



The Bush Telegraph

The quarterly newsletter of The Bushwood Area Residents Association

Also visit us at www.bara-leytonstone.org.uk

INTRODUCTION

from chairman DWIGHT WOOD

THE CALENDAR tells us that spring is almost here – though the glorious weather through February would suggest it has arrived already. Daffodils, crocus and narcissi are peeking their heads up all round our area, while the lighter evenings help to give everyone's spirits a welcome lift.

Your BARA committee has been very active during the recent months, keeping an eye on important planning matters, monitoring major schemes such as the controlled parking zone and, not least, organising a host of social events for members and their friends. Old favourites such as the annual litter pick are on the timetable alongside new ventures such as trips to the theatre and to the

greyhound racing at Walthamstow – a great evening out if you've never been before. We also aim to continue our informal 'pub nights', which are a good chance to make new friends over a drink.

The BARA meal at Chopsticks was a big success, and elsewhere in this issue of *The Bush Telegraph* we have a chance to read what *Time Out* thinks of this and other local restaurants which are featured in a forthcoming guide.

Do share your opinions on other local restaurants and pubs which you think people should know about - in fact, let us know your views on anything to do with life in and around the Bushwood area. Your committee members can only act on an issue if they know about it in the first place!

Chopsticks evening draws a crowd

WE HAD a good turnout for our Chinese meal at Chopsticks in January. It was a very enjoyable evening with good food, and a very friendly crowd. As always at our socials there was a fair number of people who recognised each other by sight but had never met before, but will now know each other the next time they meet!

We have already been asked to arrange another similar evening and we are thinking about it! Our thanks to Chopsticks for taking our booking at a discount price. If you haven't visited them yet, then give them a try – they are at 686 High Road (opposite Matalan) and the take-away prices are exceptional value.

HIGH ROAD MAY CHANGE ITS WAYS

ON 11 December 2002 Dwight Wood (BARA chairman) Robert Gay and I attended a meeting of the Environment Street Scrutiny Committee in regard to the one-way system in Leytonstone High Road.

BARA's position is to reverse the system so that traffic towards the Green Man goes along Church Lane, Kirkdale, Lemna and Gainsborough Roads while traffic towards Stratford goes straight along the High Road.

After presentations from the floor, including ours, the councillors discussed the options. It was interesting that they did not vote along party lines.

The result of this, sometimes heated, discussion was that investigations would be made into the possibility of returning Leytonstone High Road between Church Lane and Gainsborough Road to two-way traffic.

Your committee will continue to monitor the situation and publish in *The Bush Telegraph* any relevant information.

BERNARD LOWE

THINKING OF CHANGING YOUR LIFE?

ARE YOU considering quitting the rat race for a brand new start? Are you about to quit your job or home and start again? If you're about to *Kiss Your Boss Goodbye* then LWT would like to hear from you. If you would like to know more or are interested in taking part in this new television series, please call 020 7633 2565 or email

kissyourbossgoodbye@granadamedia.com

GRACIELA WATSON

Santa – you're a star!

SANTA duly came to Leytonstone to visit as promised on 21 December and was joined by some committee members and their children in bringing Christmas cheer, carols and free sweets to the people in the High Road that day. He was spotted by the photographer from the local Guardian newspaper and a large photo and write-up were printed in the paper. Well done Santa!

SHOPPERS' VIEWS NEEDED

JO, our new shops representative, needs to hear from people who shop locally to give opinions on particular shops/general shopping problems. We are devising a questionnaire and need say 12 people for each shop we go to talk to. Do help us! **Phone Jo: 020 8530 3569**

BARA SUBSCRIPTION RATES

Single people: £1 per year Households: £2 per year

WHAT'S ON

FORTHCOMING BARA SOCIAL EVENTS

Laura: 020 8532 9553

Katy: 020 8556 5162

◆ **Saturday 12 April - BARA Quiz at the Ex-Servicemen's Club.** The quiz has proved really successful so far. Telephone Laura Whitehead or Katy Smith to book. The cost is £2 per head on the night. Come on your own or bring a team.

