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COMMUNITY MAGAZINE FOR BOREHAMWOOD AND ADJACENT AREAS.
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FOUNDED IN SEPTEMBER 2009



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96 Shenley Road, Borehamwood

We reach up to 25,000 homes
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radius of Borehamwood

ISSUE 29:
WINTER 2018

WE EXPECT THOSE IN THIS PUBLICATION AND ON OUR WEBSITE TO BE HONEST, RELIABLE AND PROFESSIONAL GIVING VALUE FOR MONEY. WE RESERVE WITHOUT PRIOR NOTICE THE RIGHT TO REMOVE ANY BUSINESS INFRINGING THESE PRINCIPLES.



Shenley High Street snowed up 1948, 70 years ago.

Photos taken by *Derek Allen*

IT'S A SIGN OF THE TIMES

The Borehamwood Times was once delivered free to every home in Elstree and Borehamwood but is so no longer. It will not now be delivered to newsagents and will exist only online. It has been incorporated into the Barnet Borough Times, copies of which will be available free in Tesco and Morrisons.

The Tried and Trusted is the only quarterly publication that is delivered to selected homes as well as businesses in Aldenham, Borehamwood, Elstree, Shenley, London Colney and along the Edgware Mill Hill Border. In the course of a year up to 25,000 letterboxes receive this publication some once a year but most get it twice a year. We turn down more businesses than we promote as we have very high standards that many businesses are unable to commit to i.e. principles of Honesty, Reliability, Professionalism and giving you value for your money.

We too have lost many customers to the Internet but we are grateful to retain the support of our loyal advertisers and readers and so continue to benefit our community.

SUPPORT THE TRIED AND TRUSTED

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, Radlet and Shenley.**

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

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Phillip Lee of **Help4pcs** was born in
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help4pcs was the first business to be
 promoted in the pilot edition of
 Tried and Trusted in 2009

MESSAGE FROM OUR PUBLISHER

A lady asked me why is the magazine called Tried and Trusted. I explained that all advertisers in the magazine must accept our terms and conditions of honesty, reliability, professionalism and giving value for money. She went on to say your community magazine would get more advertisers if you called it

The Borehamwood Advertiser.

I explained it is not about filling the magazine with lots of advertisers. We are selective on using traders with a good reputation. The policy of the magazine is to protect vulnerable people from being exploited by rogue traders. Our testimonials are proof of this.

We like to make a profit for local charities; but not at the expense of promoting unprincipled traders. Other publications let any business advertise without checking their suitability. We always check their criteria and will continue to do so.

If we get a complaint that a trader has ignored our principles, we will investigate and if we find that our principles have been compromised we will remove them from the publication and website. Check our website regularly to ascertain that traders are still recommended by ourselves. www.triedandtrusteduk.com.

We no longer promote ourselves on Facebook as we do not trust their policy in relation to free speech and their refusal to remove groups that advocate violence and the predominance of hate crimes against individuals, and fake news.

David, Founder and Publisher of Tried and Trusted

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**Deadline for the next edition of Tried and Trusted
 Magazine is 1st of February 2019.**

The opinions expressed by any writer in this magazine may not be endorsed by the Editor or Publisher. The policy of this magazine is to support free speech. We will however edit out any abuse against any religion, race, political affiliations, ethnicity or sexual orientation.



Elstree & Borehamwood Museum

On Tuesday 23rd October we started a brand new Exhibition which will tell the story of the campaign thirty years ago to save Elstree Studios from closure.

By the mid 90's the then derelict site was up for sale as a shopping centre and housing, and yet today the future of the studios is more secure than ever. It is home to some of the most popular shows on television including Strictly Come Dancing and Big Brother. And recent film credits include The King's Speech and Rogue One: A Star Wars Story among many others.

It was a remarkable victory for the campaign and its Chairman Paul Welsh, and shows what determination can achieve even against superior odds. The new exhibition tells the story of that 8 year uphill struggle and its eventual successful outcome. Don't miss it.



