

The quarterly newsletter of the Bushwood Area Residents' Association

BARAconnect@gmail.com

www.bara.london

f BARA bushwood area residents' association

UPCOMING EVENTS

Arts Trail on page 3
Full Listings on page 9

IN THIS ISSUE:

Tabletop Games on page 6
Studio Eleven on page 9

LIKE A SWAN TO WATER

Lots of laughs at the latest BARA quiz in April including a particularly graceful round... (at least on the surface)...



Around 40 Bushwood area neighbours got together on Saturday 22 April for an evening of fun and games at The Ex-servicemen's Club in Harvey Road.

Fuelled by a delicious food buffet, supplied by the fantastic team at the Star of India, the contestants had their knowledge tested by a series of challenging rounds under the leadership of our expert quiz mistress, Jan. However, knowledge meant nothing as they had *(continued on page 2)*

RESIDENTS' VICTORY

BARA residents in Harvey Road have won their long standing fight against the illegal conversion of a family house into two flats. It must be restored to its use by 26 October.

Well done to all the neighbours who provided evidence to prove that the change of use was against LBWF's policy. See Planning Update on page 8.



BARA KIDS' BINGO

Sat 8 July 12pm – 1.30pm

The Ex-Servicemen's Club

Contact **Katy 07884 208 391**

BARAmemberbookings@gmail.com

BARA MEMBERS' SUMMER PARTY

Monday 11 September 2017

7.30pm The North Star –Drinks & nibbles

MORE NEIGHBOURLY THAN EVER

The number of BARA members in 2017 is the highest ever at **540** households.

Thanks for your support.

As shown above, the more we are the more influential we can be.

BARA PHOTO COMPETITION

Fancy publishing your pictures on **BARA media** (*The Bush Telegraph, website, social media, posters etc.*)? Whether you are a pro or just enjoy snapping away, we'd like you to send us pictures of the area.

We are building a portfolio of images to show off the BARA area, including the Leytonstone town centre.

Send your snaps to BARAconnect@gmail.com if you fancy having them published.



The best images will be used for BARA-related publications.

Entries should focus on the immediate area, expressing how architectural, environmental or artistic features better represent it. BARA retains the right to use the photos entered in the competition.

The winning shots will be featured in future issues of The Bush Telegraph and attributed, when relevant, to the author. The deadline for sending your pictures is 1 August. Strike a pose!

(continued from page 1) to face the creative task. After receiving a few sheets of aluminium foil, they were asked to produce a swan. Yes, a swan. After an initial panic, the teams tried to visualise what the blessed thing looked like and (editors' team aside) managed to create truly impressive pieces. Full points were awarded to the talented team which went to town by producing swan and cygnets - to the delight of team member Katy who swanned around shouting "I have never won anything...!"



The colourful music round prepared by Gareth Dimelow also provided a musical interlude, featuring tracks spanning most of the 20th century.

Despite a very well fought series of 10 rounds, no amount of creativity could match the 72.5 points of the winning team: *The Remainders*. The team members went home with six bottles of wine.

To vouch for the high level of knowledge of the teams participating, it is worth mentioning that in second position there was a tie of two teams both at 64 points. Third place also saw two team tie with 59 points each. No such grey area at the bottom of the score (or the top if you read it upside-down).

The consolation lemons went to the rather aptly named *Too Young To Die* for their miserable 54.5 score. They are currently banned from entering quizzes throughout the borough but the ban should be lifted by the autumn when the BARA Quiz returns.



A WORD FROM THE CHAIR

June is upon us, certainly the months are flying by, is this all to do with age, I wonder.. Let's not dwell as I have passed yet another birthday, so 21 again.

I trust you are all very well, and busy planning for the summer holidays. No, they will not be far away either. Before long, I will be writing this piece for the Autumn BT.

Much has been going on in Bushwood, so a few key things I would like to focus upon, even plug.

Your ongoing vigilance in terms of unusual activity - I would ask everyone to continue reporting anything suspicious to 101. Some will have seen my comments on the BARA facebook page re 'Intelligence data'. We want to eradicate incidents of crime in our area.

Support the WF campaign to prevent idling outside schools including Davies Lane. Pollution affects us all so any steps will improve our environment. See the FB page @Waltham Forest against idling outside our schools.

On 8 July, during the Festival, **BARA Kids' BINGO** returns. Check page 1 for details. The free garden library launches in the summer, so watch out for more information and how you can get involved.

Building on the success of the January members' party we'll host a **Summer Members' Party** to be held in the North Star on Monday 11 September 7.30-10pm to continue the theme of 'getting BARA talking'.

Our High Road continues to change and I am looking forward to trying out The Birds which will no doubt be a colourful addition to the high Road hospitality trade. We say goodbye to NatWest and Halifax (June 13 and July 4) and hoping that some exciting retailer transforms these sites.

Work has yet to start on ShoeWorld but I have been assured that the transformation will be complete by the end of the year. The Star of India frontage is coming along nicely and is heading towards completion in the next few weeks.

** Russ Lines-Jobling*

KIDS HAVE A CRACKIN' TIME

BARA organised a free event for its younger members. On a sunny Saturday morning in April, Russell and Katy made their way to Henry Reynolds Gardens and proceeded to hide paper Easter eggs.

