



The Bush Telegraph

The quarterly newsletter of The Bushwood Area Residents Association

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

Chair's statement

2008 has been an eventful year for BARA so far.

We have been joined by new Committee members and lost old ones. We have changed our Chairperson and appointed our first Retail Liaison Representative for several years.

The Committee have spent a lot of time trying to improve the benefits and events that we offer to our members, whether it be through the extension of the discount scheme or the extremely successful meeting that we held with the LBWF councillors which resulted in one of the largest ever turnouts for a BARA event. Our litter picks have now become a twice-yearly event and we have had our first ever BARA dog walk.

Well now we need some feedback from our members. Attendance at our Annual General Meeting (AGM) has never been particularly high, but last year we had one of our lowest ever attendances. The Committee would really like to see a few more of you at this meeting. We would like to hear your views on how you think we are doing and what else we can do to make BARA membership more worthwhile. And, of course we would particularly like to see anyone there who fancies taking a turn at being a Committee member.

The AGM is the most important meeting in the calendar and gives members one of the few opportunities to talk to the Committee en masse. So, if you've just moved into the area or even if you've been here a while and have never been to one of our AGMs, come along to the Church Hall at 8pm. on Monday 22 September 2008. We look forward to seeing you there.

LIZ HAYMAN

ANNUAL SUBSCRIPTIONS

IT'S THAT TIME OF YEAR again when we collect membership fees for the Bushwood Area Residents Association. We like to give everyone the opportunity to join, which is why every home in Bushwood should receive this copy of *The Bush Telegraph*. As usual, you'll find an envelope attached to this edition – to pay, simply pop your subscription to BARA in the envelope provided and drop it through the door of your nearest Road Representative – there's a full listing on page 3.

Fees remain at £2 for a single member and £3 for a household

A CHANCE TO PLAY YOUR PART

PLEASE COME ALONG to the Church Hall behind St John's (next to the entrance to Matalan) on Monday 22nd September at 8pm for our Annual General Meeting. It's the most important meeting of the year, since it's when we vote people onto the Committee. It's also your chance to speak up and comment on the issues that affect you. We also hope that some of you will take the opportunity to join the Committee, since we're always keen to take on new members. Whatever your skills or interests, we're sure you've got something to offer. And like all voluntary organisations, we're keen to make sure that the people on our Committee represent the diverse interests of our local community.

Of course, it also helps that we're a friendly bunch who enjoy meeting up! DOUG SHEEDY

AGENDA

1. Welcome
2. Minutes of the Annual General Meeting 2007
3. Presentation of Audited Accounts
4. Review of the Year
5. Election of New Committee Members

Walking the dog**BARA's best friends meet and greet**

WE'D BEEN TALKING about doing it for a while, but on Sunday 8th June we finally got around to hosting the very first BARA dog walk. At first it looked like attendance was going to be low, but within about 10 minutes we'd picked up a host of two and four-legged friends. Not everyone who came along had a dog, but everyone seemed to enjoy seeing the various breeds playing together and exploring the footpaths and trails together.

We started out on the Flats, then crossed the road near the tennis club to head down toward the ponds.

A quick break for tea, treats and toilets and then people were free to either hang out or head back. It was also a great opportunity for the various dog owners to finally put names to some familiar faces.

But don't worry if you missed it, we'll be holding another one at 11am on Sunday 2nd November. So if you'd like to join us, meet us at the corner of Bushwood and Stanmore, next to the barrier. And if you want to make some new friends, we recommend bringing along a pocketful of biscuits!

GARETH DIMELow

GET MORE FOR YOUR MONEY

TWO additions to our Shops and Services Discounts list are on page eight.....

◆ **Top Mark Tuition Centre** offers coaching to GCSE-bound teens and 11+ youngsters.

◆ **Trading Places Ltd** gives BARA members a discount on standard sales and lettings fees.

