

The quarterly newsletter of the Bushwood Area Residents' Association

BARAconnect@gmail.com

www.bara.london

 **BARA** bushwood area residents' association

UPCOMING EVENTS

BARA events on page 3
Full Listings on page 9

IN THIS ISSUE:

White-cheeked Turaco
Theatre of Wine

HOW THE WINTER WAS WON...

On a cold and damp January night, BARA members gathered to stick it to General Winter. The dreaded seasonal gloom was decisively beaten into submission by a cheerful legion of neighbours who got together to party.

More than 60 BARA members marched on the North Star for the "meet your neighbours" event on Monday 30 January. Over a free drink and delicious Thai curry, they had the chance to catch up with old neighbours and to meet new ones.



Although the January event proved to be a hit, it was just one of the many events organised by BARA for its members during the winter 2016/17. Among them a new and very successful children's party held on the (continued on page 2)

COMING SOON

BARA EASTER EGG HUNT Saturday 8 April

11am – 12noon, Henry Reynolds Gardens
(See page 3)

BARA QUIZ Saturday 22 April

The Ex-Servicemen's Club, Harvey Rd. Buffet food from 7pm.
The quiz will start at 7.45pm (See page 3)

BARAmemberbookings@gmail.com or call **Katy** on **07884 208 391**

BARA LITTER PICK Sunday 19 March, 11am – 1pm



Meet at the junction of
Leyspring Road and Bushwood.

Litter pickers and bags provided.
Please bring your own gloves.

(continued from page 1) last Saturday before Christmas Eve, upstairs at The Ex-Servicemen's Club.

More than 20 children, accompanied by at least one parent/guardian, gathered at the club. It was nice to see



so many Dads with their kids – probably a few Mums took advantage of this chance to enjoy the last weekend of shopping before Christmas.



While refreshments were available for the younger crowd, the adults had access to the bar at the club. Many thanks go to Sharon and the team for looking after us so well.

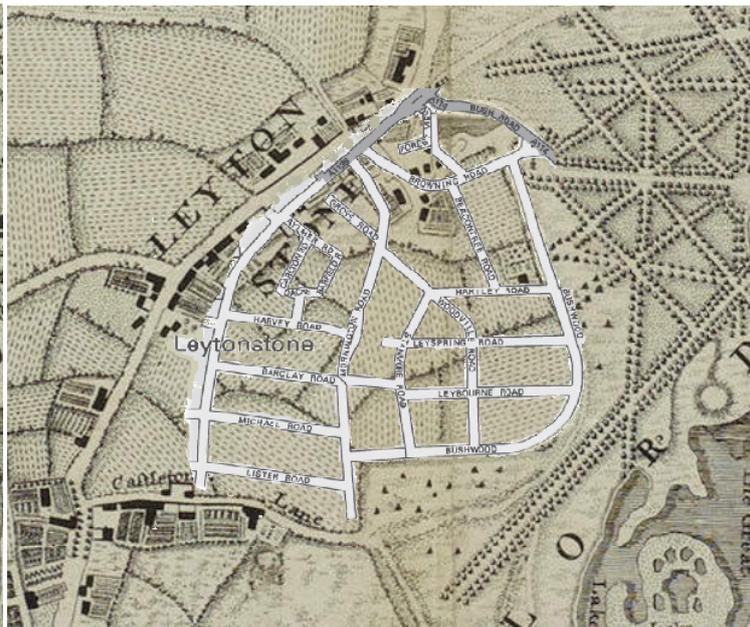
The main event included a very well received puppet making workshop led by the E17 Puppet Project.

Creativity was let loose as a fantastic variety of puppets were enthusiastically hand-crafted, ranging from monsters to superheroes.

BARA'S AREA THROUGH TIME...

A Georgian map reveals the extent to which the layout of the Bushwood area has remained largely unchanged throughout the centuries.

The two maps below, courtesy of London Metropolitan Archives, show a section of John Rocque's *Plan of London and its Environs* first produced in 1741. The map on the right shows the approximate overlap with the current street layout.



It is remarkable how Bushwood (the road) retained its characteristic bend. No doubt the border with the landscaped grounds of Wanstead House was well maintained. Interesting to note the formal layout of Bushwood (the actual woodland) with its straight avenues of trees. The woodland has been allowed to grow wild only recently. Pictures from late Victorian and early 20th century still show straight avenues of trees.

Also noticeable is one of the few built-up areas not along the High Road: Davies Lane, at the time called Castleton Lane.

A WORD FROM THE CHAIR

Hello 2017... BARA friends, I certainly hope the first couple of months have been kind to you all and if you have made resolutions, I certainly hope you are still on track or, even better, you have completed them - in which case it's congratulations from all at BARA. I must admit I am not one to actually commit to resolutions but when I have done, it really gets me focused on the goal.