New Exhibition

Elstree and Borehamwood Museum Presents:

SOS

(Save Our Studios)

In 1988 a dedicated team of volunteers began a campaign to save Elstree Studios from closure

After an 8 year struggle their determination was rewarded and the Studios saved

An amazing victory and Elstree is now a premier location for TV and Film production



This Exhibition celebrates that inspiring story
It's fun and interactive for all ages

See the exhibition at 96 Shenley Road (2nd Floor) from October 23rd to April 20th 2019
Admission Free | Opening Hours: Tues - Thurs 12-6pm | Sat 10am-3pm

Tel: 01442 454888 for further details

Website: www.elstree-museum.org.uk Registered Charity No 1157770



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THIS IS THE INN WHERE WE HOLD OUR DONATION PARTIES AND NETWORKING MEETINGS

DONATION PARTY Borehamwood Museum, Herts Air Ambulance Hertsmere Community Transport, Hertsmere Mencap and Visually Impaired Club.

The above listed charities will share the Tried and Trusted donation pot on the 16th January 2019 at 7pm, venue the Cat and Fiddle Inn.

If anyone would like to attend please email publisher@triedandtrusted.co or phone 079 396 70055. Refreshments will be supplied.

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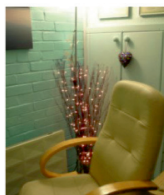


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Elstree & Borehamwood Museum



Red Lion, Shenley Road



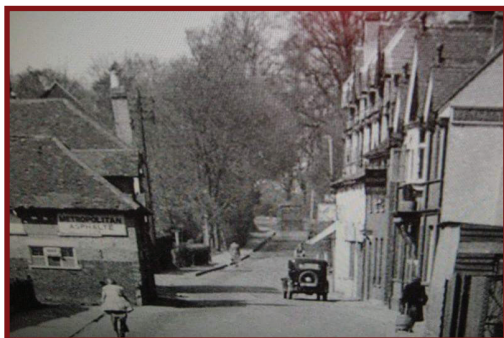
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Thatched Barn



1948, Marathon past the Crown



Theobald Steet



MGM Film Studios, Elstree Way

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

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



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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the
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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?

PUBLISHER'S PIECE

We have published over 100 businesses in the Tried and Trusted in 9 years.

46 retail outlets and 8 home-based businesses have ceased trading, 13 businesses have been refused further advertising in the Tried and Trusted as they seriously breached our terms and conditions. Our website is up to date with those we still support www.triedandtrusteduk.com

If you have any doubts about any business promoted in the magazine or on our website please email publisher@triedandtrusted.co or phone 020 8953 7132

It is our intention to only promote those businesses we trust to provide and Honest, reliable service with professionalism and value for money.

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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 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'.

A CELEBRATION OF PETER HEWITT'S LIFE

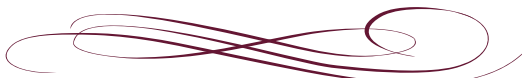


Peter Hewitt gardening.

Peter Hewitt (1937 – 2018) was born to William and Agnes Hewitt on 20th November 1937 in Lille in France. His father Bill Hewitt played professional football in France for Lille's SC Fives, under manager Bill Berry. Because of his physical disabilities, Peter's childhood was spent in Great Ormond St Hospital for Sick Children as well as in Schools for disabled children in Margate and Shaftesbury. Such an unsettled childhood may well have broken the spirit of most of his peers but not the young Peter who went on remarkably to overcome any adversity with his customary fortitude and courage.

Peter settled in Southwark in London and worked for many years for The Times Newspaper as a proof-reader, a job he loved and a job that he was ideally suited for with his meticulous eye for detail and ability to work well under the pressure of imminent deadlines. We must celebrate that Peter enjoyed such a rewarding working life at The Times Newspaper for many years and he was a well-respected, popular and dependable member of staff which speaks volumes as to Peter's strength of character.

Eventually Peter settled in the Edgware area after his working career in the print industry was behind him, he applied for a job as a gardener at the Finchley home of Lady Laing whose family had made their fortune in the construction industry. And how wonderful that he should be



interviewed by Mrs Geannet (Jan) Paul who was working as the private nurse for Lady Laing at the time. Peter persuaded her that he was the one for the job and his enthusiasm and energy for gardening was very evident and the first meeting between Jan and Peter was to herald the start of a wonderful friendship that has lasted for over 40 years.