Our discount scheme:

◆ **Is another benefit of BARA membership**

◆ **Pays you to shop locally**

◆ **Supports local shops, helping to improve our area**

The BARA Committee 2007/2008

Karen Bateman: <i>Social and Retail Liaison Representative</i>	4 Barclay Road
Desirée Clarke-Noble: <i>Community Council</i>	48 Leybourne Road
Gareth Dimelow: <i>Editor and Social</i>	11 Barclay Road
Robert Gay	137 Mornington Road
Liz Hayman: <i>Chair and Membership and Planning</i>	54 Leyspring Road
Janet Lee: <i>Secretary</i>	27 Beacontree Road
Doug Sheedy: <i>Treasurer</i>	11 Barclay Road
Katy Smith: <i>Deputy Chair and Social and Safer Neighbourhoods</i>	37A Harvey Road

BARA SUBSCRIPTION RATES

Single people: £2 per year Households: £3 per year

ROAD REPRESENTATIVES

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

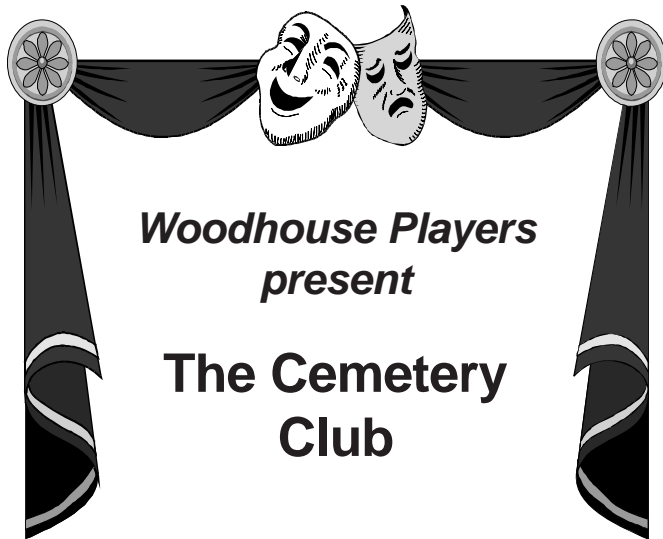
Aylmer Road	Karen Bateman, 4 Barclay Road
Barclay Road	Doug Sheedy, 11 Barclay Road
Barfield Road	Karen Bateman, 4 Barclay Road
Beacontree Road	Cyril Robson, 49 Beacontree Road
Browning Road	Janet Lee, 27 Beacontree Road
Bushview	Karen Bateman, 4 Barclay Road
Bushwood	Brian Hopson, 49 Bushwood
Carlton Road	Karen Bateman, 4 Barclay Road
Colt's Yard	Karen Bateman, 4 Barclay Road
Dacre Road	Karen Bateman, 4 Barclay Road
Forest View	Janet Lee, 27 Beacontree Road
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	Janet Lee, 27 Beacontree Road
Leybourne Road	Jo Pilc, 57 Leybourne Road
Leyspring Road	Liz Hayman, 54 Leyspring Road
Lister Road	Joyce Quarrie, 42 Lister Road
Michael Road	Sue House, 32 Michael Road
Mornington Road	Robert Gay, 137 Mornington Road
St Augustine's Court	Katy Smith, 37A Harvey Road
St John's Court	Katy Smith, 37A Harvey Road
St Mary's Court	Katy Smith, 37A Harvey Road
Stanmore Road	Liz Hayman, 54 Leyspring Road
Woodville Road	Desirée Clarke-Noble, 48 Leybourne Road
Woodbridge House	Doug Sheedy, 11 Barclay Road

Speculation has been widespread over the past months following the closure of old favourite *Pepe's Pizza* in the High Road. Some residents thought the new restaurateurs would adopt a Mexican theme, others bet on Chinese or another Italian-style eatery. Aha! We were wrong! Now BARA Committee member **Doug Sheedy** reveals all in his

WELCOME TO A NEW ARRIVAL

WELL, AFTER what seemed like an eternity, there's now a new restaurant on Leytonstone High Road on the site of what used to be *Pepe's Pizza*. **Seebo's Bar and Grill** offers an unconventional menu in very comfortable surroundings. With an offering that combines European favourites and Indian

classics, there's something to suit most tastes. They've only been open for a few weeks, so why not pop in and see what you think. The owner, Nadeem, is very friendly and keen to hear customers' opinions, so be sure to share your thoughts with him. Let's hope it's a success, and before we know it we might be seeing a few more restaurants coming to our area.