◆ Last year's *cricket match* was good fun. We will be organising another one in May. Get practising and watch out for further details!

◆ **Thursday 12 June - A night at Walthamstow Dogs.** Cost £17 which includes the entrance fee (£4), a three-course meal, and Tote runners at the table. To book please telephone Laura. Money must be paid in advance in full. Coach extra.

◆ **Sunday 1 June - Family Cycle Ride.** Watch out for more information.

◆ **Sunday 22 June - Litter pick from 11am - 1pm in the Forest.** Refreshments and litter picking equipment will be provided. Volunteers to meet on the edge of the Forest at the end of Leyspring Road and Bushwood. We had lots of volunteers turn up last year so let's see if we can have even more this year.

◆ **Thursday 10 July. Meet your friends and neighbours in the North Star.** We'll see you from 8.30pm. Why not tour St John's church first? (See below).

Thursday 18 September. Meet your friends and neighbours in Zulus. See you from 8.30pm.

OTHER LOCAL EVENTS

On **Thursday 10 July** the Waltham Forest Civic Society are organising a *tour of St John's Church*. Meet at 7.30pm. There will be an opportunity to climb the tower. Quench your thirst with neighbours in the North Star after your tour!

The Leytonstone Festival is being held between **9 - 21 July**. Look out for details of events.

The Ex-Servicemen's Club are organising a *cheese and wine-tasting evening* on **Thursday 27 March**. Show your BARA card for entry. Wine is £6 a bottle or £1.20 a glass. There will also be two guest ales. The bread, biscuits and cheese are free. If you aren't quizzed out, they are also holding a *quiz night* on **Thursday 20 March**. Just turn up or contact the club for more information.

Fancy a day out in Boulogne? Bob Cheek is organizing a coach for a *day-trip to Boulogne* on **Wednesday 7 May**. The cost will be £18 per head and please book early, as there are only 50 seats and this is always a very popular trip. Meet at 6.15am as the coach leaves from the top of Harvey Road promptly at 6.30am and returns at around 9.30pm in the evening. The coach stops at a hypermarket in Boulogne first and then on into the town where you will be free to roam for around 4-5 hours before making the return journey. **Please ring Bob: 020 8558 8795.**

THE BUSH TELEGRAPH ADVERTISER

Members' personal advertisements are inserted free of charge in this column. Please drop your ad in to any committee member (addresses below).

BABYSITTER - parents of 5-year-old girl seek mother to swap babysitting or responsible girl over 16 to sit for pay. Usually weekends. Phone Vivien: 020 8923 1999 after 6pm.

CORNWALL. Two-bedroom self-catering detached bungalow in the coastal village of Crantock, Nr Newquay. It is situated 15 mins' walk from Crantock beach and sleeps 4-5 people. Please phone 01637 830078 for details.

IS THERE a BARA member with an hour a week to spare to help an oldie whose sight is fading and needs help sewing on buttons, changing light bulbs and reading letters from friends who forget to write large enough? Payment offered. Phone 020 8989 6803 to discuss.

LEARN guitar from home. Tuition available for beginners, £10 an hour, weekends only - preferably Saturdays. Phone Jack: 020 8556 3288.

STAMPS for charity. Used postage stamps - UK and foreign - wanted for animal charities and Guide Dogs for the Blind. Thank you! Dawn, 46 Michael Road.

Help needed or offered?

THE ADVERT from the 'oldie' needing help makes us think there may be others in our group who need occasional help or who can offer help, perhaps on a voluntary basis. The committee would be willing to try to co-ordinate help. Let any committee member know if you need or can offer help and we will see what we can do - but no miracles promised!

CRICKETERS WANTED!

FOLLOWING the very successful debut made by the BARA cricket team last summer, there will be another game in mid to late May against local opposition. This will be an evening match at a venue still to be confirmed, though it will probably be Snaresbrook Cricket Club in Nutter Lane, E11. Our victory over the North Star 12 months ago revealed the depth of cricketing talent in our area, so please join us as we try to maintain that 100 per cent record - all ages and abilities welcome! Please contact **Andrew Shields** at 9 Hartley Road on **020 8530 2200** or email andrewshields@ukgateway.net.