Peter was to become a much loved and important part of not only Jan's life but her family's lives too. Peter was present at all the Paul family Christmases, birthdays and social occasions over the years. Peter was to share so many special times with them enjoying attending horse race meetings and of course some wonderful holidays to Bournemouth, his favourite resort, and to Spain and Italy.

As well as being a long-time member of the Borehamwood Choir, Peter took part in the annual Borehamwood's Got Talent. For many years his comic poems appeared in this magazine. He was our resident poet. He found time to volunteer and offer his time to improve the lives of others. That was Peter. He loved organising and creating quizzes for all the resident stroke patients at Finchley Memorial Hospital and for the residents of Maydwell Lodge where he was chair of the club for many years. He offered his time and energy helping to keep the grounds of Barnet Hospital neat and tidy to the eye.

Over recent years and with failing health he has been cared for by Adrianna and as with Jan and her family, Peter was a much loved member of Adrianna's family too. It is therefore comforting for us all to know that Peter was much loved by so many. Peter was a remarkable and inspiring man who touched all of our hearts. He was a man for whom we can be truly proud.

(By kind permission of Richard Morgan, from his eulogy celebrating Peter's life.)





STRESS and Coping with it

The Oxford living dictionary defines stress as: A state of mental or emotional strain or tension resulting from adverse or demanding circumstances.

Each generation has its own challenges but I think the 21st century has got to be up there with being a stressful time for humankind despite all our modcoms!

Each surgery I run, I find that more than half the patients will either mention "stress" or I'll diagnose stress as a likely contributor to their problems be they mental and physical.

So It is obvious that the intense pressure of modern life seems to take so much from us.

We therefore have to find ways to manage stress in order to ameliorate the negative symptoms e.g anxiety, depression, headaches, insomnia, digestive symptoms and irritability which could result in a poor attitude at work, home and with our relationships thereby worsening the problem.

The old adage "prevention is better than cure" comes to mind, so my suggestion would be to recognise what causes you as an individual stress and avoid these triggers.

Developing resilience by setting yourself mental and physical challenges e.g a difficult puzzle or a run. This helps your ability to cope with the inevitable upsets and adverse situations.

Laughter is infectious and is a good medicine

(with no side effects), so a positive attitude and relaxed frame of mind will help.

Let it out - it really feels good to talk and get things off your chest, that's why counselling is helpful. The GP can provide short counselling sessions and also refer for counselling services.

While waiting for an appointment try and talk to a trusted friend or family member.

Faith: Studies have also shown people of faith cope better with situations.

For more Stress busting tips look online

<https://www.nhs.uk/conditions/stress-anxiety-depression/reduce-stress/>

Till next time

Dr Nonnie

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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.

Tried and Trusted with complete satisfaction
Dear Editor

I don't use Facebook recommendations anymore. I used a painter and decorator called Bill. He was recommended as being cheap and good. He spent three days on the job having said it would only take one. He spent more time on the phone or away from my property. He doubled the price he quoted. I only paid him what he quoted.

I am writing this to your readers so that they will be on their guard towards some recommended tradesmen on face book.

This was a year ago; since then I have used 2 workmen I found in the Tried and Trusted with complete satisfaction.

I will continue to use the Tried and trusted people in future.

Yours sincerely Mrs. Maggie Willows, London Colney

Daphne Hilton, Borehamwood.
daphnehiltonuk@outlook.com

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of this
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& beyond!**



TRIED & TRUSTED**Donates all its profits to local charities WINTER 2018**

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The family run business with over
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GENTS

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

CHILDREN (UNDER 8 YEARS)

Dry cut	£7.50
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Donates all its profits to local charities **WINTER 2018**

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STUDIO

STUDIO UNISEX HAIR SALON & BARBERS

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SOME OF OUR MENS SERVICES INCLUDE:

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SCISSOR CUT	£12.50
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HAIRCUT	£9.00
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CLIPPER CUT	£8.00
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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

Cllr Sandra Parnell



*Cllr. Sandra Parnell,
President of the Studio
Rotary Club of Elstree &
Borehamwood*

I had the immense pleasure this week to meet the newly appointed President of 'The Studio Rotary Club of Elstree & Borehamwood'

Mrs. Sandra Parnell. A Councillor and active community member for over 30 years.

