSMERE MENCAP ADULT ACTIVITY PROGRAM:

For adults with learning disabilities.

AUGUST/SEPTEMBER 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, Mo-  
bile: 07938 722619

email: [Sian@hertsmereencap.org.uk](mailto:Sian@hertsmereencap.org.uk)

## MONDAY

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

**Zumba:** 7.45pm. Michele Kleinman 07973 383591. Aberford Community Hall in Aberford Road, Borehamwood, WD6 1PG St Teresa's Parish Hall. All Welcome.

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

Contact Vicky 020 8905 1158.

email [enquiries@maxwellpcc.org](mailto:enquiries@maxwellpcc.org).

**The Monday Club:** 10.15am - 12.30pm

Organ Hall Community Centre, 39 Bairstow Close, Borehamwood, WD6 4TB. Alternate Mondays. Aug 13, 27, Sept 10, 24, Oct 8, 22, Nov 5, 19.

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

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

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

## TUESDAY

**Afternoon and evening ballet:** Hertsmer

**WHAT'S ON**

If you wish to advertise events in our next issue, email [editor@triedandtrusted.co](mailto:editor@triedandtrusted.co)

Deadline for all content is 1<sup>st</sup> November 2018. For further details and updates go to [www.triedandtrusteduk.com](http://www.triedandtrusteduk.com) and click on the what's on page.

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

**Elstree and Borehamwood Dementia Club:**

Every 2nd and 4th Tuesday of the month. Fairway Hall WD6 5BT, 2pm - 4pm.

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

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

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

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

**Tuesdays:** 9.30am - 12 noon. Drop In Centre 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

**WEDNESDAY**

**Weight Watchers:** 12 noon - 1.45pm.

Contact Angie 07795 187936. Fairway Hall, WD6 5BT.

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

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

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

**Borehamwood & Elstree Twin Town Association:**

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

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

**DR96 Over 60s Club:** At 96 Shenley Road. 10am - 12pm every Wed. New members welcome. Contact Clive Butchins 8953 1827 or Sandra Parnell 8953 0832 or Pat Strack 8386 3151

**THURSDAY**

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

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

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

**FRIDAY**

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

**Borehamwood Islamic Society:** 1pm - 2pm. Fairway Hall, WD6 5BT.

Contact 07909 523717.

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

**FREE Parent Toddler Group :** 1pm - 2.30pm.

Cowley Hill Primary School Nursery, Winstre Road, Borehamwood, WD6 5DP.

Tel:020 8953 2218.

**Funky Friends Youth Club** for 7 - 11yrs

Every Friday 7.30pm at Maxwell Community Centre. Admission Free. Contact Michelle Jonas, jonasmichelle@aol.com.

**SUNDAY**

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

**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.

**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**

**AUGUST**

**Thurs 16th** Aberford Park  
Race day  
**Wed 22nd August** 10am

Type: Classes, Courses & Workshops.  
Join Guinness World Record Breaker Captain Calamity & Friends Windsor Hall in Borehamwood

**Sun 26th** Acoustics Night at Cat & Fiddle, Bank Holiday weekend. 7.30pm, live band.

**Tues 28th** 2.30pm. Free French session for adults at the café area of 96 Shenley Road, Borehamwood, Hertfordshire, WD6 1EB.

**SEPTEMBER**

**Sat 1st** 2pm - 3pm. Pets at Home - Summer Small Furries & Wildlife workshop. Fun, furry and FREE activity. Visit your local Pets at Home store for a fantastic My Pet Pals summer workshop. Kids will receive a jam-packed activity booklet, cool stickers and a double-sided poster.  
3C, Borehamwood Shopping Centre, Borehamwood, WD6 4PR

**Mon 3rd** 11am Charity Groups Tesco Extra in Borehamwood

**Tues 4th** 8pm. EBRA, St Teresa's Parish Hall. WD6 1TG.

**Thurs 6th** 9am - 6pm. Hertfordshire Pro Connect: Presenting & Pitching Masterclass by Creative England.  
Elstree Film Studios, Shenley Road, WD6 1JG.  
Learn how to Pitch an idea, yourself or your business successfully to a commissioner, an employer or an investor. Free Event

**Tue 11th** 1pm - 2.30pm Crochet & Chatter, All Saints Church. All Welcome.

**Sat 15th** 11am - 5pm. Official Grange Hill 40th Anniversary Charity Fan Event by Linda Magistris (Linda Slater) - aka Susi McMahon  
Cost: £75. First special Official GH40 Celebration Event for the 40th Anniversary of Grange Hill. Book your Early Bird VIP Tickets now & receive a Free GH40 Surprise Gift!!  
Elstree Film Studios, Shenley Road, WD6 1JG

**Sat 22nd** Aycliffe Sports Field

**Tues 25th** 2.30pm. Free French session for adults at the café area of 96 Shenley Road, Borehamwood, Hertfordshire, WD6 1EB.