The BARA committee 2002/2003

Judith Aldridge: <i>treasurer</i>	35 Leyspring Road
David Dowsett	74 Mornington Road
Robert Gay	137 Mornington Road
Bernard Lowe: <i>assistant treasurer</i>	56 Browning Road
Jo Pile: <i>shops representative</i>	57 Leybourne Road
Judy Scott: <i>planning</i>	34 Carlton Road
Andrew Shields: <i>minutes secretary</i>	9 Hartley Road
Katy Smith: <i>vice-chair & social</i>	37a Harvey Road
Linda Standen	10 Barclay Road
Graciela Watson: <i>membership</i>	St Augustines Court, Mornington Road
Laura Whitehead: <i>social</i>	44 Stanmore Road
Dave Williams	30 Harvey Road
Ross Williams	65 Mornington Road
Dwight Wood: <i>chairman</i>	Carlton House, Aylmer Road

PLAYERS PRESENT A TRIPLE BILL IN APRIL

THIS SPRING The Woodhouse Players present three one-act plays, all produced by home-grown talent. This is a chance to see the talent of three first-time directors



and their take on these original plays. Ita Hill directs *Smoke Rings* (written by Ian Halverston), a darkly comic piece that tells the story of David, a concert pianist. Wheelchair-bound through a smoking-related illness, David tries to come to terms with his past and future. Nigel Palfreman brings you *Rosaline is Still Alive* (written by Stephen Balchin), which takes a light-hearted look at how Rosaline copes with being ditched for a younger woman by her 'not so

perfect' Romeo. Her friends Ophelia and Helena try to give advice while on holiday in Verona. This play has been fondly described as '*Sex and the City* meets *Shakespeare*'. In *Schrödinger's People*, written by Stephen Balchin and directed by Catherine Alexander, Andy tries to better understand the actions of his father by looking through his scientific papers while his father's ghost looks on. This play has a little bit of everything: quantum physics, biblical references and cake!

The Welsh Church Hall, Leytonstone High Road on
24, 25 and 26 April at 8pm.

Tickets £5, £2.50 concessions, MUST be booked in advance. **Phone 020 8504 3872.**

LEYTONSTONE'S THE PLACE FOR CHEAP EATS!

Research reveals facts for local foodies

AS WILL shortly be revealed in a new *Time Out* guide, Leytonstone is one of the best areas in London for restaurants with the accent on value-for-money. We took a sneak preview at what the book has to say about some of our local favourites:

◆ Ever-smiling husband-and-wife team Thelma and Sawong Kularbwong run **Singburi** (593 High Road; 020 8281 4801), a small caff which may be away from Leytonstone's main drag but is highly prized by those locals who have discovered it. The surroundings are functional and there's no drinks licence (but no charge for corkage); however, the food more than compensates. Dishes are served with authentic ingredients, generous spicing and hefty chunks of meat and vegetables to create a pleasingly rough-hewn impression. The stir-fries cost around £6 while the soups, particularly a tom yam talay crammed with seafood and lemongrass, are excellent.

◆ The 'eat as much as you like' buffet is the main attraction at **Chopsticks** (686 High Road; 020 8539 7802), whose attentive and child-friendly staff compensate for the stark lighting, plain walls and functional furniture. Around 40 dishes are offered in the evening, half that number at lunchtimes, with prices varying through the week from £4.50 – £11.50. There are no real surprises, and far more meat than seafood, but the platters are regularly replenished and nothing is left to congeal under the lights. The place has quickly proved popular with families as kids can pick at lots of different items while receiving a lesson in expert chopstick use. For dessert, try fruit, toffee bananas – or just help yourself from the tubs of Tesco ice cream.