So, now we are all fully focused, I hope you have all been doing your bit to spread the BARA community spirit to friends and neighbours in the locality. We always love bringing new members into the fold. We are now some months on from the launch of our new website as well as launching the one stop contact email:

BARAconnect@gmail.com

We hope that these are welcomed by you, the membership. Future excitement on the Social Media front will come with a launch of a twitter account. BARA really is keeping up with the times. (If anyone is interested in being involved in this project, please CONNECT with us at BARAconnect!)

Springtime is the season of renewal and rejuvenation, therefore it's no time like the present to welcome our newest members to the BARA Executive Committee: Andy Irvine (Leybourne Rd) and Kevin Verrant (Browning Rd). These chaps follow in the footsteps of the earlier additions of two femme fatales: Selina Levinson and Anna Davies, whom, I must confess, I had not previously acknowledged - consider myself chastised!

Our local high street looks like it will be having a few new additions and I have heard we may have a fishmonger's in our midst. Let's hope the talk is right. The people behind Eat 17 are setting up shop in the High Road by the end of the year, something else to look forward to.

Finally, feel free to connect with us and let us know any ideas you have for BARA. We welcome the interaction.

* Russ Lines-Jobling

BARA EASTER EGG HUNT

Another free event organised for the youngest BARA members will take place just before Easter.



Come and join in the BARA Easter Egg Hunt on **Saturday 8 April**.

The fun will begin at 11am until noon in Henry Reynolds Gardens where each child will need to register and will be given instructions on how to play *Hunt the Easter Eggs*. Participants who collect a complete set of eggs will be given a prize.

The upper age limit for this event is 11 years and please note that children should be accompanied by an adult.

To register your child please email your name and road name to **BARAmemberbookings@gmail.com** or call **Katy on 07884 208 391**. There is no charge for this event and it is open exclusively to BARA members.

BARA QUIZ AND INDIAN BUFFET

Please join us at The Ex-Servicemen's Club, Harvey Road on **Saturday 22 April** from 7pm. The quiz will start at 7.45pm sharp.

You won't want to miss the launch of our new style quiz night. There will be new quiz rounds introduced and also a creative team round so don't forget your artistic hats!

The fabulous Star of India will be providing an Indian Buffet including at least one veggie dish. There will be great prizes for those teams coming first and second place with the losers winning the coveted prize of the bag of lemons.

Teams of up to six are allowed and if you can't make up enough numbers for your own team we will join you with others - a great way to meet your fellow BARA members.

Be an early bird and book before 8 April to secure your table and pay only £8 per person. After 8 April, entrance will be £10 per person.

Book by email at **BARAmemberbookings@gmail.com**, quoting your name, road name and how many participants are in your team or alternatively call **Katy on 07884 208 391**.

Get in touch with BARA

BARAconnect@gmail.com

This is our way forward for all things BARA-related and this replaces all prior email addresses.

When we have events that require bookings we will still be using **BARAmemberbookings@gmail.com**

Please note that requests and updates distributed by Brian Hopson remains as:- **bushwooder@gmail.com**

ROAD REP RODEO

After many years of the finest road repping in Lister Road, Joyce Quarrie is moving - although not far, happily staying in the Bushwood Area.



Infused with the same community spirit, Helen Westerby is kindly stepping into her shoes. Helen moved to Lister Road five years ago from Bethnal Green. She says her family love living in this part of Leytonstone. With a professional background in technical fashion design, she has been taking a break as a full-time Mum and is keen to become more actively involved in the neighbourhood. We extend a warm welcome to Helen and huge thanks to Joyce.

Also there is a road rep change taking place for the three roads of Alymer, Carlton and Dacre. Jake Green is adding to his Barfield Road portfolio while Alex Maws takes a well earned sabbatical. Many thanks, all.

Find out who your road rep is from the full list on page 9.

NEIGHBOURHOOD POLICING

If you suspect someone in your area has committed a crime or you've seen something suspicious call 999 or 101



But try making it harder for burglars by improving your own home security by following some of these simple ideas:

- Lock your doors whether you are in or out
- Mark your personal property with an invisible security pen
- Record serial numbers of your possessions
- Register items with unique serial numbers at www.immobillise.com
- Take pictures of high value items like jewellery
- Install quality deadlocks to all doors & windows
- Install security lighting and alarms

Make sure your Neighbourhood Watch Sticker is clearly visible (see your Road Rep to get one if you haven't got one already!)

Your local Neighbourhood Policing Team (Sgt. Andrew Cover, PC Erdem, PCSO Hassan) can be reached on 020 8721 2874. In addition, they attend regular meetings with the neighbours as part of the local Safer Neighbourhoods Team. Meetings are open to everyone. Check BARA Facebook page for the date of next meeting. * Janet Lee

THE FAMOUS LEYTONSTONE WHITE-CHEEKED TURACO

We received an interesting report from our member John Buniak regarding a curious visitor which has been spotted in the area.

