



The Bush Telegraph

The quarterly newsletter of The Bushwood Area Residents' Association

Also visit us at www.bara-leytonstone.org.uk
or see our Facebook page

EDITORIAL

IN A MOMENTARY lapse of reason we thought that it would make a change to have a thought (I can only do one at a time) from the woman who pulls all this together four times a year. I know that sounds like I do it all myself but the reality is very different. So my thought is that it's great to have such a fantastic bunch of people to make the BT happen every quarter. It's not just the Committee but also the Road Reps who deliver the copies and anyone who has been good enough to contribute an article or event information. Sincere thanks to all of you. And don't forget – if you want to contribute an article to any edition please email me at steve.ohara3@btinternet.com.

Amazingly, I have another thought (nosebleed time!). As you wander down Church Lane from time to time you cannot have failed to notice the **Stone Space Gallery** next to the Library. Here you can see an ever-changing display of art, not just by local artists (of which there are many) but also artists from across the world. It's absolutely free to visit and run entirely by volunteers. This is clearly good news. The worrying news is that, because the Library will be closed for 10 months from this September for refurbishment, the Stone Space and the Slate will be homeless with no plans for relo-

Visitors' Parking Permits

BARA can sell you single tickets rather than you having to buy a whole book from the library.

Contact Steve 07794 751537 or Liz 07969 407886 or email bushwoodra@hotmail.co.uk

1 hour 46p, 2 hour 80p, 5 hour £1.80

We are very happy to be able to offer this service to our members but please bear in mind that you should give us as much notice as possible of your requirement, as we can't guarantee that we will be able to provide tickets at very short notice.

cation having been made by LBWF. Members of the Stone Space team have been talking to LBWF officers but little progress has been made. Our local Councillors have always been very enthusiastic about the gallery so please write to them to ask for their help in sustaining this vibrant creative space in the heart of our area. Reach them on cllr.clyde.loakes@walthamforest.gov.uk and cllr.marie.pye@walthamforest.gov.uk STEVE O'HARA

ARE YOU READY FOR THE 2014 LEYTONSTONE ARTS TRAIL?

WE ARE ALL SET for this year's Arts Trail but... it was a close call this time. It is great to see a lot of our original organising group moving on to greater things. Some are becoming successful artists who started with the Arts Trail as their first exhibition! Look up Carne Griffiths, Martine Charalambou, Gillian Swan, Frances Bowman, Eleanor Bedlow, Sarah Carpenter and others. Not all of them can make a living out of their art but continue to create alongside holding down jobs and family life. Life has moved on for them – we have now had a few Arts Trail babies – including a set of twins!

The biggest problem for local artists now is studio space and affordable living accommodation. As a result we have seen a few of our organisers move away, which is very sad, and the consequence of higher living costs in this area. We will miss them and the unique contribution they made to Leytonstone. However, at the eleventh hour we did manage to bring together a few new people to bring the Arts Trail back for another year.

The formal Arts Trail this year will run from 4 – 13th July with several group shows promised, alongside those in the cafés and businesses of the area. Trail Guides will be available in mid-June from the Stone Space.

We will also run the ever-popular "Let's Fill Leytonstone With Art" project. For those of you that are new to the area; this is where we ask everyone to participate by putting their own creations in their windows and gardens. Children are particularly enthusiastic but we also had the very arty knitting of a 90-year-old the first year we did this (thanks to Helen Johnson for enabling your late Mum's work to be seen!). It is truly a generation-spanning event. So, whatever your creative interest, this is your chance to show it to the passing world and cheer up their walk to the tube!

People love to see the work springing up all over the area! We

have had photos, ceramics, paintings, embroidery, stained glass, whole installations – remember the man eating his breakfast on Leyspring Rd and the Olympic Rings on Bushwood? There are still some works up from last year in Leybourne Road, thanks to young Alex and family. In Barclay Road a recent lovely Easter picture appeared by the very creative children of Victoria.

We have never before had a competition but this year the BARA Committee have decided to offer a prize to the best display. The project runs from the beginning of July and all through the summer! We will be judging some time during the early part of the school holidays. So get in touch with your creative side and work out what you and your family will do for the project. Go on, it's fun!

◆For inspiration and ideas – go to www.letsfill.co.uk

◆For information about the Leytonstone Arts Trail – www.leytonstoneartstrail.org

◆Follow us on Twitter @lat_tweets

◆"Like" us on facebook: Leytonstone Arts Trail

(also join the facebook groups: Leytonstone Arts; and Bushwood Area Residents' Association) HILARY DOUSE

Membership update

WE'RE ENJOYING a record-breaking year for BARA membership. The total currently stands at 481, up by 16 on 2011-2012, which was our previous high point. As we still have five months of the membership year left we are hopeful that we may even cross the 500-member mark over the summer!

The Committee would like to thank members who have made donations to BARA over and above the normal subscription fee. Since the last BT a donation has been received from Dr & Mrs Khan – many thanks to them. LIZ HAYMAN

WHAT'S ON?

GETTING READY FOR LEYTONSTONE FESTIVAL

10th – 20th JULY 2014

Our great community event – Leytonstone Festival takes place Thursday 10th July – Sunday 20th July 2014 at venues in or around Leytonstone

GET READY TO ROCK IN LEYTONSTONE – as Festival 2014 approaches! Leytonstone Festival 2014 is a celebration of community, music, art, history and culture – right in the heart of east London. Now in its TWENTY-FIRST year, Festival 2014 promises to be bigger and better than ever with an amazing line-up of events featuring local talent as well as guest celebrity appearances. And it's all happening in London's hottest borough so get ready for the busiest Festival ever!