The children were instructed to collect one each of five designs to earn the prize of a real Easter egg. They were all very engaged, one little girl even shaking with excitement. All really enjoyed the hunt and many went off eating their chocolate eggs. We hope they still ate their lunch that day! The Easter Egg Hunt was a great success so we plan to have another event next year. **Katy Smith*



NEIGHBOURS SPRUCE UP THE WOODS

We had a fantastic turnout for the litter pick in Bush Wood on 19 March. For a couple of hours, around 40 neighbours, including lots of families, younger pickers and some of our FARA friends, helped clear the forest bordering our area.

Thanks to the sterling effort of many BARA volunteers, it was a thorough scavenger which filled many black sacks. The haul yielded some unusual items: a suitcase, clothing, a DVD player, a fishing rod and a BBQ.

We are very grateful to everyone who gave their time and to Julia Manning for organising. Look out for the next Litter Pick in October.



LEYTONSTONE ARTS TRAIL TURNS TEN

Time flies when you are having fun. Hard to believe but we are now onto our 10th Arts Trail. Over that time, an impressive amount of artwork has been displayed, a real credit to the artists that get involved every year.

We would have no trail had it not been for Anna Spain who approached the Leytonstone Festival for funding to produce a one page map. Since then the Guide has grown to the size of a small newspaper.

Venues come and go but artists always find somewhere to hang their work, thanks to the support of our local business owners and community groups. Many will remember the High Road once had a Woolworths. When the building became vacant, the Trail was able to turn the premises into a sizeable pop-up art gallery, before Argos took it on. That exhibition even achieved coverage on the BBC and national newspapers. The success of the Woolworth's exhibition led to the Arts Trail being offered the Stone Space, which meant there is now a permanent home for visual arts in the town centre. There is much more art on permanent display around Leytonstone than ever before. Our local new shops, such as Le Petit Corner and Studio Eleven (see page 9) have exhibitions all year round and it has been great to see the TFL offices at the tube station used as a pop-up exhibition space.



Last year's Arts Trail was a huge success with the sculpture garden at the Quaker Meeting House proving a real highlight. The 'Let's Fill Leytonstone with Art' project continues year on year. For those new to the area, this is where people participate in the Trail by putting their own creations in their windows or gardens.

Some Bushwood residents have taken this to another level and developed whole installations in their front gardens.



2012 saw a proliferation of imaginatively constructed Olympic rings. The year the Tour de France came to Waltham Forest bicycle themed displays popped into people's windows. The

Stanmore Road bush is always a highlight, variously decorated with old banknotes from around the world to collaged postcards and dolls house furniture.



A house on Leyspring Road put a model of a man eating his breakfast; different items appeared on his table every day.

However, you don't have to be ambitious to just join in, the artwork of our youngest residents is always bright and cheerful. You may have some holiday snaps you are particularly proud of and might want to display in your window.

We have had all kinds of crafts on show: knitting; embroidery; ceramics; glasswork; collage - whatever you want to show us.

Help to brighten our streets this summer. For inspiration and past displays go to: www.letsfill.co.uk

The 2017 Leytonstone Arts Trail will run from 1 to 9 July 2017. Guides will be available from the Stone Space, the Library and some participating venues.

Follow us on Facebook, Twitter and Instagram and at www.leytonstoneartstrail.org *Hilary Douse

LOVE YOUR BOROUGH AWARDS

Katy Smith, BARA committee member who is also involved in a number of local initiatives, was nominated for an award at the Waltham Forest Love Your Borough Awards 2017 under the Volunteer of the Year category. The ceremony was held on 12 May at the Walthamstow Assembly Hall. Katy was one of three final nominees out of 300 and was a runner up. Congratulations on her nomination.

VISITOR PARKING PERMITS

Whole books of one or two hour permits can be purchased from the Library. If you need a small number, BARA can sell you individual ones. It may take up to a couple of days to get you the vouchers. Call Russell on 07917 697423 or email BARAconnect@gmail.com

GARDENING CORNER

Well, the start of May has been very cool and dry so the gardens were beginning to suffer. I don't know about you but the water butts are rather empty. Let's hope that we do get more rain but not a wet summer either! A little fact for watering our clay soil: according to the RHS, where plants are wilting, they may need up to 81 litres per m².

June:

- Pinch out side shoots on your tomatoes
- Hoe your borders to keep the weeds down
- Mow the lawn weekly
- Plant your summer bedding
- Get the gardens and hanging baskets into tip top shape (you never know when a competition may be upon us...)