This bird from the forests of Ethiopia (an escaped pet, perhaps?) is living wild in Bushwood. An attempt at recapture in 2009 (see the RSPB: Community: Wildlife website) by offering fruit (its diet) was unsuccessful.



A quick search on Google indicates our Turaco is the only one living wild in the UK. It is unlikely to find a mate despite making its "cooing/gurgling, baby-like" mating call.

I saw the Turaco for the first (and so far only) time in my Leybourne Rd garden last week. The most magnificent bird I have seen wild in the UK. It flew off (frightened by me calling my wife to come and see?) revealing its half bright red and green wings onto my neighbours' roof.

I have a cherry plum tree whose fruit was completely stripped in late summer. Could it have been the Turaco? I am leaving fruit out, hoping it will return.

I identified this bird from the internet and contacted BARA with my scoop. BARA are however aware the Turaco has been spotted in our gardens for years. If you have not yet seen it, keep a look out and prepare to be amazed by the Famous Leytonstone Turaco.

* John Buniak

LOVE YOUR BOROUGH AWARDS

Nominations for the council's Love Your Borough awards 2017 close 20 March, so ensure you get your nomination in before then.

The annual awards give the council the opportunity to celebrate the work that residents, groups, businesses, charities and the Emergency Services do to improve the physical environment and quality of life for everyone in Waltham Forest.

Whether it's a local residents' association that has spruced up streets, a sports coach who gives over their free time to get children involved in sports, a young person who helps others or someone who helps make our borough safer - they want you to get in touch.

Search LBWF love your borough '17 for more information.

VISITOR PARKING PERMITS

Whole books of one or two hour permits can be purchased from the Library.

However, if you only need a small number of permits, BARA can sell you individual ones.

Please try to give as much notice as possible.

It may take up to a couple of days to get you the vouchers.

For more information call Russell on 07917 697423 or email BARAconnect@gmail.com

AUNTIE BARBARA AGONY AUNT

During a garden landscaping, a BARA member found a much loved Victorian piece hidden in a buried Anderson shelter. Auntie Barbara, was still knitting when the aforementioned member removed the rusted roof. The gentle, Victorian old lady has been enlightening the neighbourhood with her pearls of wisdom ever since. She is now taking on social media by responding to members' queries. You can send your question to her via any Telegraph station.

Dearest Auntie Barbara,

I have a problem with foxes. They cause lots of damage in my garden, make lots of noise at night and, the other day, one came way too close to the house and just yards from my two year old. What can I do to keep them away?

Zara, Woodville Rd.

Dear Zara,

I have noticed how foxes seem to have lost any fear of humans and are around even in daylight. You can pay a licensed pest controller to cull them, but it is expensive and does not guarantee another fox will not turn up soon after. Repellents have a very limited success. The best thing to do is to make sure you do not feed them. Put food waste in the bin and ensure the lid is shut. Make sure water is not collecting in your pot trays for them to drink. Keep your garden tidy to avoid ending up with a den in that overgrown patch next to the shed. Importantly, talk to your neighbours as they may have the same problem. If they are no longer able to work in their garden, why not offer to help tidy it up. I am sure more neighbours would be willing to help - many hands make light work.

GARDENING CORNER

*In this new regular corner for gardening advice we will provide you with handy tips or tasks. Remember that we will be having a **Front Garden Competition** again this year so let's get in the groove and brighten Bushwood.*

March: Time to emerge from the winter slumber as, by the middle of the month, Spring has sprung. More frequent sunny days provide the opportunity to start preparing seed beds, sowing seed, cutting back unruly winter shrubs and generally tidying up around the garden. Apart from weeding, which never goes away, here are some tasks to keep you busy in March:

- Protect new spring shoots from slugs
- Plant summer-flowering bulbs
- Lift and split overgrown clumps of perennials
- Top up pots or containers with fresh compost
- Mow the lawn on dry days
- Prune roses, both bush or climbing
- Plant onions or shallots as well as early potatoes

April: This is the sunshine and showers month. They don't call them April showers for nothing. Daffodils and flowering trees are starting to bloom, indoor-sown seeds are well into growth, and you can even begin sowing outdoors. Just watch out for frosts. Also...

- Sow new lawns or repair bare patches
- Tie in climbing and rambling roses
- Sow hardy annuals, herbs and wild flowers outdoors
- Feed citrus plants, hungry shrubs and roses
- Prune fig trees
- Don't neglect your houseplants, they need a water too.