◆ With its yellow walls, pale wood floor, sliding doors which open onto the street in summer and two huge silver hookahs, the decor at **Cafe Larosh** (7 Church Lane; 020 8518 7463) is a cut above most other Punjabi caffs in east London. However, much of the food is authentically rich and pungent, and makes few concessions to more timid western tastes. Weekend specialities such as nihari (long-simmered lamb shanks), haleem (mutton) and paya (lamb's feet) rub shoulders on the menu with more familiar

mahogany-coloured meat curries, juicy chicken tikka, saag and a somewhat oily daal. The food is prepared in large metal bowls and heated to order, a process which certainly benefits the biryani dishes in which rice and meat are perfectly fused. With a bread straight from the oven and a jug of water, you can eat very well here for little more than a fiver.

◆ No menu or opening times are displayed in the window of **Peppe's Pizza** (761-763 High Rd; 020 8539 7451) – an idiosyncratic approach which makes the place less of an attraction than it once was. The dozen pizzas on the menu are eat-with-your-fingers and come in two sizes (12" and 16"; £8.50–£11.75), but tend towards the doughy though toppings are plentiful. Of those we sampled, a simple cheese and tomato packed the most flavour. Meatballs, lasagne and spaghetti are among the alternatives.

◆ The fake beams and roughcast walls betray **Chandni's** origins as an Italian trattoria which Frank Bruno once used for his after-fight parties. However, enthusiastic owners Rajesh and Ranjan Patel have added some homespun Indian paintings as they bid to establish Chandni (715 High Road; 020 8539 1700) as the only pure vegetarian restaurant in E11. The menu ranges across the sub-continent with a wide selection of farsan (snacks), but we stuck to the typically southern dishes. With children in tow, we asked for mild spicing and were smilingly obliged. The idli sambhar came with a superb, tamarind-rich sauce while the masala dosai were crisp, well-filled with mixed veg and served with nicely cooling yoghurt. Main dishes cost £2.50 – £4.75, thalis are £5 – £6.50. To drink, the sweet lassi was so deliciously thick you could stand a spoon in it while the royal falooda was topped by pistachios and passion fruit. Charming.

◆ **Is there another local restaurant that we should all know about? In particular, we keep hearing good reports of the noodle bar Ichiban at 721 High Road (020 8556 7591) but hardly ever find it open! Do let us know if there's an eaterie you particularly recommend.**

ANDREW SHIELDS

NEW TO LEYTONSTONE

I'D BEEN looking to buy a flat for over a year. I really objected to the vastly overpriced, small, badly converted flats I'd been shown around in Hackney and parts of Harringay. Then a friend at work suggested I have a look at Leytonstone.

The first thing I noticed about the area was its village-like quality. A pedestrian-friendly high street, cafes with outdoor seating (very cosmo!) a Woolworths (a high street must!), a splendid church. It's all so ... there really.

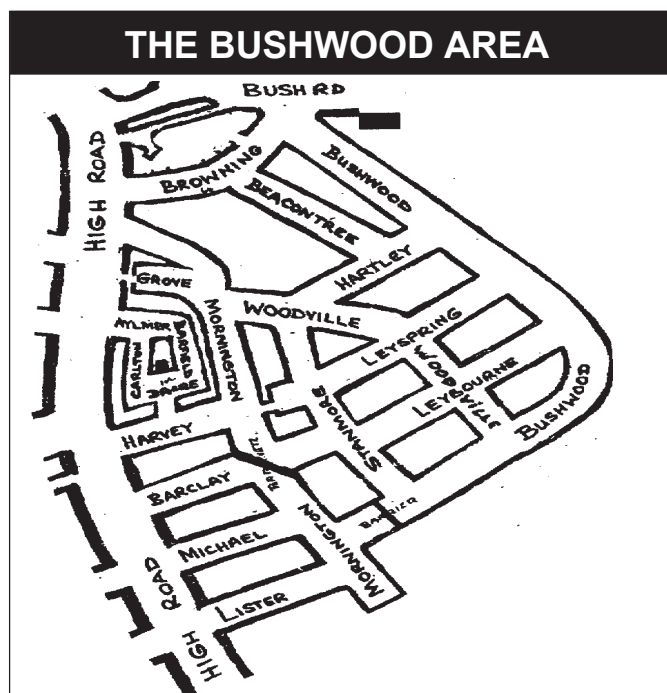
Another thing that struck me after living in Stoke Newington for so long was how much cleaner Leytonstone is – something which longer-residing residents may overlook. During the last six months I've been familiarising myself with what the area has to offer, although I'm still learning, it appears to me that Leytonstone is experiencing a mild form of gentrification. Although it hasn't quite reached the status of say, Islington or Shoreditch and I don't think it ever will, it does seem to be slowly updating itself. Besides, the fact that it's still a mainly residential area means it's much quieter. Call me old fashioned, but isn't that better?