July:

- Check clematis for Clematis wilt
- Deadhead bedding plants to ensure continuous flowering
- Give lawn a quick feed
- Order catalogue for your spring bulbs

August:

- Prune your wisteria (although if like mine you are now hoping for second flowering do at you peril!)
- Collect seeds from plants for sowing next year
- Feed soil with green manures
- Harvest any fruit and veg as they become ready
- Continue deadheading plants regularly

If you have a question on your garden or a top tip to share, drop a line at BARAconnect@gmail.com Happy gardening folks... *RLJ

BLOOMIN' BUSHWOOD

Go on, enter the BARA Front Garden Competition 2017... Do it for the glory. Do it for the prizes. Do it for a more floriferous neighbourhood or just to show you appreciate the gardening efforts of others. Check out these categories and the rewards on offer (in the form of gardening gift vouchers) thanks to the support of LBWF Leytonstone Ward Forum:

Best Hanging Basket and Best Window Box: 1st Prize - £30; 2nd Prize - £20; 3rd prize - £10

Best Traditional Garden and Best Container Garden : 1st Prize - £35; 2nd Prize £25; 3rd Prize - £15

Nominate your own or a neighbour's front garden by emailing BARAconnect@gmail.com with subject: '**Garden Comp**' by 1 July and the judges will be round at some secret date later that month to admire all your hard work. Just in case you're stuck for ideas, we got the lowdown from some 2016 winners...

CHRISTOPHER AND CARLOS, GROVE ROAD - 1st Prize, Window Box



Secret of Success – Easy. *I delegate to my partner Carlos! Personally I know absolutely nothing about gardening. We just go to the garden centre and decide on a whim, on colour and form, checking the labels to make sure the plants will thrive in a south facing front garden.*

Choice of Plants - *Wisteria, beautiful scent and grape-like flowers climbing up the front of the house. Wallflowers in purple and yellow at ground level. Colourful window boxes with red Pelargoniums and spiky Phormiums for structure.*

Why enter? - *If lots of people enter, it raises the look of the neighbourhood and makes it more fun.*

Where to get your plants? - Harlow Garden Centre, just off the M11, very easy and quick to get to.

CARINE AND NEIL, HARTLEY ROAD - 1st Prize, Traditional Garden

Secrets of Success - *We started with a tidy up, then Neil laid the paving. It's important to leave a defined space for plants to grow. It's nice to have some living things. We took a trip out to stock up and picked flowers and shrubs appropriate to the conditions. We went for cottage garden feel for a dry, south facing aspect.*

Choice of Plants - *Carine chooses by colour, pink, white and blue. She achieves the effect she wants using mainly Carnations, Lupins and Delphiniums.*

Why enter? - *Why not? Just stick a few plants in and see what happens. It became a focus of conversation, as I was planting up, with many neighbours stopping to chat.*

Where to get your plants? - *Chigwell Nursery, they have a huge, varied selection.*



TRIPS TO RHS WISLEY

Our member Hilda wrote: "Last year people were interested in visiting RHS garden Wisley. The company below has a trip in September, mid-week. Members of the RHS get a discount as they get free entry and they can take a guest. www.eastlondontravel.co.uk "

Hedgehogs numbers are on the decline in the country but seem to be doing well in only three areas in London, including Leytonstone. So, to help our prickly neighbours, we can leave small gaps in fences so they can roam and forage. Gather piles of leaves over winter somewhere out of the way for them to sleep.



If you don't know already we have an allotment society on our doorstep:
Bushwood Allotment Society

The entrance to the allotments is in Browning Road, on the bend of the road.

Every Saturday and Sunday from about 9.30 to noon, you can pop along and see the plants on sale in the greenhouses at the far end.

BARA members are associate members of the society.

A LIFETIME IN LEYTONSTONE (PART I)

We caught up with the very first editor of The Bush Telegraph, Ron Allen. Having lived in the Bushwood Area for a staggering 83 years he is a font of knowledge of all things Leytonstone. He is a very busy man, among his many activities feature: the L&L Historical Society, expert in Greek dance, appearing as a regular extra in TV and films. He has so much to tell that we had to publish the content of the chat we had with him in two chunks. Having found a few unutilised minutes in his schedule, he is even writing his own biography...

Born in 1929, I attended Davies Lane School from 1934 to 1943. The school was divided by floor with the Infants on the ground floor, Juniors on the first and Seniors on the top floor. It was a mixed school to junior level but only boys like me could stay on to the grand old age of 14. My father was from Montserrat. We were the only mixed race family in Leytonstone at the time. I am pleased to say we never had any trouble from anyone and were always treated as respected members of the community.

In 1956 Cherry and I were married and in 1959 we moved from 57 Lister Road further up the road, renting initially and buying for the grand sum of £2,250 a few years later. We've lived there ever since.

Leytonstone was always a shopping destination. People used to come from places like Ilford; my mother-in-law, from as far away as Hayes. Leytonstone had six shoe shops, a bookshop called Hough's and one of the early Sainsbury's (on the same site as now, although larger). Supermarkets used to have separate marble counters for each produce so you'd be served at the meat counter, then the butter counter. There was Bearmans, actually two shops. The main department store had a fancy restaurant downstairs with uniformed waitresses or 'Nippies' with their maid-like costumes and matching hat. Next door Bearmans sold furniture.



Alongside was the Rialto. Us kids loved going to the cinema and we had four of them on our doorstep. I was a 'Rialto Ranger', proudly sporting my Donald Duck membership badge. Saturday morning flicks was a four hour show with

cartoons, Pathé News, main and B features and it only cost about three old pence to get in. There was also The Rex with its beautiful Art Deco staircase descending either side.