Music has always played a starring role in every Festival and this year promises some 'sell-out' events including 'Pete Skiv's Swingfellows' with their brilliant take on the jazz 'greats' at the Star of India, 'Big Chief' with a formidable R&B repertoire, 'Krix Panx' one man band 'live looping' show, contemporary clarinet recital with 'Luca Luciano' and the big finale with the annual 'What's Cookin' Picnic in the Park' with an eclectic mix of blues, jazz, rock and soul, food and plenty of dancing. And 'Jane Grell' makes a welcome return with her own inimitable fusion of jazz, poetry and storytelling

Food is big on the menu too this year and the Festival welcomes a brand new event 'British Beer and cheese tasting', 'Wine and Cheese tasting, The Art of Cheese Tasting' – and the popular return of the 'Sustainable Supper' at Carlton House with a range of delicious dishes.

Enjoy a range of historical walks and talks. St John's will host an open day with 'Blackhorse & Standard Morris Dancers' and a relaxing sunset 'Tower Tour'. Carlton House, Grade II listed Georgian building also opens its doors to visitors – check out the energy saving initiatives. Try testing those little grey cells at the 'Star of India Quiz Night': laugh the night away at the Comedy Night, with top acts from the 'UK Circuit': enjoy a staged play reading of 'St Joan' by George Bernard Shaw with the Leytonstone Play Reading Group: or step back in time with 'How We Used To Live', a cinematic ode to Post War London presented by Leytonstone Pop-Up Cinema.

And as Leytonstone Festival is a fun family event – there's plenty for the kids! Come along to the colourful 'Children's Carnival' with costume making, music and dancing – and lots more!

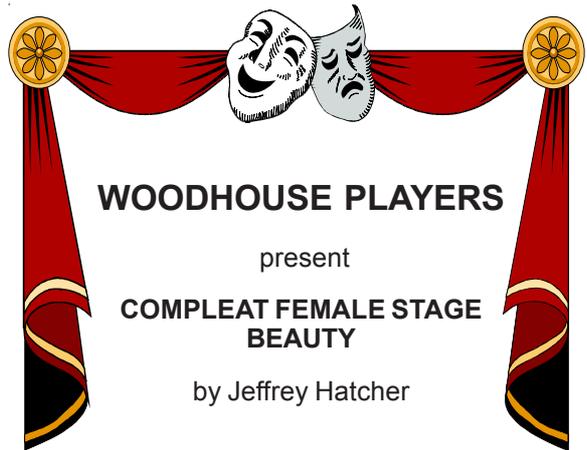
We've a lot to be proud of in Leytonstone and Festival 2014 is a fantastic showcase for our brilliant community – come and enjoy!

For more information on events, venues and times please visit the LEYTONSTONE FESTIVAL WEBSITE: www.leytonstonefestival.org.uk

Or call the LEYTONSTONE FESTIVAL PRESS OFFICE: 020 8989 5049

***Leytonstone Festival operates an 'open to all' policy and particularly welcomes disabled participants.**

Leytonstone Festival is organised by 'The Leytonstone Festival Association' (registered charity 1127801) and kindly sponsored by Waltham Forest Council.



WOODHOUSE PLAYERS

present

COMPLEAT FEMALE STAGE BEAUTY

by Jeffrey Hatcher

EDWARD KYNASTON is the Restoration's 'finest feminine' actor. However, he finds his career, and his position in society, taken away from him when Charles II decides he only wants 'real' women actors on the stage. *Compleat Female Stage Beauty* is a comic play about finding your feet in a changing world.

Written by the screenwriter of *Casanova* and *The Duchess*, but rarely seen onstage in the UK, the play was adapted as the film *Stage Beauty* with a cast including Rupert Everett, Hugh Bonneville and Clare Danes.

Warning: This is a rumbustious and bawdy comedy that reflects the spirit of the age it depicts, and contains adult themes and language. **Not suitable for children.**

Fri 18th July 2014, 8pm

Sat 19th July 2014, 2.30 and 8pm

Fri 25th July 2014

Sat 26th July 2014, 2.30 and 8pm

at the Welsh Church Hall

£8 (£5 concessions)

879 Leytonstone High Road

E11 1HR

BARA members receive a free hot drink and programme on sight of their membership card. JACKIE WITHNALL

GUYS AND DOLLS

THE COLLEGE AMATEUR OPERATIC SOCIETY (CAOS) will be presenting 'Guys & Dolls' at the Kenneth More Theatre, Ilford on 5th, 6th and 7th July, 2014 (including Matinée). Tickets can be booked direct from the Theatre on 020 8553 4466. All seats: £15.00, Under-16's/Senior Citizens: £14.00 at all performances. Evenings: 7.30 pm – Saturday Matinée: 3pm DOREEN HARDING

NEWS: BARA has now affiliated with the Leyton & Leytonstone Historical Society, and members may attend events without charge. (www.leytonhistorysociety.org.uk)

PHIL HERLIHY

BARA GROUPS

Bridge	Dwight Wood dw@itdoesthejob.com
Cycling	Karen McRitchie karen.mcr@gmail.com
Photography	Brian Hopson bushwooder@gmail.com
Yoga	Helen Georghiou helen.georghiou@me.com
Theatre	Hilda Hooper hildav@hotmail.co.uk
Book	Zoe Nelson zoecnelson@btinternet.com
Dining	Alex Maws amaws@yahoo.com
Pet	Jo Pilc jo.pilc@hotmail.co.uk

If you would like to join one of these groups please contact the organiser as shown above. If you would like to set up a new group, please contact **Brian Hopson** by email at: **bushwooder@gmail.com** or drop a note into 49 Bushwood.