GRACIELA WATSON

Quality assured at High Road playgroup

ON Friday 7 February MP Harry Cohen visited the Green Man Preschool Group to meet the children and present the Accreditation Award, which is a standard of Quality Assurance in a pre-school setting. He made friends with the children by joining them in apple pie-making and stayed for a long time listening to local parents and carers. The Green Man Preschool Group offers five morning sessions per week from 9.15am to 11.45am for 2½-year-old to five-year-old children. Anyone interested in registering for the summer term, which starts immediately after Easter, should make enquiries now by ringing 020 8532 9245 or visiting during sessions at the Welsh Church, 881 High Road, Leytonstone (between Tesco and the roundabout.)

PENNY BUNIAK, DEPUTY PLAYLEADER



BETTER VALUE FROM BARA!

BARA's committee has been working to obtain worthwhile discounts for members.



Our discount scheme:

- ◆ Is yet another benefit of belonging to BARA
- ◆ Pays you to shop locally
- ◆ Supports local shops so it helps to improve our area

You can get these discounts from the following local businesses, but you must show your membership card.

- | | |
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| BUBBLES (hats and clothes) | 10% off everything. |
| 698 High Road | |
| PRIMROSE FLORIST | 10% off purchases over £10. |
| 741 High Road | |
| CENTURY 21 (estate agents) ... | 30% off standard commission rate. |
| Church Lane | |
| ZAIN GREETINGS | 10% off all cards and gifts (except special offers/sale items) |
| (cards, gifts, stationery) | |
| 48 Church Lane | |
| DOGS DINNER | 10% off accessories. Other items 5% off purchases over £5. |
| (pet and garden shop) | |
| 23 Kirkdale Road | |
| DEANNA DONOVAN (beauty... and skincare):working from home | 10% off treatments phone: 8558 7223 |
| BANSAL OPTOMETRISTS | 10% off goods over £50. |
| 775 High Road | |
| NATIONAL SCHOOLWEAR.. | 10% off general schoolwear. They also stock things like Brownie uniforms. |
| 841 High Road (Near McDonalds) | |
| IRONICA (ironware and gifts)... | 10% off everything (except Sale items). |
| 853 High Road | |
| CHURCH PINE (furniture) | 10% off (except promotions). |
| 899 High Road | |
| MONARCH SPORTS | 10% off purchases over £100. |
| 815 High Road | |
| MEMORIES | 10% off one-hour or 24-hour film processing. 10% off 35mm and APS reprints. 5% off films. |
| Photographic Services | |
| 829 High Road | |
| FRESH WATER FILTER CO.. | 10% off all purchases. |
| Carlton House, Aylmer Road | |
| OCEAN DRY CLEANERS | 10% off bills over £50 (eg curtains etc). |
| 801 High Road | |
| SOUNDS & VISION | 10% off purchases over £50. 5% off all other items (<i>except</i> computer games/consoles). |
| 777-779 High Road | |
| THE RELAXATION PLACE.. | Free aromatherapy treatment with your first appointment: phone 8539 0001. |
| (aromatherapy face & body treatments): corner Browning Road and High Road (740A) | |

Readability spreads the word

READABILITY, a voluntary group which teaches volunteers how to help children learn to read, is looking for recruits. If you're interested then phone **0845 601 4008** for an information pack.

If you would like to join BARA then contact your nearest committee member (see page two). See front page for subscription rates.