As TV took off, The Rex became the first bowling alley in the East End and later on a bingo hall. It's now where the strip of flats is next to KeraSpice. The other two were further down the High Road - The Academy, known as The 'Cad, near the war memorial and The State Cinema where the Imperial Banqueting Hall is now.

The pub on the corner of Aylmer Road that just transformed from Tommy Flynn's into The Birds was, for many years, The Crown. Pubs didn't just serve drink in the old days. The Heathcote ran a Christmas savings club. People would put some wage money in each week and go to collect just before Christmas with a spanner in their pocket in case they got robbed on the way home! (Part II in the next issue...)

THE MAN BEHIND THE EMAILS

Meet Brian Hopson. You'll probably know his name... from your email inbox.

He sends out Bushwood-related emails about every two or three weeks, covering everything from events in the area to missing pets, from burglary warnings to items for free.

Born in Hackney, Brian moved to Bushwood in 1981 when his youngest son was one year old. He bought off a man who ran a coach company and used to park his coach in the road, so the neighbours were delighted when Brian and his wife, Sandra, moved in. Brian got involved in BARA almost straight away and was for many years on the Committee.



One of the best ways to get in touch was by email and soon after the fuller circulation email address list to all members was born. He sends out the update emails to literally hundreds of BARA members. He also set up and

runs the BARA Photography Group.

Brian says he finds it rewarding to see successful responses to his missives, such as a recent callout for a couple in Beacontree Road who found a temporary home while having work done on their house.

Although now retired, Brian used to work for the Department of Trade and Industry. He later ran a consultancy firm and was Chair of the former City and Hackney Alcohol Service charity. He is a footy fan and season ticket holder for Leyton Orient.

NEIGHBOURHOOD WATCH

The Police now collect crime statistics and publish them online where you can also report crimes: www.met.police.uk



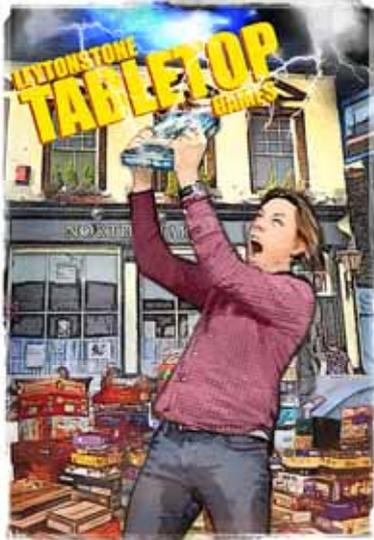
The screenshot, on the left, shows what the information on reported offences looks like. In this example, the Bushwood area has been highlighted. You can select any area you are interested in, and look at different types of crime.



In order to provide intelligence to the Met, it is essential that you report a crime when you are aware of it. If you suspect someone in your area has committed a crime or you've seen something suspicious phone **999** in an emergency or **101** for everything else. The local Neighbourhood Policing Team (Sgt. Fiona McCabe, PC Erdem, PC Pinkney and PCSO Hassan) can be reached on 07884 114 160 * *Janet Lee*

BARA GROUPS UPDATE

There is a new Group in town. BARA resident James Cowen has always been passionate about tabletop games. When he decided to do something fun and positive for the local community, gaming was the obvious choice. He managed to get The North Star on board (pun intended), and **Leytonstone Tabletop Games** was born.



It is a free event which has been running monthly for 17 successful evenings over the last two years.

People of all ages and backgrounds attend. Board games can relieve stress, bring people together, develop cognitive skills, help with mental health and, more importantly, are a lot of fun.

James provides the games and sometimes people bring their own. It's not just Monopoly, Cluedo and Connect 4, the range of games played is vast. They are evolving, challenging, diverse, often co-operative games and some full of beautiful evocative art. Many will have you laughing out loud.



James says "Hopefully people will discover that working together in a team to save the world from a global pandemic while drinking



beer and eating Thai food in a pub can be a lot of fun!"

We can confirm, it really is a great way to spend a fun evening.

Join the gamers at The North Star from 7pm on the following dates:

- 21 June Tabletop #18
- 26 July Tabletop #19
- 30 August Tabletop #20

See @LeytonstoneGame or **LeytonstoneTabletopGames** group on FB to request a specific game.

NEW BARA CYCLE WEBSITE

Update from BARA member Dwight Wood who runs the popular BARA Cycling Group with over 90 members.

Due to high number of cyclists in the area, the two cycling groups of mixed abilities have merged. The new place to find out what's on locally, cycling-wise is: www.northstarvelo.com (existing members have been migrated automatically). Join or simply sign up for rides when they suit you. Plus, if you want rides to cater for other things you can let the group know or indeed add your ride yourself.

Every Saturday morning at 8.30am: road bike rides for all abilities.

Every first Sunday of the month at 10am. Social rides including visits to places of interest. All rides start from McDonald's Leytonstone and they normally include a coffee stop.

ROAD REP NEWS

Joyce Quarrie is the new Road Rep for Leybourne Road (see the list on page 7). She takes over from **Julia Manning** who has done a fantastic job as the Rep for years. Julia will continue to organise the Litter Picks. BARA is grateful to both of them for their continuous hard work in support of the local community.

CANVEY ISLAND DISCS

Imagine you're trapped in deepest Essex. What earthly comforts would you need to help you survive?