THE BUSH TELEGRAPH AND BARA EMAILS

THE BUSH TELEGRAPH is published in March, June, September and December. Articles and adverts for inclusion should be sent to **bushwoodra@hotmail.co.uk** (or given to your Road Representative or a Committee member – see page 3) **by 10th of the previous month to meet print deadlines.**

In between editions of the Bush Telegraph we send out emails keeping you up to date with local news and events. If you would like to be added to our email list just email Brian Hopson at:

bushwooder@gmail.com

ARE YOU partially sighted and have trouble reading the Bush Telegraph? If so, perhaps you'd like us to send you a large print copy instead of the normal standard size. You just need to get in touch with a Committee member (see above) who will arrange it all for you.

The BARA Committee 2013/2014

Kate Duffy: Social	29 St Augustine's Court
Liz Hayman: Membership and Planning	54 Leyspring Road
Philip Herlihy: Chair	12 Bushwood
Janet Lee: Secretary	27 Beacontree Road
Robbyn Linden	1 Aylmer Road
Russell Lines-Jobling: Treasurer and Conservation Area Advisor	39 Browning Road
Steve O'Hara: Vice-Chair and BT Editor	76 Bushwood
Doug Sheedy	11 Barclay Road
Katy Smith: Social	37A Harvey Road
RoseMary Warrington: Green Issues Advisor	88 Mornington Road

BARA SUBSCRIPTION RATES

Single people: £2 per year

Households: £3 per year

ROAD REPRESENTATIVES

BARA has an individual responsible for each road falling within our area. That individual should be your first point of contact for issues affecting you. S/he will pass on your comments, concerns, subscriptions etc to the committee member most able to help. The list below shows who is responsible for your road. Can't find your Road Representative? Then take your query to your nearest Road Rep.

Aylmer Road	Robbyn Linden, 1 Aylmer Road
Barclay Road	Doug Sheedy, 11 Barclay Road
Barfield Road	Alex Maws, 1 Aylmer Road
Beacontree Road	Janet Lee, 27 Beacontree Road
Browning Road	Russell Lines-Jobling, 39 Browning Road
Bushview	RoseMary Warrington, 88 Mornington Road
Bushwood	Brian Hopson, 49 Bushwood
Carlton Road	Alex Maws, 1 Aylmer Road
Colt's Yard	Jan Osterley, 4 Colt's Yard
Dacre Road	Alex Maws, 1 Aylmer Road
Forest View	Liz Zitzow, 8 Forest View
Grove Road	RoseMary Warrington, 88 Mornington Road
Hartley Road	Andrew Shields, 9 Hartley Road
Harvey Road	Katy Smith, 37A Harvey Road
High Road	Doug Sheedy, 11 Barclay Road
John Drinkwater	Russell Lines-Jobling, 39 Browning Road
Leybourne Road	Julia Manning, 53 Leybourne Road
Leyspring Road	Liz Hayman, 54 Leyspring Road
Lister Road	Joyce Quarrie, 42 Lister Road
Michael Road	Sue House, 32 Michael Road
Mornington Road	RoseMary Warrington, 88 Mornington Road
St Augustine's Court	Kate Duffy, 29 St Augustine's Court
St John's Court	Kate Duffy, 29 St Augustine's Court
St Mary's Court	Kate Duffy, 29 St Augustine's Court
Stanmore Road	Desirée Clarke-Noble, 89 Bushwood
Woodville Road	Desirée Clarke-Noble, 89 Bushwood
Woodbridge House	RoseMary Warrington, 88 Mornington Road

Fancy getting your hands on a Stinking Bishop?

IN 2001 I WENT TO FRANCE and fell in love with cheese. The cheese that swept me off my feet was Saint Marcellin, a small disc which was firm and velvety the first time I had it, and strong and runny another time. Because I had never had proper cheese before, I had no idea that it was sold at different ages, and that the taste and texture would be different depending on its age.

I never looked back. When I arrived home, I started to read books about cheese and developed a reputation amongst my friends as a real cheese nerd. Since then I have taken every opportunity to taste and learn about cheese, and in 2011 a once-in-a-lifetime opportunity came along and I jumped at the chance. For the past 3 years I have been running The Cheeseboard, a cheese shop in Greenwich.

Every day I am surrounded by lovely cheeses, some runny and goeey, some hard and crystalline and some shot through with blue veins. I love them all!

As you probably expect, running a cheese shop has meant that I have 'had' to go to France and Italy to discover new cheeses (*Aww, you're killing me here* – Ed). But what you may not expect is that I have also been all over the UK discovering

new cheeses. Although France has a reputation for having countless different cheeses, the UK is catching up quickly! There is a veritable cheese revolution happening in this country, some of it right here in London.

Because the supermarkets undercut the price of milk, the value of milk has decreased which has seen many dairy farmers go out of business. However, some enterprising farmers have turned to cheese-making as a way of keeping the family business. This means they keep the milk rather than selling it on at a reduced rate. They then turn that milk into a much more profitable (and delicious) product: cheese.

At the other end of the spectrum are those who have real passion for cheese-making but have no desire to leave the big city. In the past 5 years enterprising, creative cheese-makers have been popping up all over London – Peckham, Brockley, Bermondsey and even Tottenham!