Take three middle-aged widows, one who flirts outrageously, one who is dedicated to the memory of her husband and one who is beginning to realise that she still has a life to live. Throw an eligible widower into the mix and watch the sparks fly.

Join the Woodhouse Players this autumn for this heart-warming comedy as we follow the lives of three long-time friends who have formed a "cemetery club" in which they go together to visit their husbands' graves each month.

£7 adults

£4 concessions

Shows will be at the Welsh Church Hall, 879 Leytonstone High Road, E11 on

Thu 2nd October 2008, 8pm

Fri 3rd October 2008, 8pm

Sat 4th October 2008, 3pm and 8pm

For tickets phone 020 8504 3872, email tickets@woodhouseplayers.co.uk or visit www.woodhouseplayers.co.uk for more details.

"The Sun Always Shines On TV..." but maybe not in Leytonstone

THERE'S A SAYING about the best laid plans of mice and men... This year's Summer Fete at the Henry Reynolds Gardens fell foul of the weather, with grey skies and chilly drizzle in abundance. Having said that, we were still happy to see around 150 people brave the miserable weather to come along and see what was happening.

There was some great entertainment arranged by the Friends of Henry Reynolds Gardens, various stalls selling a range of hot foods and of course a BARA stall featuring a book sale and stick lotto. The local fire service and St John's Ambulance were also in attendance, as were the friendly folk from Yellow Tail wine, one of Australia's most popular drops. They were handing out free samples of the four most popular wines, as well as drop-stops and lip balms to protect from all that harsh summer sun!

So even though the weather was something of a disappointment, it was still an enjoyable day for everyone who came along. Who knows, next year the sun may even make an appearance.

GARETH DIMELOW

It's easy if you know the answers....

OUR AUTUMN Quiz Night will be held on Saturday 15th November 2008 at the Ex-Servicemen's Club in memory of Bern Lowe, our late Quiz Master. We have talked to his daughter, Margaret, and have come up with the idea of raising money for a bench in Henry Reynolds Gardens or

a tree in the High Road to commemorate Bern, as he was a great supporter of Henry Reynolds Gardens and was also in favour of more trees planted in the Bushwood Area. The Star of India will once again be providing the food so be sure to book early by calling Katy on 020 8556 5162.

KATY SMITH

Watch out – there are villains about!

WARNINGS FROM THE SAFER NEIGHBOURHOOD TEAM

Motor Vehicle Crime

The Safer Neighbourhood Team has informed us that there is a high level of motor vehicle crime in Leytonstone at present.

They ask that car owners do not leave anything in their cars and that if you have a SatNav which sticks to your windscreen you should wipe the windscreen to remove the rubber sucker mark before you get out of your car and take your SatNav with you. The sucker mark is a tell-tale sign for car thieves. Also if you hear the sound of breaking glass outside your house then please phone the police on 999.



COME TO CAR FREE DAY

ON SUNDAY 21st September the roads of Leytonstone town centre will be closed to traffic for you to enjoy a great a day of entertainment, stalls, live music, dancing, public art and children's play areas.

The aim of Car Free Day is to raise awareness of the health and environmental benefits of sustainable living and sustainable transport, by leaving the car behind. The event is a fun day out where visitors and the local community can enjoy the town centre as a traffic-free urban space. Live on stage will be Geno Washington and The Ram Jam Band and Pauline Black, formerly of The Selector.



DOUG SHEEDY

Burglary Artifice

Sadly, the numbers of people impersonating gas or water board officials are increasing. **Please make sure you ask for identification before you let anyone in.** As always, they are targeting the vulnerable members of our community. If you experience anything like this, please phone the police. Another problem is cold calling by men saying that they are doing work for someone further along the road and they noticed that you need work doing. If you do need any work done on your house please use a reputable company recommended by someone you know. The current cold callers are white males, some with Irish accents. If you receive a cold call that you think is suspicious, please contact the police immediately.