I was very warmly welcomed into her home, made a lovely cup of coffee & in no time at all, we were chatting as if we had known each other forever.

Not really knowing what a Rotary Club was I asked her if she could tell me what it was that they do. She was happy to explain that The Rotary is a worldwide organization of local groups who get together to fundraise and help needy charities. Throughout the year they organize many fundraising events and activities.

It is one of The Rotary's main world issues to help eradicate Polio, a crippling infectious disease that commonly affects children under the age of 5. It attacks the nervous system and can lead to paralysis. The virus is spread person to person, typically through contaminated water. Although there is no known cure, there is a safe & effective vaccine available, one which The Rotary & other partners have used to immunize over 2.5 billion children worldwide.

To help raise these much-needed funds Fabric crocus buttonholes are offered to members of the public in return for a donation.

The Crocus was chosen as the purple color matches the dye painted on the fingers of children who have been immunized.

Each Crocus comes on an information card which tells the story of the eradication programmes and Rotary's pivotal role in it.

Mrs. Parnell is also planning on putting together and publishing 'The Purple Cookery Book' as a method of raising more funds.

She asks that if anyone has any family favorite recipes, 'just like mamma used to make' or any particularly yummy recipes they know, if they would like to please forward them to her and she will try and include them.

In July 2018, 'The Studio Rotary Club of Elstree & Borehamwood' was established and Mrs. Parnell became its President. Having had many years' experience as a Rotarian, she is very happy to continue within The Studio Rotary Club, providing an invaluable amount of experience & support to the club and to our community, a community she has been actively serving for nearly 30 years.

The Studio Rotary Club of Elstree & Borehamwood, meet every 2nd & 4th Tuesday evening in the month, at 7pm at The Elstree Studios Bar. They are currently 21 members strong. Meetings are open to all and anybody can attend, new members are always warmly welcomed.

Speaking to her I discovered that Mrs. Parnell has a seemingly endless amount of charities and community groups that are close to her heart and that she helps.

In addition to her being a local councillor, she has previously volunteered at the Local Foodbank, & cooked at 'The Gratitude, Free Lunches' held at St Teresa's church hall. These vegetarian lunches are prepared and cooked by volunteers every week. They are free and served to anyone who comes to the church hall on a Wednesday lunchtime.

Once a year in October she organizes a 'Mini Olympic Disability Games' at The Spiers in Barnet. A range of people of all ages and disabilities can take part. This year around 100 people participated.

Currently on a Wednesday between 10am and 12, she runs a drop-in club for the over 60's at 96 Shenley Rd. (The Local Library). Lots of entertainment is organized such as exercise classes, quizzes, bingo, Hoy (which is a particular game of cards), together with tea, coffee & cakes.

A bit further afield, Mrs. Parnell is founder & chairperson of a Jewish charity called 'British Friends of Orrshalom'. This charity helps raise money for children in Israel that have been mentally and/or physically abused by their parents and/or grandparents.

Where necessary, the children can be re-homed, given therapy and offered help and support to re build their lives. At present there are 34 homes for Shalom children. Often funds for this cause are raised by organizing concerts that play Klezmer music, which is a Jewish style of music.

Close to her heart is also, the 'Embrace a child' charity, where a suggested £25 monthly donation goes towards virtually adopting a child & helping them to have the basics in life and whatever else is possible.

The British Friends of Offshalom have also adopted a home in Mevverserit-Israel.

So what future plans does she have, as well as raising the profile of the Studio Rotary Club, and hopefully welcoming new members, she plans on raising lots of money for the many needy charities and organizations she supports.

To this end she is planning a fabulous Classical concert, at Allum Manor (known formerly as Allum Hall) on the 17th November 2018 to support 'The Autism Project', which involves helping Autistic people come back to

the real world, using keyboards to enable them to communicate better.