Although I would never suggest giving up Brie or Gouda or any of your other European favourites, I would implore you to keep an eye out for some of the incredible offerings we have locally and give British cheese a chance! **ROBBYN LINDEN**

JOIN UNMISSABLE TOWER TOURS FOR STUNNING LONDON VIEWS

NO, NOT THAT BIG CASTLEY THING next to Tower Bridge. Our very own **St John's Church** is again running its extremely popular Sunset Tour, 2 hours-worth of music, history, stair climbing and wonderful views of London. **There are only 60 places available** so don't miss out. Tours start at **7.30pm** and will take place on:

- Thursday 17 July** (part of Leytonstone Festival)
- Tuesday 22 July**
- Wednesday 30 July**

For more information and booking contact **RoseMary** on bookings@stjohnleytonstone.co.uk or **Phil** on **07931 546660**. More details soon.

And the new vicar of St John's Church (in Church Lane for our new readers) is the Rev. David Britton. The service to welcome him is on Wednesday 2nd July. The churchwardens will be sending a general invitation to residents to come along and meet him. **ROSEMARY WARRINGTON/PHIL HERLIHY**

BARA Chair Phil Herlihy finds an interesting "House History"

I RECENTLY COMMISSIONED a "House History" of our home on Bushwood. We're not short of history!

Leytonstone High Road was part of the main highway from Epping to London, serving wagons, carts and long distance coaches. Everything changed for rural Leytonstone in the 19th century, when the railway arrived, beginning the transformation of wealthy estates to the streets we know today.



The wider area was part of the estate lands of the Earls of Mornington, whose family seat had been the ill-fated Wanstead House (another story!). That estate was divided and sold in the later 19th century. Our area was the site of Leyspring House, built in the early 18th Century amid 33 acres, and bordered by Park Road (now Browning Road), Mornington Road, and to the East by the road known then as Avenue Road.

Leyspring House is shown on the OS map of 1874, with

the distinctive shape of Bushwood clearly visible. From this and other maps it seems likely that our own house (No. 12) is within yards of the original building. Leyspring House was the family home of the Charrington family (of brewery fame), and the 1843 Leyton 'tithe apportionment' describes "a residence, offices, garden, pleasure ground and four meadows, one with a cattle yard".

Leyspring House was destroyed by fire around 1870. The land was auctioned as "Leyspring Estate: a fine field for profitable development..." in 1878. Those original plans still exist in the Vestry House museum.

The houses built on Bushwood were occupied by 1895, when the road was given the name it has today, although 'Avenue Road' persists in documents up to 1922. The houses were named, rather than numbered (how posh is that?): Clyth Lodge, Oaklands, Adderley, Fernlea and The Sylvans, although these names had disappeared in directories by 1929.

The house at No. 12 'Dunvegan' was destroyed by HE bombs on 5 October 1940. Planning applications were submitted in 1949 and 1950, and the eccentric 'Mediterranean' construction we've come to love was finished in 1955. We will never leave it (voluntarily).

The house's history survives in the 'Convenants' in the deeds, which prohibit, among other things, "the erection of steam engines or fixed outdoor privies." (We plan to appeal.)

Based on a "House History" by Karen Averby
(www.archangelheritage.co.uk)

NEIGHBOURHOOD WATCH



AS MENTIONED in our March edition, we've been working with local Police on starting a Neighbourhood Watch Scheme. Once in place, regular information will be passed on to our NW Coordinator (Janet Lee) who will then circulate anything useful to BARA members. Another benefit is that certain insurance companies offer a reduction on your house cover if you are part of a NW scheme.

Look out for more details coming through your door with a NW sticker to put on your window. The BARA website will also include links to information about how to protect yourself, your home and car.

JANET LEE

GREEN IS THE COLOUR AND IT DOES THE JOB

ItDoesTheJob.com, Leytonstone-based specialists in energy-saving products for office and home, have just launched a new state-of-the-art e-commerce store with an enhanced range of lifestyle and DIY essentials that will help reduce your energy consumption and save you money in the long term.

Their aim is to demonstrate how natural and manageable it is for consumers to take the initiative and 're-think' their utility aesthetics. And to make life simpler for everyone – ItDoesTheJob.com aim to cut through the energy reduction 'jargon' and offer products that are uncomplicated, easy to understand and above all 'do the job' efficiently.

Special Summer 'tips'

Aylmer Road resident **Dee Wood**, who runs ItDoesTheJob.com, is delighted to share some special summer 'tips' that will save you money and also encourage a healthier lifestyle approach. Take water, for example. Now that summer is round the corner our water consumption will increase. On hot days the kids will want instant access to squash, you'll rinse more salad ingredients and prepare delicious summer vegetables. If you invest in bottled water each week – you might be reluctant to use this for your prepping and cooking needs. So why not think about a Filtration System that gives you immediate access to safe, clean,

healthy and tasty drinking water 24 hours a day, using the most advanced purification technology in the world. Clever, compact and versatile systems such as the '2000' will fit neatly under your kitchen sink and comes with its own discreet tap. It will filter out all water impurities and retain vital minerals and nutrients – so you can be confident that your drinking and cooking water is healthy and tasty! It's so advanced – it can even transform pond water into delicious drinking water.

And for those suffering with 'summer-related' allergies, medical reports show that adequate water consumption helps reduce the amount of histamine build up in the body – so hay fever, asthma and other aggravated illnesses can be alleviated with the help of a few glasses of cool, clean water. So why not make life easier and cheaper in the long run – delicious and healthy water – on tap – whenever you need it!