Originally from Cape Town, **Antoinette Pienaar**, has lived in Corsica, Paris and now London. She runs the gorgeous homewares and gift shop next to The North Star called **Jo&Kesi**.

Jo comes from Johanna, my Mum's name, and Jonah, my son's. *Kesi* is from the Swahili. It means 'to judge rationally' and

it's also Jonah's middle name. He's in there twice! I set up Jo&Kesi in Browning Road just over a year ago as it is the prettiest road in area, and I live just round the corner. I loved London from the start. I've done a bit of everything from working at Oliver Peyton restaurants like the Atlantic Bar and Grill in Soho to running a shop in Cape Town. South Africa always had small shops full of local, handmade things. I guess it's in the DNA of Jo&Kesi.

Six pieces of music - Music was a very strong force, particularly growing up in an oppressive regime. I was into art for the same reasons. These days I listen to music when I have wine and people over. I'm the wine DJ.

There were lots of French variety shows on South African TV. They'd feature songs by **Jacques Brel** who's actually Belgian. His songs have a strain of sadness, such as *Amsterdam* or the more famous **Ne Me Quitte Pas**. I could play it loudly at boats sailing off in the wrong direction!

Janis Ian is number two; it's folksy and American. At 16 I had posters on my bedroom wall and used to listen with friends endlessly to the album, *Between The Lines*, songs like **At Seventeen**. Every teenage girl was into Janis Ian.

In between, was Afrikaans music but I have very mainstream tastes. So, **Fleetwood Mac** - *Seven Wonders* from my high school years when I'd make clothes for my sister and cut boys' hair. I went on to printing t-shirts, then began making dresses. That's how I got started.

At 19, I left South Africa, to see the museums and galleries of Europe. After I had our son, I started making and selling cushions on Portobello Road Market. I've always had a love of fabrics. I've done Saturdays there for 6 years. I call it my 'flagship store'. I'm always on the go, **Running Up That Hill**... hey...reminds me.... must take some **Kate Bush**.

Something from **The Smiths** from *The Queen is Dead* album. I'd stick my last coin in the jukebox and play their songs. **Cemetery Gates** is my favourite. When I met my partner - he's a musician - we'd always go to live gigs together like *What's Cookin'* and the Luna Lounge.

Kylie Minogue's Can't Get You Out Of My Head - I'm with my friend, Ingrid, in my car in Cape Town. Summer time!

Film - Tony Scott's **True Romance** because so many brilliant actors are in it. Tarantino's writing is amazing and

the interrogation scene in the trailer just builds and builds with the intensity of his dialogue.

Work of Literature - *The Prophet* by **Kahlil Gibran** about love, marriage, jealousy that you can keep coming back to again and again. They have a religious and spiritual feel which would just be suited to the solitary life on Canvey, waiting for rescue.

Work of Art - **Vincent Van Gogh** is my first love. He was a bit mad and I've always been attracted to those who are genuinely a little cuckoo. I prefer his scenes, such as *Memory of the Garden at Etten (Ladies of Arles)*. I see patterns and weaves in how he paints and it's got a French connection too.

Music Video - I'm part of the MTV generation so this is easy - **Club Tropicana** by **Wham**. I love the start with the hills and the boots on the gravel, the crickets in the background. So tropical and it just gets you in the mood for partying. How can you not be happy watching that?

Plate of Food - Chicken and crème fraiche with mushrooms and fresh baguettes. My partner's food really. It's like a warm cuddle. He does this chicken stew, really saucy, with bread from Tastes of Europe.

Jo&Kesi sells a fantastically eclectic mix of beautiful things, from handmade cushions, washbags, framed photographs to Vietnamese pots. The shop supports many small makers for whom this is their livelihood. Perfect for that unique, personal gift.

Antoinette Pienaar of Jo&Kesi, 26A Browning Road as told to DJ BARA.

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	Joyce Quarrie, 67 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

You can pay your BARA subscription to any convenient Road Rep or Committee Member (List on back page)

A PENNE FOR YOUR THOUGHTS

Another tasty treat from the cookbook of our Deputy Chair and resident chef, Doug Sheedy. It's one of his favourite recipes – a simple Penne Pancetta Primavera with few ingredients.

Ingredients

2 stalks of celery
1 large onion
2 medium carrots
Smoked pancetta (bacon lardons will do)
1 tin of chopped tomatoes, garlic, oregano, salt and pepper.



Finely dice the onion, grate the carrot, and slice the celery. Crush a couple of cloves of garlic into some olive oil in a medium sized saucepan. Once the oil is hot, add your pancetta. When sizzling, add the onion, followed by the carrot and celery. Keep stirring on a medium heat. Add the chopped tomatoes, oregano and seasoning to taste. We usually add a few splashes of Tabasco to give it a little heat. Reduce until left with a thick sauce.

As the sauce is cooking, bring a second pan of hot water to the boil, add a glug of olive oil and a generous pinch of salt. Add your penne pasta (a generous handful for each person) and reduce to a simmering temperature for about ten minutes. Drain, add your sauce and stir vigorously.

Serve with freshly grated parmesan and some chopped parsley.