I left my meeting with Mrs. Parnell, feeling very humbled and grateful that we have such an amazingly giving and kind human being in our community, and that I'd made a lifelong friend.

Please feel free to contact Mrs Parnell for any info you may need.

Website is:

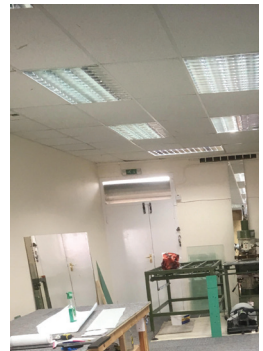
https://www.studio-elstreeandborehamwood-rotary.org.uk/_contact.html

or email: secretary@studio-elstreeandborehamwoodrotary.org.uk

Since 2015 our Founder David has donated over £10,000 of his own money to the donation pot.

This includes paying all expenses for the magazine in relation to the website and visiting new and existing clients etc.

Printing, distribution and staff wages are the only expenses taken from the income of the magazine.



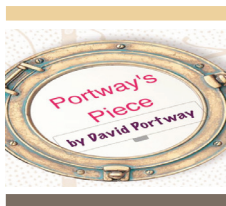
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On the 7th of May our photographer and petrol head Derek Allen and myself, went by bus to Brent Cross to test-drive the all-electrical Tesla 3 car. Estimated to be About 600 HP priced

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.



RETAIL SUFFERS FROM HIGH RENTS AND BUSINESS RATES.

Advertising seem to be a luxury that some businesses cannot afford because of high rents and rates. Twenty five retail outlets who advertised with us have ceased trading mostly due to the high cost of renting and business rates. Some businesses found that an increase of up to 40% rent was far too much.

The Internet for some businesses gives access to a larger captive audience.

Some of our advertisers did for a short period but not all as some fell by the wayside and ceased trading.

Most of the businesses we have lost from this magazine have been retail. Forty six retail businesses since the summer edition of 2013 to the winter 2018 edition.

This compared to only 8 business that are operating from their homes.

Twenty of the businesses that are in this edition have been with us since the summer of 2013 that is 5 and half years. We would like to thank them on behalf of the charities. We cannot forget the new businesses who have been with us recently, for a year or more. Together they have helped us reach the total of £34,000 plus that was donated to local charities.

A BIG THANK YOU from over 30 local charities and good causes that we have helped since 2013.

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

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“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 Lodon 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 many leads and hoping this will continue. I 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.

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Shades Hair Salon



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Herts, WD6 5HY*

020 8207 2907

“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



Being evacuated to Blackpool in the 1939-45 war

Our family lived in North London when in 1942 the doodlebugs started to drop on us, very scary. There was a brick air raid shelter in the street which we rushed to when the siren went off. Luckily our house never got bombed but a block of flats opposite my infant's school was demolished, but we still went to school the next day! Parents were asked about evacuation and mine agreed. Mine told me I was going on a holiday with my school friends so getting on a train was exciting as never done that before. We arrived at Blackpool and told we're at the sea! In a big hall we stood around waiting to be allotted then Shirley and I were taken by Mrs Siddall to her house. Shirley was nice and we became friends. I was about 8 yrs old but don't recall going to school. Mrs Siddall was a cold woman who did not like me (perhaps she heard me call her piddle). When we wrote home Mrs Siddall read our letters before they were sealed, so when Shirley and I went to the post box I wrote on the back of my envelope IF YOU DONT COME AND GET ME I WILL KILL MYSELF. So a few days later a lady arrived and took me to meet Mr & Mrs Stott, a couple with a daughter Dorothy married to Eddie a Polish officer in the RAF. They were a kind family with a large guest house so some of Eddie's Polish RAF friends used to come to stay on leave. It seemed a house full of fun and laughter. Dorothy used to let me help lay tables, peel vegetables and make beds also feed the chickens in back garden. They found me a school nearby which I loved immediately and made friends.

One day Mrs Stott said they had a surprise for me and shortly after Dad arrived with my young brother. My parents had asked if he could come as knew how happy I was. Downstairs the house had a large family room, kitchen, bathroom and 3 bedrooms.