Solar film

Summer also means more sun (hopefully!) so why not think about covering your glass windows with solar film. It helps prevent rooms from overheating and also helps stop harmful UV – so very useful for lofts and conservatories. Not only will you benefit from a cooler room and less harmful rays – but it will also help stop your furniture fading. You can choose a shiny version or one that is completely invisible.

And finally, when it comes to summer exercise – why not do some volunteering in local parks with general gardening and helping to clear litter. It's much cheaper than joining a gym and it's community-minded. Or if you're a fair weather cyclist, now's the time to dig out that bike and enjoy the local scenery for free! (For cycling information check out: www.e11cycling.co.uk).

For products, inspiration, ideas and advice: visit www.ItDoesTheJob.com

Sign up to the newsletter for interesting information, tips and ideas: <http://mlgn.to/159>

DEE WOOD

Bushwood in Bloom

JUNE IS COMING and BARA is looking for the best of "**Bushwood in Bloom 2014**". So you can all join in and get with the action and add that bit of spice and colour to your front gardens, window boxes and anything else that is creative.

We will be looking and taking pictures as evidence in the **last week of June (23-28th)**. We will look to put pictures on the BARA Facebook site and where possible on our website. Remember Bushwood in Bloom needs you.

◆ **Best overall Bushwood Front Garden**

◆ **Best Window Box/Hanging Basket**

Head gardeners judging this year are Doug and Russ (our decision is final).

RUSSELL LINES-JOBLING

LEYTONSTONE TRAMS

THIS FILM WAS SHOT in Leytonstone in 1938 with a clockwork Keystone camera. It was regarded for years as the only known colour film of London Trams in motion taken at the time they were running. Since then more colour films may have come to light.

<https://www.youtube.com/watch?v=FaYGmohPByg&noredirect=1>

LIZ HAYMAN



2 BOYS, 2 WHEELS – AND 2,650 MILES

Dwight Wood, 56, and son Lewis, 11, who live in Aylmer Road, are preparing to cycle more than 2,500 miles around the coast of Britain covering more than 50 miles each day, and hope to ‘couch surf’ as often as possible to cut costs and gain local knowledge.

Dwight, who is Chair of the Friends of Wanstead Parklands preservation group, also wants to tell people about the park on the way – he feels it should be known as the Hampstead Heath of east London.

Dwight runs a sustainability company and told us: “The idea is that we see amazing things around the coast and meet nice people, and do it without using a load of carbon. We want to prove to people that there’s so much to see in this country and that to see it you don’t need to spend a fortune.”

Lewis, who rides to Forest School in Snaresbrook every day, has been cycling since he was four. “I’m look-

ing forward to seeing lots of new places and new people,” he said. “I see it as my biggest challenge before secondary school.”

They will set off from Exeter on July 5 and plan to cycle 2,650 miles clockwise around the coast before finishing in Bottesford, Lincolnshire on September 4.

Taking only one rest day per week, they have limited themselves to one bag between them with a maximum weight of nine kilograms.

In order to prove that epic holidays can be taken on a budget they are looking for anyone willing to let them ‘couch surf’ along the way, even offering a reciprocal night’s accommodation at their home for anyone kind enough to offer.

For a list of more information and a list of places where they are looking to find free accommodation visit www.2boys2wheels.blogspot.co.uk or call Dwight on 07973 131429.

LIZ HAYMAN

BARA CURRY AND QUIZ NIGHT

WE HELD this year’s Spring Curry and Quiz Night in the Music Room at O’Neill’s (first time as our venue and a good choice).

10 teams of varying ability and desire for lemons slugged it out in a knowledge fest which tested our increasingly addled brains (well, mine anyway) on specifics such as the most abundant element in the Universe (hydrogen, apparently and not chicken, disappointingly), streets of San Francisco (I’m sure there’s a TV show in there somewhere) and redundant tube stations on the Central Line (source of much controversy and shouting).

Well done to Jan for being her usual commanding and tolerant self and to the supporting logistics team for making it all happen. Congratulations to “Didier’s Diving School”, thoroughly undeserving winners despite their unparalleled beauty, and double congrats to “Loserific” on their clear blue water victory in the bag ‘o’ lemons contest. See you at the next one in the Autumn.

STEVE O’HARA

Imagine, if you will, that you’re marooned in deepest Essex with no prospect of getting home for the foreseeable future. Which earthly pleasures would you turn to for comfort during such testing times? Welcome to CANVEY ISLAND DISCS, the Bush Telegraph’s somewhat modified version of the popular BBC Radio show...

This time around we’ve asked Ramblin’ Steve, head chef of the kitchen at What’s Cookin’ (resident at the Ex-Servicemen’s Club on Harvey Road), to expose his soul...

Music

“**Back in the Night**”, Doctor Feelgood – because it’s Wilko and I’m stranded in Canvey Island!

“**Baby Baby**”, The Vibrators – it’s a love song and 50 times better than “Teenage Kicks”. It’s written by Knox from the Vibrators, and in a roundabout way Knox is responsible for What’s Cookin’.

“**Anything That’s Rock’n’Roll**”, Tom Petty & The Heartbreakers – because I love anything that’s rock’n’roll and it’s a great jukebox record.

“**The Man Don’t Give A F**k**”, Super Furry Animals – because it sadly sums up the state of the nation. The NHS and state education are being dismantled, every nationalised asset being flogged-off, zero-hours contracts, the poor being blamed for the mess created by capitalism, the disabled being victimised, food banks in a country been run by upper-class millionaires...yep, the man don’t give a f**k indeed. Oh, and the 12” has a bonkers techno remix.