In most cases you should dial 999 when contacting the police. Alternatively, you can contact your Safer Neighbourhood Team on 020 8721 5001. You can also call in to speak to someone at the new police station in Waltham House, Kirkdale Road (opposite the entrance to Matalan's car park).

KATY SMITH

Star of India magazine

The next Star of India magazine is due for publication in October and they have asked us to remind you that articles, letters and messages are always welcome. You can contact them on their website – www.star-of-india.co.uk

TAKING A TOUR OF STRATFORD'S OLYMPIC GAMES SITE



Bus tour takes 40 minutes

Conducted by official guides



FOLLOWING OUR INVITE in the last BT we were inundated with requests to visit the Olympic Games site in Stratford. The visit took place on a warm evening in July when 10 BARA members met at Stratford station and left on the Olympic site tour bus with two official guides.

The tour took 40 minutes and was full of fascinating information. The travellers' site has been moved to a lovely new location in Parkway Crescent prior to the beginning of the work.

There will be 15000 athletes taking part in the 2012 Games. The site will include the Olympic Village and Stratford City with 30% of the Olympic accommodation being converted into affordable housing following the end of the Games. A Construction College Training Centre has been built to train workers in Construction Skills resulting in many people gaining new skills for their future careers with a planned target of 10-15% of the workforce coming from the local area. This target has already reached 17%. A wind turbine is also being built to generate energy for the site; this will be 130 metres tall at the Leyton end of the site.

FIND OUT MORE ABOUT SHAKESPEARE AND THE SECOND WORLD WAR!

ARE YOU LOOKING to do something different this autumn but can't quite think what? Walthamstow branch of the WEA (the Workers Educational Association) may have the answer. They are running two adult education courses this autumn – one examining the plays of Shakespeare and the other focusing on East London during the Second World War.

The theatre class takes place at the Asian Centre, Orford Road, Walthamstow from 10am to 12 noon every Tuesday. The local history class will be held at the Peterhouse Centre in Forest Rise, Upper Walthamstow from 7.45-9.45pm on the same day. Classes begin on 23 September and run for 10 weeks with a one-week break for half-term. The fee for the full course is £60.

For more information please contact Teresa Hedge or Andrew Cole on 07855 914557 or (evenings only) 020 8530 3002. Alternatively, email thedge@wea.org.uk or visit www.london.wea.org.uk

Here are some of the numbers we heard along the way:

- ◆ The site itself will contain a Velodrome seating 12,000 spectators and will remain in place after the Games to be converted into a mountain bike centre.
- ◆ The basketball arena will seat 12,000 spectators and will be removed following the Games. The hockey stadium will seat 15,000 spectators and will move to the Eton Manor site after the Games.
- ◆ The handball arena will have 10,000 seats and will be a permanent site.
- ◆ The main Olympic Stadium will seat 80,000 spectators and will of course remain after the Games.
- ◆ The aquatics centre will seat 17,500 spectators and will have two 50-metre pools and a diving pool. Seating will be reduced following the Games.
- ◆ The landscaping of the Olympic Park will include over 8.3km of waterways, making the park a beautiful place to walk round both during and after the games.

There will be a train link called the Javelin Service from Stratford International rail station to St Pancras station with the journey taking seven minutes. A large sub-station energy centre is being built at Kings Yard. Already 800 tons of soil have been removed with 80% of the soil being recycled - that's enough soil to

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WHAT A LOAD OF RUBBISH!



THANKS TO EVERYONE who came along to the last litter pick. In the end we had about 15 volunteers who, grabbers in hand, took to the Flats to pick up other people's carelessly discarded rubbish.

It's amazing to see just what a difference an hour can make when a few committed people get together with grabbers and bin bags. Unfortunately, too many people seem to see Wanstead Flats as a communal barbecue space but forget to clean up after themselves, so we're grateful that other people are willing to spare a little time to make our green spaces neater. Speaking of which, we'll be having another litter pick on 19th October on Bush Wood from 11am-1pm, opposite the corner of Leyspring Road and Bushwood, so please do come along.