May: Bulbs fade and herbaceous borders take centre stage. It's time to get back into weekly lawn mowing. A tip which is worth doing all year: water early and late in the day to make the most out of your water. Recycle water wherever you can. Other tips:

- Earth up potatoes and plant any not yet in the ground
- Check for nesting birds before clipping hedges
- Lift and divide overcrowded clumps of daffodils and other spring-flowering bulbs
- Watch out for the cheeky viburnum beetle and lily beetle grubs
- Sow and plant out summer borders

FREE COMPOST

Don't forget that from 17 March until 24 March there will be free compost available at the Church Lane car park. LBWF will keep the muck coming and will top up the supply so that local gardeners can help themselves.

BLUEBELLS ALERT



In mid-April, for around three weeks, don't miss the spectacular display of bluebells at the Chalet Wood in Wanstead Park, by the Temple.

(Photo by Ruth Silver)

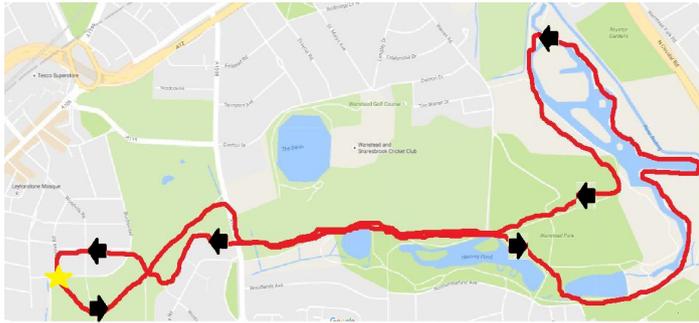
ADDITIONS TO LOCAL TRADESMEN LIST

The full Local Tradesmen List runs to seven pages so cannot be included here in full. If you need a copy email BARAconnect@gmail.com or contact a Road Representative or Committee Member.

Latest addition is heating engineer Daniel Simmonds, 07783 915 377. Comment from a BARA member "He's done great work for me and my neighbours."

BARAFIT IS BACK

Want to meet up with the neighbours and do some exercise? Join us for a local walk from 19 April and every Wednesday evening (weather permitting) at 6.15pm.



Following the success of last year, BARAFit is back for a second year of neighbourly walk-and-talk.

To recover from the long winter and the excesses of the Easter-break celebrations there is nothing better than a good walk.

From Wednesday 19 April, and every Wednesday until the winter, join a group of neighbours for a walk across the Flats and Wanstead Park. You don't have to walk the whole route. Just join the group for as much or little as you want. You might even use it as part of your regular dog walk.



We will depart together as a group, briskly taking in the scenic route through Wanstead Park. The full route is around 6 miles (8-9 Km) and takes around 75 minutes.

You don't need to book, just meet at the gate by the junction of Bushwood and Stanmore Road.

Check the BARA facebook page for updates in case the weather forces us to cancel a session.

DON'T BE CROSSED, HAVE A HOT BUN

Another tasty treat from the cookbook of our Deputy Chair and resident chef, Doug Sheedy. Feel free to send your delicious results to BARA HQ for evaluation...

Ingredients

500 grams strong flour
½ teaspoon of salt
3 teaspoons of mixed spice
50 grams caster sugar
50 grams butter
200 grams mixed dried fruit
1 sachet of easy-blend dried yeast
200 ml milk
2 eggs

For the topping

2 tablespoons of plain flour
1 tablespoon of golden syrup, for glazing



Method

Stir flour, salt, sugar and spice together. Rub butter into mixture, then add the dried fruit. Sprinkle the yeast sachet over the mixture.

Warm the milk and beat the egg in, then pour into the dried ingredients. Mix to a moist dough.

Leave for 5 minutes then cut into 8 equal pieces. Shape on a floured surface then loosely cling-film and leave in a warm area for between 45 minutes to an hour or until they half again in size.

Meanwhile, for the topping, mix the plain flour to a smooth paste with 2 tablespoons of cold water.

When the buns have risen, spoon the flour mixture into a piping bag and pipe a cross (or any shape you like) on each bun. Place them in the oven – 200 degrees Celsius for about 15 minutes or until risen and golden.

Glaze with honey or golden syrup immediately after removing from the oven. Enjoy.

WRITE A PIECE FOR THE BT

Don't forget that the BT is **YOUR** newsletter! If you want to publish a short piece of local interest for one of the next issues, please get in touch! BARAconnect@gmail.com or talk to a Committee Member (list on back page)

CANVEY ISLAND DISCS

Imagine you're trapped in deepest Essex with no foreseeable way of getting home. What earthly comforts would you need to help you survive?

Ever wondered why the café **Le Petit Corner** has a name that's half English and half French? Well, our latest castaways are **Toby and Rachel**, the dynamic duo behind the Anglo-French fusion café. Toby is from Kent while Rachel is French and lived in Cannes before making the move to London. They met through Rachel's husband and set up on the High Road six months ago.