“**What’s Cookin’**”, Los Chicos - this is featured on our last compilation album “*What’s Kickin’... Vol.5*”. Los Chicos are a mad as hatters Spanish rock’n’roll band who have played for us a few times. They wrote this in tribute to the night. “*The*

time we got there it felt like heaven. Hawaii and Texas under the same name. Don’t talk about a soundcheck. Just jump onto it. Every detail is ready for a night of boozeeeee, yeah.” About sums it up.

Literature

1 book? Way too hard. Perhaps something by Richard Price. ‘**Clockers**’ maybe.

Film

1 film? Again way too hard. Maybe, ‘**A Fistful Of Dynamite**’ aka ‘**Duck You Sucker**’ aka ‘**Once Upon A Revolution**’. It’s a Marxist Western by Sergio Leone. Why? Watch it. Then again, maybe ‘**Withnail & I**’.

Art

A work of art? Alison!

Plate of Food

A big plate of fried eggs swimming in olive oil and with loads of chunky bread...yum!

AS TOLD TO STEVE O’HARA

LOCAL TRADESMEN LIST

◆WE ARE HAPPY TO INCLUDE RECOMMENDATIONS FOR LOCAL TRADESMEN but we would urge members to also take care when using the list by following all the usual guidelines i.e asking for references, looking at previous examples of their work and, for larger jobs, getting at least three quotes.

Obviously by including a tradesman on our list we are not endorsing them. Just as one BARA member might have a good experience with a tradesman, another might not be so happy. In particular it is worth mentioning that many of the tradesmen listed are sole traders and the recommendation may have been received for a job that they performed themselves.

We heard recently of one BARA member who had used a tradesman from the list who sub-contracted the work out to another tradesman with very bad consequences. The original (recommended) tradesman has now been removed from our list.

So, don't forget to ask a sole trader if he will be carrying out the job himself or if he will be sub-contracting, as this may affect the quality of the work.

LIZ HAYMAN

WAR MEMORIALS IN WALTHAM FOREST

THE LEYTONSTONE War Memorial and Gardens in Leytonstone High Road, the War Memorial at the Town Hall in Forest Road, Walthamstow and the Chingford War Memorial at the junction of Kings Head Hill and The Ridgeway have all been given Grade II listed status by English Heritage.

English Heritage plans to list 500 memorials each year over the First World War centenary period of 1914 to 1918.

LIZ HAYMAN

"WHO'S THAT GUT LORD MARCHING?"

SUMMER is on the verge of arriving so to help get you over the finish line or into your bikini or swimming trunks, why not join up with PARK RUN UK @ Wanstead. Every Saturday at 9am at Wanstead Flats Playing Fields, Harrow Road, London, E11 3QD. Web page for more details: <http://www.parkrun.org.uk/wansteadflats/>

If running is your thing then you might be interested in the East London Runners: <http://www.eastlondonrunners.org.uk/> – a very friendly organisation right on our doorstep.

RUSSELL LINES-JOBLING

LOCAL SHOPPING/SERVICES DISCOUNTS

Don't forget to take your BARA MEMBERSHIP CARD with you

when you claim your discount

Adult Literacy Qualified adult literacy tutor 020 8530 3484	10% discount
Bansal Optometrists 775 High Road	10% discount on goods over £50
Baxter Physiotherapy Clinic 2 Bushwood 020 8989 2292 or 07778 403237	25% discount to end-June 2014; from 1 July the initial session will be £45, subsequent discount-rated sessions at £30.
Ben Amghar – Handmade in Marrakech 723 High Road	10% discount over £50, 15% over £100
Bikeworks By Homebase in Acacia Business Centre 020 8558 0400	10% discount
Billingford General builders including Corgi plumbers, certified electricians, sash windows 020 8503 0404	10% discount
Blount Stained Glass 0208671 6938 www.blountstainedglass.co.uk	10% discount
Bumblebee Florists 829-837 Leytonstone High Road	10% discount when you spend £10 or more
Cakes by Tina www.cakes-by-tina.webs.com email:tmallen31@live.co.uk 07982 253069	10% discount
Eco-Gas 020 7729 5840 www.ecogaslondon.co.uk	10% discount on boiler servicing
Elsa Gomez Professional photographer Specialises in portraits of maternity, newborn babies, children and families www.elsagomez.co.uk, 020 3091 1584 info@elsagomez.co.uk	50% discount on 2-hour session (minimum printing order applies)
Ersilia Arjocan MA, MFHT 07791 879256 www.holistic-treats.blogspot.com www.facebook.com/HolisticTreats	Free phone consultation and 10% discount on any 60min or longer Holistic Treats. RECOMMENDED

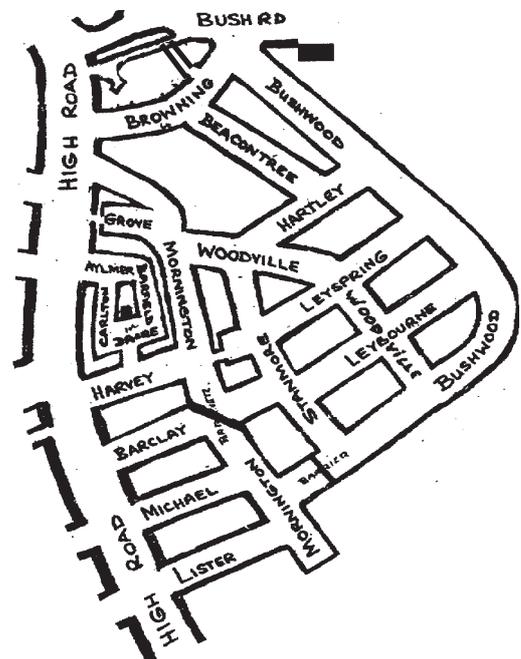
SEE DOZENS MORE DISCOUNTS ON PAGE EIGHT! >>

Re: Local Shopping/Services Discounts

OJ's Soul restaurant has changed its name and we are currently trying to find out whether it is under the same management and whether they will still be honouring the BARA discount.