GARETH DIMELOW

ADVERTISEMENTS

Members' adverts are inserted free. Please send your advertisement to any Committee member (see page three)

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

AVON. Yetta Omole 07960 513892 or 020 8556 4653 (eve).

BENEFITS ADVICE. Confidential advice and support on welfare benefits and housing. John: 07904 712171

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

DIGITAL HOMES. Consultancy and installation of TV/plasma/surround sound/Internet networking/scene lighting/CCTV. Free consultation. Ian at Gemini AVL: 07905 352972.

DJ TUITION. Experienced DJ offers mixing/scratching tuition plus discounts on equipment. Ian (DJ Blaze): 020 8558 5870.

FACE PAINTER available for children's parties etc. Jessica: 07817 880741 or 020 8556 7801.

FACIAL TREATMENTS using Dermalogica products. Surprisingly therapeutic! £5 discount with this issue of *The Bush Telegraph* for limited period. Yumiko: 07980 488568.

FOOTBALL GOAL (inflatable) for BARA members to borrow free of charge. Katy: 020 8556 5162.

GARDENER. Willing worker will dig, lift and carry. Graham: 020 8989 1681. References available.

GAZEBO. BARA gazebo available to borrowers **for free.** Also available is BARA's **new** gazebo for a deposit of £90, fully refundable if new gazebo is returned undamaged. Katy: 020 8556 5162.

GUITAR tuition in your own home, all ages welcome. Jack: 07940 402024 or visit:
www.earmechanicsrecords.webeden.co.uk

LAKE DISTRICT HOLIDAY HOUSE. Stylish and comfortable house in Keswick, sleeps 8. 10% discount for BARA members on holidays in 2008. Jocelyn: 020 8539 8119 or see www.borrowdalehouse.co.uk.

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

See page 8 for more advertisements

Olympics site visit – continued from page 6

fill the Royal Albert Hall more than nine times. It has been washed to remove contamination – and petrol, oil, tar, heavy metals, arsenic and lead are being found. There are 60 laboratory technicians on site carrying out this work. The electric pylons will be removed later this year, to be replaced with a 6km tunnel for cabling. Over 50% of the material required for the builders will arrive by boat or train. Over 2,000 newts and fish have been relocated to Wanstead Park and the Lee Valley. But there are still

peregrine falcons nesting on pylons, which is why the pylons are not being moved until later this year.

The site was checked for archaeology and an Iron Age settlement was found as well as a medieval waterway, Roman coins, a WWII gun and 4th-century pottery. Archaeology roadshow workshops have subsequently been held with local schools.

At present there are 2,500 workers on site and from next year this will increase to over 9,000 workers.

If you'd like to visit the Olympics site you can book a visit on the Waltham Forest website or by calling 020 8496 6744. They are already taking bookings into 2009 as spaces are limited, so book soon. Be advised, you will need photographic identification, e.g. your passport, and no cameras are allowed. Children must be over the age of 8 years.

The good news is that the work is currently three months ahead of schedule.

Of course, we didn't just hear about the Stratford site, since some of the events will take place in other locations. The equestrian events will be held in

Greenwich Park and the ExCel Centre, the shooting events will take place at Woolwich Arsenal, with the beach volleyball on Horse Guards Parade and road cycling in Regents Park and Hyde Park. Archery events will be held at Lord's Cricket Ground,

sailing will be held off Weymouth and at Portland in Dorset, with the white-water rafting being held in Hertfordshire. The mountain biking events will be in Essex.

The tour was incredibly interesting and informative and it was amazing to see how the site is already developing. Many of us plan to make further visits during the next four years running up to the Games to see the changes.