There was also a dining room/lounge at front plus bedrooms upstairs. Billy and I went to school together running along the back alley behind the houses. On the way home we always stopped at shop to buy Sarsaparilla for 1p. We were spoilt by being taken to Pleasure Beach, a magical fairground open all year. Summertime was best on the beach and of course we had unlimited ice creams. There were harsh winters with storms when the promenade was barricaded off and shop windows boarded up. We went to the pictures and the Tower circus or theatre. One day I saw a poster asking for girls to audition for a pantomime so went along and did my Shirley Temple song and dance routine which I had done for Red Cross concerts at home but never got in. But later did see the pantomime at Christmas. Sometimes we went to the cinema on our own using a Polish coin which looked like a shilling. Little brother made himself a cart with pram wheels which he took to the station asking people if he could carry suitcases to the boarding house. I guess no taxi drivers never minded as he was only a small boy. This was an idyllic period of our lives plus we had so much freedom. There seemed to be no war in Blackpool with plenty of food, no air raid warnings, a different world. School was great and occasionally one of our parents came to visit as Dad worked on the railway.

One day a letter came to tell us we had a baby brother which was exciting. Then in May 1945 a loud siren rang out and we were told the war was over. The Polish men could go back home but Dorothy told me that her husband Eddie was going to stay here with the RAF. We went to say goodbye to school friends and teachers then Dad arrived to take us home. Mrs Stott and Dorothy cried a bit and so did I. Things soon went back to normal once we were home and at our old infant school both passed the 11 plus going on to grammar schools.

After the war Mr & Mrs Stott came for a visit. The following year Dorothy and Eddie also came. They stayed at a hotel and took us to a Polish restaurant. Mum corresponded with the family for a while so sometimes had news of them. Looking back I realised how lucky my brother and I were with such a great family and all the exciting experiences we had. It was a very special time in my childhood, oh yes and I came home with a broad Lancashire accent which my friends found hilarious.

By Jessie Shingle

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.



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

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

REGULAR EVENTS

HERTSMERE MENCAP ADULT ACTIVITY PROGRAM:

For adults with learning disabilities.

NOVEMBER/DECEMBER 2018/JANUARY 2019

Mondays: Arts & Crafts 10am - 11.30am.
 Aberford Hall, Aberford Road.

Tuesdays: Music & Movement 10.30am - 12pm
 Maxwell Park Community Hall, Maxwell Road.

Wednesdays: New Sports Sessions (look out for details in January.)

Thursdays: Drama 10am - 11.30am. Maxwell Park Community Hall, Maxwell Road.

Fridays: Dance aerobics 10.30am - 11.30am.
 Fairway Hall, Brook Close.

All activities are £4.

For enquiries please contact:

Sian Kenrick, Hertsmer Mencap Activities Coordinator 07938 722619

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.

We Move She Move Clubbercise: 6pm - 7pm.
 96 Shenley Road. All Welcome.

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

96 Shenley Road. All Welcome.

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

Contact Vicky 020 8905 1158.

email enquiries@maxwellpcc.org.

Men's and women's Keep Fit and Ballroom

Dancing: Afternoons. Allum Manor WD6 3PJ.

The Monday Club: 10.15am - 12.30pm

Organ Hall Community Centre,

39 Bairstow Close, Borehamwood, WD6 4TB.

Alternate Mondays. Nov 19, Dec 3, 17 and 31 2018, Jan 14, 28, Feb 11, 25, Mar 11 2019. All welcome.

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

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

Health Walk: 10.30am. Meet outside Halfords/Doctor's surgery (WD6 4PR). Walking shoes or boots. Free.

We Move She Move Yoga: 1pm - 2pm.
 96 Shenley Road. All Welcome.

Fixations Theatre Company: 3.45pm - 7.30pm.
 96 Shenley Road. All Welcome.

Victoria Jane School of Dance: 6pm - 9pm.
 96 Shenley Road. All Welcome.

IT Champion Steve Newton answers questions about iPads, Tablets and Smartphones:
 2pm - 4pm. Borehamwood library. 2nd floor.
 96 Shenley Road. 0300 123 4049.