LIZ HAYMAN

THE BUSHWOOD AREA



LOCAL SHOPPING/SERVICES DISCOUNTS

continued from page 7

Don't forget to take your BARA membership card with you when you claim your discount

Funky Dogs 200b Chingford Mount Road 020 8524 1585 Pick up and drop service for E11 each Tuesday	5%
Golden Curry 734 High Road Leytonstone 020 8539 8243	20% discount on dining in and 15% discount on takeaways
Horizon Patisserie High Road, opposite the Red Lion pub www.itdoesthejob.com Carlton House, Aylmer Road 020 8539 4707	10% discount on purchases over £15 10% discount on any product on website
Kennard Wells Solicitors 718 High Road, Leytonstone E11 3AJ 020 8539 8338	5% discount
K. Rayner Butchers opposite the tube station Lazfurniture Bespoke furniture 07849 881597 www.lazfurniture.co.uk	10% discount on purchases over £20 10% discount RECOMMENDED
Leytonstone Osteopathy Unit 6, Forest House, Gainsborough Road 020 8281 0031 www.Leytonstoneosteopathy.co.uk	15% discount (and concessionary rates for senior citizens/unemployed/ students) RECOMMENDED
Leytonstone Pop-Up Cinema www.leytonstonefilmclub.com	£1 discount
Marc Fletcher Photography Weddings a speciality 07951 048819, www.marcfletcher.com	10% discount
Mark Rahaman Dip PT, MRNT, IIHHT Fully qualified personal trainer and sports therapist: 07956 239690	Negotiable
Marc Robertson - Homeopath L.C.H.E... Homeopathy clinic based in Leytonstone 07903 274852 www.effectivehomeopathy.co.uk	10% discount
Meze Patisserie Church Lane	20% discount on bills over £10
Monarch Sports 815 High Road	10% on purchases over £100
Morris Dry Cleaners 16 Church Lane	10% discount on over £20
OJ's Soul African and Caribbean restaurant 885 High Road (the old Baburchi premises) 020 8989 3666	10% discount on food orders
Orient Physiotherapy 721 High Road Leytonstone 07776 157606	50% discount on initial consultation
Petch Sayam Thai Restaurant 682 High Road, Leytonstone 020 8556 6821	10% discount
San Marino Café 668 High Road 020 8532 8048	20% discount on bills over £10 (not applicable to alcohol)
Schema Studio Architect and interior design Tel: 020 7405 4000/07436 535 471 Email: info@schemastudio.co.uk www.schemastudio.co.uk	10% discount
Sock Aid www.sock-aid.com	10% discount
Star of India 875 High Road 020 8989 4028	15% on dining in (except buffet nights and other promotions), 10% on takeaways
Sunflower Café 777 High Road	10% discount
Thomas Painter & Decorator Contact through Lazfurniture 07849 881957	10% discount RECOMMENDED
Trading Places Ltd Estate Agents, Letting Agents and Property Management Specialists 020 8558 1147 or email: jennifer@tradingplacesproperty.com	10% off standard sales and letting fees for BARA members
Treasure Your Memories Transferring of video/ciné to DVD, music tapes to CD, films from video cameras to DVDs, editing, filming, etc. 020 8518 8479	10% discount on orders over £20 RECOMMENDED
Walnut Tree pub 857-861 High Road 020 8539 2526	10% discount on food orders (not applicable to promotions)
Woodhouse Players www.woodhouseplayers.co.uk	Free programme and drink
Zain Cards and Gifts Also balloons, stationery, etc 48 Church Lane	10% except special offers/sale items

FREE MEMBERS' ADVERTS: please send your
advert to any Committee member
see page three

AROMATHERAPY. Bath, shower and massage oils. High quality pre-blended aromatherapy oils. **www.littlebottleoflove.com. RECOMMENDED**

AVON. Patricia Roche: 020 8989 9728 (eve).

BABY CLOTHES. Hand knitted, excellent quality garments made to order. Julie: 07923 272540.

BABYSITTER. Zosia Poulter, recent university graduate. I'm fun and creative in my approach. Experienced, CRB checked, references available, £7 p/h. 07806 702155, email: zosiapoulter@gmail.com.

BARA TABLE. 6ft fold-down available for hire charge of £5 for members and £10 for other community organisations. Katy: 020 8556 5162.

BIO-ENERGY HEALING. Professionally-trained therapist/teacher. Gentle, yet powerful non-invasive therapy suitable for adults, children, elders and animals. Half-price taster treatment. Liz Maloy: 07855 549740 (can call back) or lizmaloy@hotmail.com

BUSHWOOD ACUPUNCTURE. Professional low-cost treatment to aid recovery in a wide variety of conditions. UK-trained member of British Acupuncture Council. Tony: 07943 627696 (10% discount for BARA members). **RECOMMENDED**

CARPET CLEANING. Two-bed property £60, three-bed £70. 020 8989 9728 or 07951 987806.

CAT CARRIER for hire. Donation to BARA. Helen: 020 8989 5845.