KATY SMITH

LOCAL SHOPPING/SERVICES DISCOUNTS

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

- Adult Literacy** 10% discount
Qualified adult literacy tutor:
020 8530 3484
- Artistry Loyal** 20% discount
Hair and Day Spa salon
9 Church Lane
020 8556 4348
- Bansal Optometrists** 10% on goods over £50
775 High Road
- Billingford**..... 10% discount
General builders including Corgi
plumbers and certified
electricians
020 8503 0404
- Bumblebee Florists** 10% discount when you spend
829-837 Leytonstone High Road £10 or more
- The Eatery** (ground floor cafe).... 30% discount
Church Lane
- Deanna Donovan** 20% discount
Beauty and skincare from home:
020 8556 0133
- Door to Door**..... 10% discount
Meals delivered to your door
(lunch and dinner M-F)
07870 157392 (Sally or Mary)
- Faz Fashions** 10% discount when you spend
Ladies' and children's wear £10 or more
654 Leytonstone High Road
- Fresh Water Filter Co** 20% discount
Carlton House, Aylmer Road
020 8558 7495
www.freshwaterfilter.com
- Marc Fletcher Photography** 10% discount
Weddings a speciality
07951 048819,
www.marcfletcher.com
- Mark Rahaman Dip PT,** Negotiable
MRNT, IIHHT
Fully qualified personal trainer
and sports therapist:
07956 239690
- Melvyn Brown** £10 (20%) off first hour's
Photocopier and office labour in local area
machinery repairs:
020 8530 3569
- Monarch Sports** 10% on purchases
815 High Road over £100
- Ocean Dry Cleaners** 10% discount when you spend
801 Leytonstone High Road £10 or more
- One Stop Shop for Business** 10% discount
841 Leytonstone High Road
- Star of India** 15% on dining in (except buffet
875 High Road nights and other promotions),
020 8989 4028 10% on takeaways
- Top Mark Tuition Centre** From £7 per hour – first lesson
Key Stage 1-3 11+ and GCSE free
Opposite O'Neill's
- Trading Places Ltd** 10% off standard sales and
Estate Agents, Letting Agents letting fees for BARA members
and Property Management
Specialists
020 8558 1147 or email
jennifer@tradingplacesproperty.com
- Zain Greetings** 10% except special offers/sale
Cards, gifts and stationery items
48 Church Lane

ADVERTISEMENTS

(continued from page 7)

Please send your advert to any
Committee member – see page three

MAID OF ALL WORK. Early retired professional woman seeks paid employment. Anything moral and legal considered. Specialities: gardening, writing, shopping, fetch/carry service and dog walking. Jennie: 07916 329595.

PAINTER & DECORATOR also general handyman including assembly of flat-pack furniture. Free estimates. 07706 811022/07951 987806 or 020 8989 9728 (eve).

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

PHYSIOTHERAPY. Back and neck problems? Sports injuries? Full range of treatments available including acupuncture. Baxter Physiotherapy Clinic, 2 Bushwood. Jeff Minns: 020 8989 2292.

PSYCHOTHERAPY. Hypnotherapy and cognitive behavioural therapy. Jeanne: 020 8530 3022.

SCOUTING MEMORABILIA. Boy scout/girl guide badges/uniforms/memorabilia wanted by ex-group scout leader/assistant county commissioner. Please phone Keith Thomson: 020 8989 9685.

SELF DEFENCE AND TAI CHI for men and women from a 9th Dan Black Belt. Ron Holt: 020 8539 8147.

SHIATSU MASSAGE, excellent for neck/shoulder and back-aches. Yumiko: 07980 488568.

SPANISH HOLIDAY HOME for rent. www.ownersdirect.co.uk Ref S2506.

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

THERAPEUTIC MASSAGE. Experience the bliss of being pampered, feeling relaxed and releasing stress. 22 Stanmore Road. Helen: 020 8989 3840.

TUTOR – ENGLISH & MEDIA STUDIES. Experienced teacher currently employed in a Redbridge school. Amanda: 07795 277654.

TUTOR – MUSIC. Piano, recorder and clarinet from beginners to Diploma level. Jo Brown: 020 8989 2535.

BARA has a list of local tradespeople. If you would like to see a copy of the list (or to add any local tradespeople to it) please contact a member of the Committee. Visit our website – address on page one – or see page three for Committee addresses.

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