As a mother of two girls, aged six and four, Rachel could really see the need for a café that catered for kids so Le Petit Corner is on two levels, with a downstairs play area for children and gorgeous food and coffee upstairs.

Six pieces of music - [Toby takes on the first three...] 'There's a cover version of **(I Can't Get No) Satisfaction** originally by Rolling Stones, by **Cat Power**. It's a mellow, chill-out track I first heard on late night radio. Took me ages to find it - this was back before Shazam existed - but I love relaxing to that after a hard day.

For a contrast, I'd go for the electric sounds of **Unfinished Sympathy** by **Massive Attack**. Reminds me of my teens, when I was discovering myself and music. My parents didn't listen to anything. They only had two vinyls - Simon and Garfunkel and Madness!

Rory Gallagher – A Million Miles Away. I discovered this Irish artist after watching an interview with Jimmy Hendrix who was asked 'what's it like being the best guitar player in the world?' He replied, 'you'd have to ask Rory Gallagher,' so I checked into it online and he's a really amazing performer.'

[As for Rachel....] 'I'd make sure I'd save **Amy Winehouse - Stronger Than Me** as it's a song I discovered after moving to London. Also the duet, **Boa Sorte**, which means Good Luck in Portuguese. It's by the Brazilian artist **Vanessa da Mata** and the American singer **Ben Harper**. Both songs hold great memories for me of discovering this new city which I now call home.'

'Our sixth choice is a joint one and a song we both love - **Hanging Tree** by **L.E.J.** They are a French band that do covers. We'd listen to it together in the car when we were first putting Le Petit Corner together. We'd drive all over the place to get stuff, from as far away as Winchester. Although the cushions are local, from Jo&Kesi in Browning Road!'

Work of Art - 'We'd take to Canvey whatever was on the walls of the café when we're shipwrecked. The art is provided by Laura Lea, near the tube station and it changes every month. The last selection was on Brutalism and for February it's a take on Valentines Day. We often have the artists into the café then pick the best pieces for display. It's a great way of introducing ourselves and our customers to new art.'

Work of Literature – Toby's pick is the **Paulo Coelho** novella **The Alchemist**. 'I moved to Spain when I was 17 years old and read it then. It really struck a chord with me as it's about finding your destiny. My favourite quote is '..the fear of suffering is worst than the suffering itself', which seemed really apt when we were setting up the café!'

Film – Rachel takes on the film challenge, opting for **Les Bronzés Font Du Ski** which is known in translation as **French Fried Vacation 2**. 'It's a classic 1979 French comedy set in the ski resort of Val d'Isere and shows the great connection between the French and English sense of humour.'

[Toby:] '**Music Video** would be **The Libertines – What Became Of The Likely Lads** as it reminds me of my old mates and how the old gang have all gone off in different directions since school: some still in Kent, one a currency trader, me in Leytonstone.'

[Rachel:] **Plate of Food** 'I'm originally from the French mountains. So I'd feast on my old home dish of **Raclette**, made with potatoes and charcuterie with delicious melted cheese.'



Le Petit Corner has recently taken on a new French chef and is now open Sundays, offering such dishes as a twist on the English breakfast with honey-glazed sausages and quails eggs. A new menu was recently introduced with more hot breakfast food like filled baguettes and toasties. Not only that, it's also on the BARA discounts list on page 11. What's not to like?

Toby and Rachel of Le Petit Corner, 734 High Road Leytonstone as told to DJ BARA.

BEST BEFORE, STILL GOOD AFTER

You may have noticed a new stall outside Matalan on the first Saturday of each month. It's a "pay what you feel" popup for food that is perfectly fit to eat but past its "best before date". (Not the same as "use by" or "eat by" dates, after which it's not recommended to consume). All of the produce sold is dry, tinned, in jars or other sealed packaging.

It's all part of Waltham Forest Food Rescue initiative, intended to reduce food going to landfill from both households and the supply chain. That way neither the food itself, nor the effort to produce and transport it, is

wasted. Run from the Hornbeam Centre in Hoe Street, the scheme is looking for more people to get involved – either to staff the stalls or to source food from local shops that would otherwise be thrown out.

If you want to get involved then visit the stall or Contact Poppy Flint, Edible Education Coordinator at poppy@thisisrubbish.org.uk * RoseMary Warrington

MEMBERSHIP UPDATE

The number of members is currently 495, about 37% of all households in the Bushwood area. We have had 53 households join who were not members last year. In the next few weeks we will be taking action to encourage all non-renewers to rejoin.