**Sat 29th** 10am and

**Sun 30th** 17.30pm Elstree - Con 2.0 (Charity Film & TV Con).

Supporting the National Autistic Society.

Prices from £4.90 - £11.37

**Sun 30th** Acoustics Night at the Fisheries from 8pm.. Everybody Welcome: singers, instrument players, monologue tellers, poets or just be a spectator. Elstree Film Studios, Shenley Road, WD6 1JG

**OCTOBER**

**Sat 20th** 10am and

**Sun 21st** 18:00 pm Diversity Festival 2018 - Black History Month & Community Festival Elstree & Borehamwood.

Celebrating our common past and particularly to embrace our diversity in races, creed and religion. Fairway Hall Brook Rd, WD6 5BT .

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

**Tues 30th** 2.30pm. Free French session for adults at the café area of 96 Shenley Road, Borehamwood, Hertfordshire, WD6 1EB.

**NOVEMBER**

**Sat 3rd** 10.30am - 12.30pm Discover Fungi (Mushrooms at Local Nature Reserve).  
Woodcock Hill Local Nature Reserve, Carrington Ave, WD6 2HA.

Join Simon Braidman for a walk at this local nature reserve in Borehamwood, searching for the fungi found here. Suitable for all. Free to attend. Any donations are greatly appreciated. Suggested donation of £3 per person for members and £5 for non-members. Suitable for Families, Adults, Beginners.

**Sun 4th** 6pm - 7pm. Fireworks Night. Meadow Park. (Display starts at 6.30pm). Free entry

**Sun 4th** 12 noon - 17:00pm Za'atar, The Kosher Food Festival Community event packed full of Live Demos, Food/Wine & Whisky Tasting, Food Making, Competitions and much more. Over 150 exhibitors. Free parking. Village Hotel. Centennial Park, 419 - 420 Centennial Ave, WD6 3SB .

**Sun 11th** 7.30pm Borehamwood Brass Royal British Legion / E&B Town Council Centenary

**Tue 13th**, 8pm. EBRA, St Teresa's Parish Hall. WD6 1TG.

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

**Sun 18th** 10.30am - 3.30pm.  
NSPCC Craft & Gift Fair.  
Allum Hall, Elstree, WD6 3PJ.

# CUISINE COLUMN

## AALOO PAKORAS (POTATO FRITTERS)

### INGREDIENTS

1 cup gram flour  
2 medium potatoes  
Salt to taste  
Red chilli powder 1/2 teaspoon (optional)  
Garam masala 1/2 teaspoon  
Carom seeds 1/2 teaspoon  
Water  
Oil for frying

### METHOD

Wash and peel the potatoes.  
Cut them into thin round slices.  
In a bowl take gram flour and add salt, red chilli powder, garam masala and carom seeds. Mix it well.  
Now add water to it while continuously stirring it so that there are no lumps, keep adding water till you get a consistency of cake batter (it should be a little runny).  
Now add the potatoes to batter and coat them nicely.  
Heat the oil for frying.  
Once the oil is hot, bring the heat to medium and one by one add the coated potatoes to hot oil.  
Let them fry for a few minutes till they are golden.  
Take them out of oil and drain the excessive oil on kitchen towel.  
They are ready to served hot with mint and coriander chutney.  
You can also sprinkle some chat masala on them.

*Manvi Gupta*



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

Email [publisher@triedandtrusted.co](mailto:publisher@triedandtrusted.co) or phone 07939 67 00 55



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## TESTIMONIALS

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

**Henry Waters:** What can I say, David, Thanks for the guys that advertise with you they do what they say?

**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.

For a service you require not promoted in this magazine or on our website text 07939670055 for our suggestions.



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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](mailto: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](mailto:publisher@triedandtrusted.co)

**WEBSITE:** [www.triedandtrusteduk.com](http://www.triedandtrusteduk.com)

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

**Deadline for the next edition is 1st of November 2018.**

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

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

Unlike other media we do require three checkable references or a recommendation from an existing advertiser and a follow up by our secret shoppers to ascertain that they will be suitable for Tried and Trusted.

Within the last the year we have refused to promote 5 potential advertisers, as they did not meet our high expectations. They were a curtain/blind supplier, two estate agents an ethical food shop and a builder.

### The rates are:

**Register 3 lines: Annual fee £100.00 or £30.00 an issue**

**1/8<sup>th</sup> page £50.00**

**1/4 page £80.00**

**1/2 page £140.00**

**Full page £250.00**

**Internet only £52.00 Annual Fee (if not advertising in the magazine)**

All advertisers will be entered onto the web site free of charge and allowed to advertise on our Facebook group page Tried and Trusted community magazine.



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