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.

WEDNESDAY

Shorter Health Walk: 10.30am meet outside

Mirzan Restaurant 134 Aycliffe Road, Borehamwood, WD6 4DY. Walking shoes or boots. Free

Slimming World: 3.30pm – 6.30pm, 96 Shenley Road. All Welcome

Candice Conway Theatre School: 4.30pm – 6.30pm. 96 Shenley Road. All Welcome.

50+ Yoga: 7.30pm – 9.30pm. 96 Shenley Road. All Welcome.

Nearly Golden Oldies: Allum Hall. Admission: £5 per person.

The fantastic Nearly Golden Oldies Group:

Every other Wednesday afternoon.

Allum Manor, WD6 3PJ.

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 or Pat Strack 8386 3151

THURSDAY

Men's and women's Keep Fit and Ballroom

Dancing: Afternoons. Allum Manor WD6 3PJ.

Slimming World: 9.30am – 11.30am, 96 Shenley Road. All Welcome.

First Class Learning: 3.45pm – 6pm. 96 Shenley Road. All Welcome.

Boot Camp: 6.30pm – 7.30pm. 96 Shenley Road. All Welcome

Monique Fivaz's Salsa Class: 7.45pm – 8.45pm. 96 Shenley Road. All Welcome.

Afternoon Tea Dance – Ballroom, Latin & Popular

Sequence: 1.45pm - 4.15pm. Large floor, free raffle and free parking! Refreshments included.

Allum Hall. Admission: £5 per person.

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 to 6pm. Fairway Hall WD6 5BT. Contact 07774 447 932.

FRIDAY

We Move She Move Pilates: 10.5am - 11.45am. £5 per class. Please bring your own mat.

96 Shenley Road. All Welcome.

Guiding Light (Church Group): 7pm to 9pm.

96 Shenley Road. All Welcome.

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

Borehamwood Islamic Society:

1pm - 2pm. Fairway Hall WD6 5BT.

Contact 07909523717.

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

Hertsme Leisure: Midweek Matinée films are only £5 which includes Tea and Cake. At 96 Shenley Rd at book by phone on 01442 454000 or pop into the Box Office.

SATURDAY

Fun With Phonics: 1.30pm – 3.30pm. 96 Shenley Road. All Welcome.

Ambassadors for Christ Mission: 12.30pm – 4.30pm. 96 Shenley Road. All Welcome.

SUNDAY

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

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



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 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.

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.

NOVEBER

Sat 17th 7.45pm. Standup Comedy. 96 Shenley Road. Tickets £10. Alcoholic and soft drinks available at the bar. 01442 454 000. All Welcome.

Sat 17th 7pm - 9pm. Allum Hall, WD6 3PJ. Studios Rotary Club presents Elstree Mozart Players led by Lucy Cumming, conducted by Derek Holland, A Classical Extravaganza. £10 includes refreshments.

Contact: Pat Strack pat.strack@ntlworld.com

Sun 18th 10.30am - 3.30pm NSPCC Craft & Gift Fair. Allum Hall, Elstree, WD6 3PJ. With Borehamwood Brass. Entrance £2. Contact: Ann Goddard anngoddard999@hotmail.com

Tues 20th 10am for 10.30am. U3A St Teresa's Church Hall , "A Day in the Life of a TV Licensing Inspector" Talk by Mike Long

Sat 24th 10am - 1pm CHRISTMAS FAIR in the Church Hall, Stalls, refreshments, raffle. St Michael and All Angels, Brook Road. Free entry. Phone Pat Sperry 01923 673959

Sun 25th Christmas Lights Switch On. All Saints Church, 12pm - 5pm With Borehamwood Brass.

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

Sun 25th International Lunch St Teresas Hall.

Reserve place with Sue Parish Administrator 0208 953 1294.

Tues 27th 7pm - 8pm Elstree & Borehamwood Town Council Environment and Planning meeting. Fairway Hall.

Tues 27th 2.30pm Free French session for adults at the café area of 96 Shenley Road, Borehamwood, Hertfordshire, WD6 1EB.