The Committee is grateful to members who have made donations to BARA over and above the normal subscription fee. Thanks go to Graham Millington, Mariegemma Rocco, Fiona Day & Kieran Brown, Jean & Paul Dash, Alan Craxford & Mustafa Aboulkasim, Anne Creyke & Jackie, Lee & Priya de Souza, Ken & Hong-Yoke Hepburn and Lesley Taggart. * Liz Hayman

PLANNING NEWS

153 Mornington Road. Alterations including construction of single storey side extension. Approved.

25 Harvey Road. Construction of single storey rear/side extension and first floor rear extension. No decision yet.

5 Lister Road. Construction of single storey rear extension. No decision yet.

58 Mornington Road. Construction of bay window at front elevation. No decision yet.

7 Barfield Road. Construction of single storey rear and side extension. No decision yet. *LH

CHANGES TO LOCAL DISCOUNT SCHEME

An addition to the list of local businesses which support BARA and offer discounts to its members.

Theatre of wines (see review) offer 15% off their Thursday tastings of groups up to 4 people. This offer is available until the end of August 2017.

STEPPING OUT

DOUBLE THE LAUGHS AT THE WOODHOUSE PLAYERS

March sees The Woodhouse Players performing their Spring double bill, this year a pair of comedies both set in the 1960s in two quite different styles.

Mutatis Mutandis by David Campton

A young couple struggle to understand why their week old baby boy is a genetic mutant. Can Douglas persuade Celia that they should take their baby home and live as if he and the world were still quite normal?

Written in 1960, "Mutatis Mutandis" is a Comedy of Menace, that will make you laugh and unsettle you, leaving you to question your own values and those of society.

Black Comedy, a classic farce by Peter Shaffer.

Brindsley Miller has an onerous evening ahead. He's got a new piece of art to sell to a renowned critic, and a prospective father-in-law to impress. He's "borrowed" some rather nice furniture from his neighbour, and is hoping for a perfect evening.

Suddenly, a fuse blows, the apartment is thrown into darkness, and chaos ensues! Meanwhile, a sober neighbour, with a new found taste for gin, a disgruntled neighbour and an unannounced lover all pay an unwelcome visit. Can Brindsley stay calm and salvage the night? Will the darkness keep all his secrets hidden? What else could possibly go wrong?

Performance Dates:

Fri 10 March, 8pm; Sat 11 March, 2.30pm and 8pm;
Fri 17 March, 8pm and Sat 18 March 2.30pm and 8pm.
The Sat 18 matinee performance will be BSL-signed.

At the Welsh Church Hall, 879 High Road Leytonstone.
www.woodhouseplayers.co.uk Reservations 020 8504 3872 tickets@woodhouseplayers.co.uk

CURTAINS UP ON THEATRE OF WINE

The stage was set in December for the newest addition to Leytonstone High Road with the welcome entrance of Theatre of Wine.

The independent wine retailer made its debut 15 years ago in Greenwich, with a second branch in Tufnell Park. Both have already established a huge following. No surprise as it's so much more than a shop.



Wine is ordered by its characteristics, with staggering care and attention. Thousands of beautiful hand written labels describe the heart and soul inside each and every bottle.

What sets the shop apart are the weekly wine tastings. Yes, weekly.

The Bush Telegraph joined a group of 20 eager samplers for one such evening entitled *They Come From Outer Thrace*. Seated around a large table, surrounded by dark wood shelves and under coloured strip lighting, we sampled wines from the emerging regions of Greece, Turkey and Bulgaria.

The shop loves to team up with nearby cafés and restaurants - a fantastic way for local businesses to support each other. Hearing some Turkish wines were on the tasting menu, Oven East leapt at the chance to provide a tasty mix of falafels, borek, and kofte with hummus and cacik dips to accompany the proud selection of ten wines.

Lead by the hugely engaging Beata and her colleague Tom, we were introduced to each wine with fascinating detail on grape varieties, the derivation of names from Greek mythology and how bio-dynamic vineyards follow lunar cycles. All in a light hearted, warm and friendly way. This was knowledge without pretension.

Open discussion of each bottle flowed. There was praise for wines from the light and airy to those with liquorice or balsamic tones; tastes ranged from the peppery to the plum. In fact, as a group, we were teased for being 'too agreeable' and encouraged to offer criticism. 'Has a nose like wet laundry,' offered one of the group!

At the end, a straw poll was taken with the Vinkara Reserve Kalecik 2013 from Turkey (£18.70) coming out on top for its mellow, cherry notes. What a lovely way to spend the evening in the company of neighbours sharing this five star experience.

Check out www.theatreofwine.com for the next performance and page 11 for their offer for BARA members.

Theatre of Wine is at 556 High Road Leytonstone.