MEMBERSHIP UPDATE

As mentioned on the front page, this year we have recruited the highest ever number of BARA members with 540 households joining. This is just above 40% of all households in the Bushwood area. The Committee would like to thank all the Road Representatives without whose hard work this fantastic result could not have been achieved.

The Committee is also grateful to members who have made donations to BARA over and above the normal subscription fee. Thanks go to Brian Hopson and Pete & Mo Fussey. *Liz Hayman

TOWNSWOMEN'S GUILD

Leytonstone Townswomen's Guild is a lively 31 year old group of ladies who meet, chat, drink tea, listen to talks, have bus outings to places of interest and lunch, new ladies are very welcome to join. They meet in St John's Church Hall every fourth Tuesday 2-4pm.

Just attend a meeting or ring Brenda 07563 173 294 or Vi 020 8539 0892 for more information or to join.

GETTING BARA MEN FITTER

Here are two initiatives suggested by BARA member Graham Millington. The Leyton Orient Trust runs two schemes which help men lose weight and adopt healthier lifestyles.

Man-V-Fat: six-a-side games within a 14 week season league structure. The result of each match is decided by the goals scored and on whether team members have lost weight during the previous week. This really motivates the players. The scheme offers support via social media and text groups. The target is to lose 10% of body mass. A fun way to get healthier. For males 16+ of all football abilities.

Fan Activ: one hour meetings offering advice on changing eating habits followed by one hour's sporting activity. Each participant gets a free Fitbit monitor. Starts in June/July. Further information: Phillip.Smith@Leytonorienttrust.org.uk

PLANNING NEWS

25 Harvey Road. Construction of single storey rear/side extension and first floor rear extension. Approved.

5 Lister Road. Construction of single storey rear extension. Approved.

58 Mornington Road. Construction of bay window at front elevation. Approved.

7 Barfield Road. Construction of single storey rear and side extension. Approved.

34 Beacontree Road. Construction of dormer roof extension to main rear roof and single storey rear extension, together with installation of three roof lights to front roof. Approved.

44 Barclay Road. Alterations including construction of single storey rear extension. Approved. *LH

25 Hartley Road. The family house had been illegally converted into two flats, in breach of LBWF planning policy and an enforcement notice was issued telling the owner to return the property to its original state.

The owner appealed but an inspector appointed by the Secretary of State for Community and Local Government found that the evidence in support of the appeal was "limited, patchy and far from precise". The owner has now until 26 October to comply with LBWF's notice.

The group of neighbours who provided evidence against the owner's claim and liaised with council officials to resolve the issue are a shining example of what a community can do when it comes together.

Well done from all in BARA.

CHANGES TO BARA CARD DISCOUNT SCHEME

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

Studio Eleven (see page 9) is now offering a 15% discount on haircuts (not in conjunction with other offers).

Bansal Optometrist is now closed. The long established butcher, K. Rayner Family Butchers is closing soon.

STEPPING OUT

THE RUSTY PELICAN SUPPER CLUB

Having finally gained a weekend free from socialising (along with not wanting to cook) my partner and I booked for 'the Rusty Pelican' Supper Club – hosted at **Le Petit Corner**. These supper nights are a new venture for the popular café - one-off, themed evenings. This was the debut event with an Argentinean flavour. The host was a

local chef, Phil of Leytonstone - from just over the other side of the tracks.

There were three courses and also a vegetarian main. The starter was a filo basket, with crunchy salad, warm soft-poached egg in fresh hollandaise. I chose the Argentinian steak with pomme dauphinoise and asparagus. (Vegetarians enjoyed fresh ravioli with artichoke and Ricotta cheese sauce). Finally to desert - chocolate brownie served with clotted cream ice cream.

Delightful on the palate, easy on the eye and great value at £29.50. Service *par excellence* from Le Petit Corner Keep your ears to the ground (or follow twitter @lepetitcorner734) as this is going to be a regular on the



Leytonstone foodie trail. And for the summer months Le Petit Corner has recently opened up its fabulous new garden space.

NOT JUST ANOTHER SALON

Like a superhero in a phone box, the former premises of The Old Engine Shed has transformed into... **Studio Eleven**, the most sophisticated salon in town. And we don't just mean Leytonstone.



So much care and attention went into this makeover as the owners, Hannah and Mindaugas, who have deep roots in Bushwood, used the wood panelling of the former shop to create the alcoves and shelving for the display of Davines hair products, chosen for their eco-friendly, natural ingredients. They lovingly reconditioned the previous herringbone parquet to form a stunning counter which now runs the length of the expansive mirrors. The



end result is both beautiful and elegant. Mixed with the classical statues and chandelier, there is art work by Pure Evil and portraits of former Leytonstone residents Alfred

Hitchcock and Fanny Craddock. These are courtesy of Laura Lea Designs. The shop is set to be a venue on the Arts Trail in July.

Studio Eleven is not just a salon. In other hairdressers, you are in and out. These guys provide a proper consultation. You're not just whisked to get washed. No surprise, given their experience, a combined 34 years of professional styling for both gents and ladies. It's also already proving popular with kids in search of a fresh new look.

You may be more likely to find an art book on Horst than Hello magazine but this is the full West-End experience (without any of the tube travel) and a triumph.