CHILDMINDER. Lynn Poulter of Harvey Road is a registered child-minder who has vacancies for drop off and collection at George Tomlinson and/or Davies Lane School, also babysitting at £7 per hour. Tel: 020 8558 0651 or email lynn.poulter@yahoo.co.uk.

COMPUTER ADVICE. David: email davidonem@aol.com, 07801 276443.

CRIBBAGE. If you are interested in playing Cribbage on an occasional, informal basis, or even learning to play from scratch, contact Jill: 020 8556 6350.

DECORATOR. Interior and exterior decorating, free estimates and advice. Michael: 07958 940558.

DOG WALKER. Responsible, reliable and local. 1-hour walk M-F £25 per week. Julie: 079435 54232.

GAZEBO (BARA) available for hire charge of £5 for members and £10 for other community organisations. Katy: 020 8556 5162.

GUITAR TUITION. Forget air guitar and learn the real thing from a specialist guitar teacher with a 100% pass rate. All ages welcome. Jack: 07940 402024 or visit **www.EM-Records.com**.

HAIRDRESSER. Toni & Guy-trained, available for home haircuts. Good rates. Giles 07903 312402 or giles_gooden@hotmail.com. **RECOMMENDED**

HOME IMPROVEMENT & MAINTENANCE. Chris Gunayon, tiling, painting & decorating, kitchen, bathroom & wardrobe installation, window cleaning & gardening. 07846 071936, drillbit@hotmail.co.uk.

LAKE DISTRICT HOLIDAY HOUSE. Stylish and comfortable house in Keswick, sleeps eight. 10% discount for BARA members. Jocelyn: 01768 780894 or see **www.borrowdalehouse.co.uk**.

LOCKSMITH. Richard Boynton: 020 8989 8532 or 07963 713506. **RECOMMENDED**

MAKE-UP ARTIST AND HAIR STYLIST. Professional with 20 years' experience in fashion industry. Look even more amazing on your wedding day! Dina: 07802 603702, email: catchdina@hotmail.com, website: **www.d-dmakeup.com**.

MASSAGE THERAPY. Alleviation of aches, pains, injuries and stress. I am a specialist therapist and lecturer in holistic, therapeutic, deep-tissue, sports injury, remedial and Indian head massage. Relief from existing problems or simply de-stressing and pampering. Helen 020 8989 3840.

PC SOLUTIONS. Having trouble with PC networking? Has your Wi-Fi gone pear-shaped? Want to share a broadband Internet connection? PC specialist with over 15 years' experience. Roger: 020 8530 5656 or email: roger@gann.com.

PLAYGROUP. Cheeky Monkeys Baby & Toddler Playgroup every Thurs in term time 10am-12noon, St. John's Church Hall, Leytonstone (nr.Matalan). £2 per family. Friendly & fun with educational toys, art & singing. Tea for adults and healthy snacks for kids. All are welcome.

PSYCHOTHERAPY. Hypnotherapy and cognitive behavioural therapy. Jeannie: 020 8989 3111.

SHIATSU. Traditional Japanese massage which can help a range of conditions from specific injuries to more general symptoms of poor health. A deeply relaxing experience, regular sessions help to prevent stress build-up. Free consultations. Yumiko: 07980 488569.

SPANISH HOLIDAY HOUSE. In Mojacar in Andalucia 45 mins from Almeria Airport. Overlooks the sea, sleeps 5, stylish, comfortable and well managed. 10% discount for BARA members. Liz/Blair: 07855 549740 (can call back) or see **www.holidayrentals.co.uk** (property #69491).

SPARE COPPERS? If you have any spare coppers or other change hanging around, why not donate them to TOLFA, the UK charity that supports an animal hospital in India. Jo: 020 8530 3569.

STAMPS. Used postage stamps wanted for animal charities and Guide Dogs for the Blind. Dawn, 46 Michael Road.

NEW ADVERT! TUTOR – ENGLISH AND ENGLISH LITERATURE. Qualified secondary school teacher offering tuition to years 7-13 (ages 11-19). Special BARA rates from £20ph. can work with all abilities, including those with EAL/SEN/G&T. Email: shereereilly24@gmail.com.

TUTOR – MATHS/SCIENCE. Qualified home tutor (PhD educated) covering primary and secondary maths and science, especially GCSEs/A Level exam preparation. Experience in working with SEN children. £30 per hour special local rate. Atul, 07866 945067, **www.atulanatututors.co.uk**.

TUTOR – PIANO. All levels of piano taught, also see our website for piano sheet music. **www.pianoheads.co.uk**, Liudmila: 07919 622293

VEGETABLE OIL. All used vegetable oil or fat collected quickly, free of charge. Any quantity welcome. Waste transfer notice provided. I recycle it into biofuel. Andy: 020 8988 1572 or armarsden@hotmail.com.

YOGA. Mindfulness yoga and pregnancy yoga classes at the Quaker Meeting House, Bush Road, Tuesdays from 6.15pm. Helen: 07956 807675 or email: Helen.Georghiou@mac.com, **www.helenyoga.co.uk**.

DISCLAIMER: LOCAL SHOPPING/SERVICES DISCOUNTS: These business details are provided as a free service to the community. Bushwood Area Residents' Association does not accept any legal responsibility for any loss or damage resulting from dealings with the businesses or tradespeople mentioned. It is up to readers to make their own assessment of the skills and trustworthiness of the business or person concerned, before entering into any contract with them. ♦if RECOMMENDED appears next to an advert or discount offer this means that a BARA member has recommended the service provided.

If you would like to join BARA then contact your nearest Committee member (see page three). Also see page three for subscription rates