Wed 28th 6.30pm Elstree & Borehamwood Town Council - Youth Council. Fairway Hall.

Wed 28th 7.30pm Elstree & Borehamwood Town Council - Full Council meeting. Fairway Hall.

DECEMBER

Sun 2nd A Clashmas Carol. "The Pro Wrestling Clash, family friendly, shows are a mixture of theatre and pantomime". Doors open 2.30pm. Tickets from £7.

Mon 3rd 7.30pm Planning for Growth Hertsme Local Plan, discussion and debate.

Civic Offices Borehamwood. Feedback online at www.hertsme.gov.uk/newlocalplan

Wed 5th 5.30pm Elstree & Borehamwood Town Council - Youth Council Working Group. Fairway Hall.

Thurs 6th 10.30am - 11.30am Going Down The Village "Christmas Traditions".

96 Shenley Road

Fri 7th 7pm Studios Rotary Club Quiz Evening St Teresa's Hall Fish & Chips, bring your own drinks. £10. Contact: Mark Meighan mmeighan2015@gmail.com or Pat Strack pat.strack@ntlworld.com

Sun 9th Senior Citizens Tea Party Haberdashers Aske's School for Girls, Aldenham Road Elstree WD6 3BT. 020 8266 2300.

info/habsgirls.org.uk. Bus pickup from St Michael's Church, Brook Road.

Mon 10th W.I. Christmas Party 1.15pm - 3.15pm at Fairway Hall, Brook Close, Borehamwood WD6 5BT.

Sat 15th Cinderella Live at 96. Adults £10, Children (13 and under) £7. Babies in arms go free. First show 11.30am and second show 2pm. Poor Cinderella lives a life of drudgery. Bullied by her stepmother Maudeline, and her jealous Ugly Sisters Vaseline and Germaline, her only friend is her pet mouse Buster.

Sun 16th 4pm Christmas Carols. St Michael's Church. Traditional Carol Service

Sun 16th Senior Citizens Christmas Party. St Teresa's Church Hall. Reserve a place with Sue, Parish Administrator 0208 953 1294

Tues 18th 10am for 10.30am U3A St Teresa's Church Hall. Christmas Social, "An Eventful Christmas Journey by Stagecoach" Talk by Hugh Granger.

Wed 19th 11am- 1pm. DR96 Xmas Party 96 Shenley Road, Food and Entertainment £5. Contact: Pat Strack pat.strack@ntlworld.com www.ticketsource.co.uk/ep

Sun 23rd 4pm Carols Round the Piano at the Vicarage, Phone 020 8953 2362. St Michael's Church.

JANUARY

Tue 8th Crochet & Chatter. All Saints Church. 1pm - 2.30pm. All Welcome.

Sat 12th 11am – 3pm A Year in Photographs. All Saints Church.

Tues 15th 10am for 10.30 U3A St Teresa's Church Hall. "Highgate and Kenwood" Talk by Colin Oates.

Tue 22nd 14.30pm - 4pm. Free French Language Sessions 96 Shenley Road, open to all adults.

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

CUISINE COLUMN

AALOO PAKORAS (POTATO FRITTERS)

INGREDIENTS

1 cup gram flour (chickpea 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.

FEBRUARY

Sat 9th 11am – 3pm Writers in the Wood. All Saints Church.

Tue 12th Crochet & Chatter, All Saints Church. 1pm- 2:30pm. All Welcome.

Mon 18th 11am The Captain Calamity Mega Party. 96 Shenley Road. Book tickets at 01442 454 000.

Sun 24th Acoustics Night at the Fisheries from 8pm. Everybody Welcome: singers, instrument players, monologue tellers, poets or just be a spectator.

Tue 26th 14.30pm - 4pm. Free French Language Sessions 96 Shenley Road, open to all adults.



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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



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A number of people phoned the publisher to praise the traders in the magazine.

We were asked us if we could bring the magazine into Edgware and Mill Hill.

We listened and we did.

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

We welcome your comments to
publisher@triedandtrusted.co or text us on 07939 670055
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 February 2019.

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

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