For BARA members, Studio Eleven now offer a 15% discount on haircuts. Not to be used in conjunction with other offers. Just show your BARA card.

Studio Eleven is at 745 High Road Leytonstone.

www.studio11.london

EVENTS CALENDAR



BARA KIDS' BINGO – Sat 8 July 12 to 1.30pm The Ex-Servicemen's Club booking call Katy 07884 208 391 or BARAmemberbookings@gmail.com

BARAfit – every Wed 6.15pm. Meet at the Bushwood-Stanmore gate. Check BARA FB group for updates.

Leytonstone Tabletop Games - at The North Star 7pm Wed 21 June; Wed 26 Jul; Wed 30 Aug.

Theatre of Wine New Sunday Sessions (shorter bi-weekly tastings at 3pm) Every Thursday tastings at 7.30pm. www.theatreofwine.com or sign up to newsletter.

What's Cookin' The Ex-Servicemen's Club, Harvey Road Wed & Sat www.whatscookin.co.uk/whatson

Luna Lounge The home of live music on Church Lane See www.lunalounge.info/events-calendar

Red Lion Ballroom Free Cinema - every Tue at 7.30pm.

Repair Café Leytonstone - 17 June and 15 July 11am-2pm St John's Church Hall, Free Bike repair and advice

Leytonstone Market at St John's - Sat 17 June, 12-4pm, Arts, craft and local food.

WREN - Wildlife And Conservation Group
- Sun 18 June, 11am-1pm - *History Walk in Wanstead Pk.*
Meet: Warren Rd Car Park 11am. - Sun 25 June, 2pm-7pm - *Music and Picnic time in the Temple Garden, Wanstead Pk.* Live music. Bar. From 2pm.

Stone's Throw Market - Sat 1 July, 11am-4pm St John's Church Hall, Artisan design and retro market.

Leytonstone Festival - 1 to 16 July. Music, performances in local venues. www.leytonstonefestival.org.uk

Leytonstone Arts Trail - 1 to 9 July, Eclectic arts in venues across Leytonstone: www.leytonstoneartstrail.org

East Not East Festival - 15 July, Wanstead Park, Temple. Day long festival, music. www.eastnoteastfestival.com

Leyton and Leytonstone Historical Society, talks St John's Church Hall - Wed 21 June, 7.45pm - *Russian Revolution* - Wed 12 July, 7.45pm - *The Parachuting Vicar*.

Woodhouse Players – *Allies in the Ardennes* 2-10 June
The Importance Of Being Earnest 14 - 22 July
www.woodhouseplayers.co.uk 020 8504 3872

Leytonstone Street Fest - Sunday 3 September.

BARA MEMBERS' SUMMER PARTY Monday 11 September from 7.30pm The North Star –Drinks, Thai bites & pizza.

BARA AGM – 28 September 8pm John's Church Hall

★ 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.

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

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 MINDFULNESS MEDITATION - Wednesdays 7-8pm weekly. Wanstead Quaker Meeting Hse, Bush Road, E11 3AU. £12 or £40 (block booking of 4 classes). Booking is essential. Please email Liz: elizabethkeats111@gmail.com

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

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

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.

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.

NEW SECOND FIX NAILGUN 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

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 is based in Bushwood (HETAS registered) and specialises 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 and pregnancy classes at Quaker Meeting House, 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.

Business listed provide discounts to BARA members as a free service to the community. Terms and conditions are subject to the business needs and are subject to change. If you experience any problems please email BARAconnect@gmail.com RECOMMENDED means that a BARA member has recommended the service provided.

LOCAL SHOPPING AND SERVICES DISCOUNTS

Show your **BARA Membership Card** to claim a discount!

FOOD, DRINKS, ENTERTAINMENT

KERASPICE

715, High Road Leytonstone 020 8539 1700
10% off food orders only (eat-in or collection)

LE PETIT CORNER

734 High Road Leytonstone,
5% discount on food and drinks

LEYTONSTONE POP-UP CINEMA

www.leytonstonefilmclub.com
£1 discount

LUNA LOUNGE

7 Church Lane, www.lunalounge.info
10% discount at the bar

NORTH STAR PUB

24 Browning Road
10% discount on food orders

O42 RESTAURANT

885 High Road Leytonstone
15% off food orders

PANDA DIM SUM

767 High Road Leytonstone 020 3652 4781
10% on orders over £10. RECOMMENDED

PETCH SAYAM THAI RESTAURANT

682 High Road Leytonstone 020 8556 6821
10% discount

SAN MARINO CAFÉ

668 High Road Leytonstone 020 8532 8048
20% off bills over £10 (excluding alcohol)

STAR OF INDIA

875 High Road Leytonstone 020 8989 4028
15% on dining in (except buffet nights and other promotions), 10% on takeaways

SUNFLOWER CAFÉ

777 High Road Leytonstone, 10% discount

THE EX-SERVICEMEN'S CLUB

Venue and bar 2 Harvey Road, 020 8539 2954
10% discount on joining fee

WALNUT TREE PUB

857-861 High Road Leytonstone 020 8539 2526
20% off food orders (excluding promotions)