BARA ROAD REPRESENTATIVES

Aylmer Road	Jake Green, 5 Barfield Road
Barclay Road	Doug Sheedy, 11 Barclay Road
Barfield Road	Jake Green, 5 Barfield 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	Jake Green, 5 Barfield Road
Colt's Yard	Jan Osterley, 4 Colt's Yard
Dacre Road	Jake Green, 5 Barfield Road
Forest View	Liz Maloy-Jollands, 5 Forest View
Grove Road	Doug Sheedy, 11 Barclay 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	Helen Westerby, 50 Lister Road
Michael Road	Sue House, 32 Michael Road
Mornington Road	RoseMary Warrington, 88 Mornington Road
St Augustine's Ct	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	Kate Duffy, 29 St Augustine's Court
Woodville Road	Kate Duffy, 29 St Augustine's Court
Woodbridge House	RoseMary Warrington, 88 Mornington Road

Please note,
you can deliver subs to any convenient Road Rep or
Committee Member (list on back page)

EVENTS CALENDAR

E17 Puppet Project Vikings and Valkyries at Leytonstone Library. Children aged 6+. Dragons and magic. Free.
Booking required: www.wfculture.eventbrite.com
- Friday 3 March 5pm - 6pm,
- Saturday 4 March, 2pm - 3pm and 4pm - 5pm,
- Sunday 5 March 12.30pm - 1.30pm

Vintage, Retro, Kitsch Sale 4 March and 1 April, 11am - 5pm Lister Hall, next to Methodist Church, High Road.

Leytonstone Ward Forum Wednesday 8 March, 7pm - 9pm - Leytonstone Library Hall.

Red Lion Ballroom Free Cinema - every Tue at 7.30pm.
14 March - Chick Flick, 21 March - Musical Biopic, 28 March - Animation, 4 April Sci-Fi, 11 April - Hitman Film, 18 April - Horror, 25 April - Crime Drama.

Free Compost 17 - 24 March, Church Lane Car Park.

WREN - Wildlife And Conservation Group

- Sunday 12 March, 10am - 12.30am at the Tea Hut
Waterbird Count on the lakes in Wanstead Park.
- Wednesday 22 March, 7.30pm - 9.30pm WREN AGM
Wanstead Golf Club, Overton Drive.

BARA Litter Pick Sunday 19 March 11am - 1pm Junction
Leyspring Rd and Bushwood

BARA Easter Egg Hunt Saturday 8 April 11am - noon
Henry Reynolds Gardens.

Leytonstone Market at St. John's. Saturday 22 April and
Saturday 20 May, 12pm - 4pm Arts craft and local food.

BARA Quiz and Indian Buffet Saturday 22 April 7pm at
The Ex-Servicemen's Club.

What's Cookin' at The Ex-Servicemen's Club every
Wednesday and every other Saturday.

Leyton and Leytonstone Historical Society, programme
of talks in St John's Church Hall

- Wed 15 March, 7.45pm - Cinemas, by David Evans;
- Wednesday 19 April, 7.45pm - Palaces of the West
End, a talk by Richard Gray about London mansions
- Wednesday 17 May, 7.45pm - Sport on Wanstead
Flats, talk by Mark Gorman & Peter Williams, after AGM.

Luna Lounge

See www.lunalounge.info/events-calendar
- Tuesdays singer-songwriters night, Wednesdays open
mic and Thursdays Jazz sessions. Start 8pm.
- 6 April, 8pm - alto sax Martin Speake and Thelonious.
- 9 April, 7pm Sing along with the house band.
- 15 April, 8pm - Dr Bird, soul post punk Britpop. 10pm
The Mighty Shuffle Brothers East End Covers, 80s & 90s
- 6 May, 8pm - The Sweetchunks Band, comedy outfit.
- 13 May, 8pm - D'Ukes, 6-piece electric ukulele covers
- 20 May, 8pm - Julian Burdock Trio, blues/funk/soul

The Stone Space

- 9 March - 2 April *Scenes from a Virtual Journal* by,
local artist, Rose Parker.
- 6 April - 30 April, Strategic Plan by Juan Carlos Meana.

★ FREE MEMBERS' ADVERTS ★

ACUPUNCTURE Professional low-cost treatment to aid recovery in a wide variety of conditions. UK-trained member of British Acupuncture Council. Tony: 07943 672696 (10% discount for BARA members). RECOMMENDED

AVON Patricia Roche: 020 8989 9728 (eve).

BABYSITTER Experienced babysitter residing in Bushwood. I am on my gap year so am very flexible with days/hours. £7 per hour References available on request. Hannah (age 19) 07973 227419

BABYSITTER Zosia Poulter, recent university graduate. Fun and creative approach. Experienced, CRB checked, references available, £7 p/h. 07806 702155, zosiapoulter@gmail.com

BABYSITTER AND 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 lynn.poulter@yahoo.co.uk

BABYSITTING Pippa is a sensible and caring girl with two younger sisters who has already done some babysitting for twin 4 y.o. girls. She is trying to raise funds for a trip abroad with the Scouts. Available on Fri, Sat or Sun evenings and during the day at weekends. £6 per hour. Please contact her mum Kate on 07946 717815. She and Pippa would be very happy to discuss arrangements.