WOODHOUSE PLAYERS

www.woodhouseplayers.co.uk
Free programme and drink

HEALTH, BEAUTY & SPORTS

BAXTER PHYSIOTHERAPY

2 Bushwood
020 8989 2292 or 07778 403237
Initial session £45, subsequent discount-rated sessions at £30. RECOMMENDED

ERSILIA ARJOCAN MA, MFHT

www.holisticreats.blogspot.com 07791 879256
Free phone consultation and 10% discount on any 60min or longer Holistic Treats.
RECOMMENDED

KAFI DESIR-LORDE

Massage and Beauty Therapist
07858 295 940 lordesbeauty@hotmail.com
20% discount

LEYTONSTONE OSTEOPATHY

www.Leytonstoneosteopathy.co.uk
Appointment Line: 020 8281 0031 Email:
luke@leytonstoneosteopathy.co.uk
Office 8, 6 Gainsborough Road, E11 1HT
15% discount on initial consultation
(concessions for senior citizens, unemployed, students) RECOMMENDED

MARC ROBERTSON HOMEOPATH L.C.H.E.

www.effectivehomeopathy.co.uk 07903
274852 Homeopathy clinic based in E11
10% discount

MARK RAHAMAN DIP PT, MRNT, IIHHT

Fully qualified personal trainer & sports therapist: 07956 239690 Rates negotiable

ORIENT PHYSIOTHERAPY

721 High Road Leytonstone 07776 157606
50% discount on initial consultation

NEW STUDIO ELEVEN

745 High Road Leytonstone
020 8257 3669 www.studio11.london
15% off haircuts (excludes other offers)

SERVICES

BILLINGFORD GENERAL BUILDERS

Including Corgi plumbers, certified electricians, sash windows 020 8503 0404
10% discount

BLOUNT STAINED GLASS

www.blountstainedglass.co.uk 020 8671 6938
10% discount

CAKES BY TINA

www.cakes-by-tina.webs.com
tmallen31@live.co.uk / 07982 253069
10% discount

CIARA WILD MBPSS, FPIT, MSC, BSC

Psychology tutor for A-Level or undergraduate psychology. wildc98@hotmail.com
£5 off normal rates

DAC PLASTERING

1 Trelawney Estate, Paragon Road, E9 general building work. Daniel Crook, 07949 180358.
10% discount

DC INTERIORS

Carpets and wooden flooring, vinyl flooring etc. Supply and fitting. 725 High Road Leytonstone 020 8539 2647
10% discount. RECOMMENDED

ECO - GAS

www.ecogaslondon.co.uk 020 7729 5840
10% discount on boiler servicing

ELSA GOMEZ PROFESSIONAL PHOTOGRAPHER

Specialises in portraits of maternity, newborn babies, children and families
info@elsagomez.co.uk / 020 3091 1584
www.elsagomez.co.uk 50% discount on 2-hour session (minimum printing order applies)

FUNKY DOGS (GROOMING)

200b Chingford Mount Road 020 8524 1585
Pick up service in E11 each Tuesday.
5% discount

KENNARD WELLS SOLICITORS

718 High Road, Leytonstone 020 8539 8338
5% discount

LAZ FURNITURE - BESPOKE FURNITURE

www.lazfurniture.co.uk 07849 881597
10% discount. RECOMMENDED

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

MARC FLETCHER PHOTOGRAPHY

www.marcfletcher.com Weddings are our speciality 07951 048819
10% discount

MOBILE CLEANING SERVICES

4 Blackwell Close, London E5 0TA. Contact Perry Simon, 07951 886578
10% discount

PRINTING.COM

26, Church Lane.
www.printing.com 020 8556 3650
10% discount on all printing (in store only).

SCHEMA STUDIO ARCHITECT AND INTERIOR DESIGN

www.schemastudio.co.uk
020 7405 4000 / 07436 535 471
info@schemastudio.co.uk 10% discount

THOMAS, PAINTER & DECORATOR CONTACT

through Laz Furniture 07849 881957
10% discount RECOMMENDED

TRADING PLACES LTD ESTATE AGENTS,

Letting Agents 020 8558 1147
jennifer@tradingplacesproperty.com
10% off standard sales and letting fees

TREASURE YOUR MEMORIES

transferring video/ciné to DVD, tapes to CD, editing, filming, etc. 020 8518 8479
10% off orders over £20 RECOMMENDED

ZOË THE GARDENER

07746 862586 zoethegardener@icloud.com
10% discount RECOMMENDED

SHOPPING

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

BIKE SHACK LEYTON

Bike sales and repairs
26 Ruckholt Rd, Tel: 020 8558 1144
www.bikeshackleyton.com
15% discount on parts, accessories and bikes

BURGESS AND HALL

Wine tastings, events and sales.
www.burgessandhall.com
5% discount off wine case prices

MONARCH SPORTS

815 High Road Leytonstone
10% on purchases over £100

STAYER CYCLES

13 -14 Acacia Business Centre, Howard Road, 020 3581 3280 www.stayercycles.com 5% discount on repairs and selected products

THEATRE OF WINE

556 High Road Leytonstone 020 7018 7450
15% off Thursday tastings of groups up to 4 people

ZAIN CARDS AND GIFTS

48 Church Lane
10% except special offers/sale