BEAUTY, NUTRITION, HOME Amway products and services. Sandra: 07877 022829, sk.sandra@gmail.com

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

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

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

CHARTERED BUILDING SURVEYORS RICS accredited London Building Surveyors Ltd is a local, independent company specialising in residential building surveys, party wall and dilapidations disputes. Contact us for a free no obligation quote 020 8257 5766 www.londonbuildingsurveyors.com

COMPUTER ADVICE David: 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.

ENERGY SAVING Free advice and site survey on how to reduce your energy consumption. From the eco-store that saves you more. www.ItDoesTheJob.com

GAZEBO BARA's dazzling fleet of gazebos can be hired by our members at the rates of £10 for the new pop-up model, £7 for the standard version or £15 if you need both. Other community organisations can hire them for either £10 individually or £15 together. Contact Russell on 07917 697423

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

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).

MASSAGE THERAPY Alleviation of aches, pains, injuries and stress. 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.

NEW NAILGUN SECOND FIX PASLODE IM65A F16 Lithium Complete with spare brads of various sizes and gas canisters, battery, charger, cleaning and maintenance kit and orange rigid case. Virtually new £250. BARAconnect@gmail.com

NEW NUTRITIONIST Registered Nutritionist with ten years' experience in Health & Social Care working with families and young people in various capacities. Email Julia ukenglishcentre@aol.com

PERSONAL TRAINER for women by a woman! Qualified Level 3 Personal Trainer/Gym Instructor. Individual programmes for personal fitness and weight loss. Emma 07938 235310.

PC SOLUTIONS Having trouble with PC? 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.

PRINGLES CRISP TUBES Empty tubes wanted as packaging for small local business. Will collect (even small quantities) Chris Hill 020 8556 0644, email chrisjohn34@hotmail.com

PSYCHOTHERAPY Hypnotherapy and cognitive behavioural therapy. Jeannie: 020 8989 3111. SHIATSU Traditional Japanese massage 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.

SPARE COPPERS? Why not donate any spare change 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.

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

TUTOR – INSTRUMENTALISTS AND SINGERS

Beginner to advanced, ages 6+; practical development, improvising (singers: vocalese & scatting), exam/audition prep; jazz specialist, DBS(CRB) certified, degree+ in music education, long and diverse teaching experience, sliding fee scale circa £35/hr www.londonmusic tuition.co.uk Claude Alexander, jazz pianist 020 8530 0710

TUTOR – MUSIC Piano, recorder and clarinet. Beginners to advanced. Email Joanna Brown on jo.clarinet@btopenworld.com

TUTOR – PIANO All levels of piano taught. See www.pianoheads.co.uk for piano sheet music Liudmila: 07919 622293

WOOD BURNING STOVES Like Logs Ltd are based in Bushwood (HETAS registered) and specialise in the bespoke installation of wood burning and multi-fuel stoves. We are dedicated to providing the best possible service and workmanship. info@likelogs.co.uk

YOGA Mindfulness & pregnancy classes at Quaker Meeting Hse, Bush Rd. Tues from 6.45 pm. Post natal & baby classes Thurs 10.45am-12 £10 drop in. For new mothers and their babies (6 wks+). Helen 07956 807675 or helen.georghiou@mac.com www.helenyoga.co.uk

If you would like to advertise for free in The Bush Telegraph please contact your nearest Committee Member or email BARAconnect@gmail.com.

LOCAL SHOPPING AND SERVICES DISCOUNTS

*Don't forget to take your **BARA Membership Card** with you when you claim your discount!*

1 SECURITY SYSTEMS

Security systems, CCTV, intruder alarms, computer and mobile repairs. 345 High Road Leytonstone 020 3490 8180 / 07853 711616 www.1securitysystems.co.uk 10% Discount

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Including Corgi plumbers, certified electricians, sash windows 020 8503 0404
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BARA COMMITTEE

Richard Bardwell: 1 Barclay Road (Publicity and BT Editorial)

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Jake Green: 5 Barfield Road

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BARA GROUPS

CYCLING Dwight Wood (dw@itdoesthejob.com)

PHOTOGRAPHY Brian Hopson (bushwooder@gmail.com)

YOGA Helen Georghiou (helen.georghiou@me.com)

THEATRE Hilda Hooper (hildav@hotmail.co.uk)

BOOK Zoë Nelson (zoecnelson@btinternet.com)

PET Jo Pilc (jo.pilc@hotmail.co.uk)

BRIDGE Ros Gray (rosgray@gmail.com)

FOOTBALL Jake Green (info@jakegreen.co.uk)

To join one of these groups please contact the organiser. To set up a new group, please contact BARAconnect@gmail.com

BUSHWOOD AREA MAP



For more information, visit: www.bara.london or find our Facebook group: Bushwood Area Residents' Association
Email BARAconnect@gmail.com

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