

Twickenham & Richmond TRIBUNE

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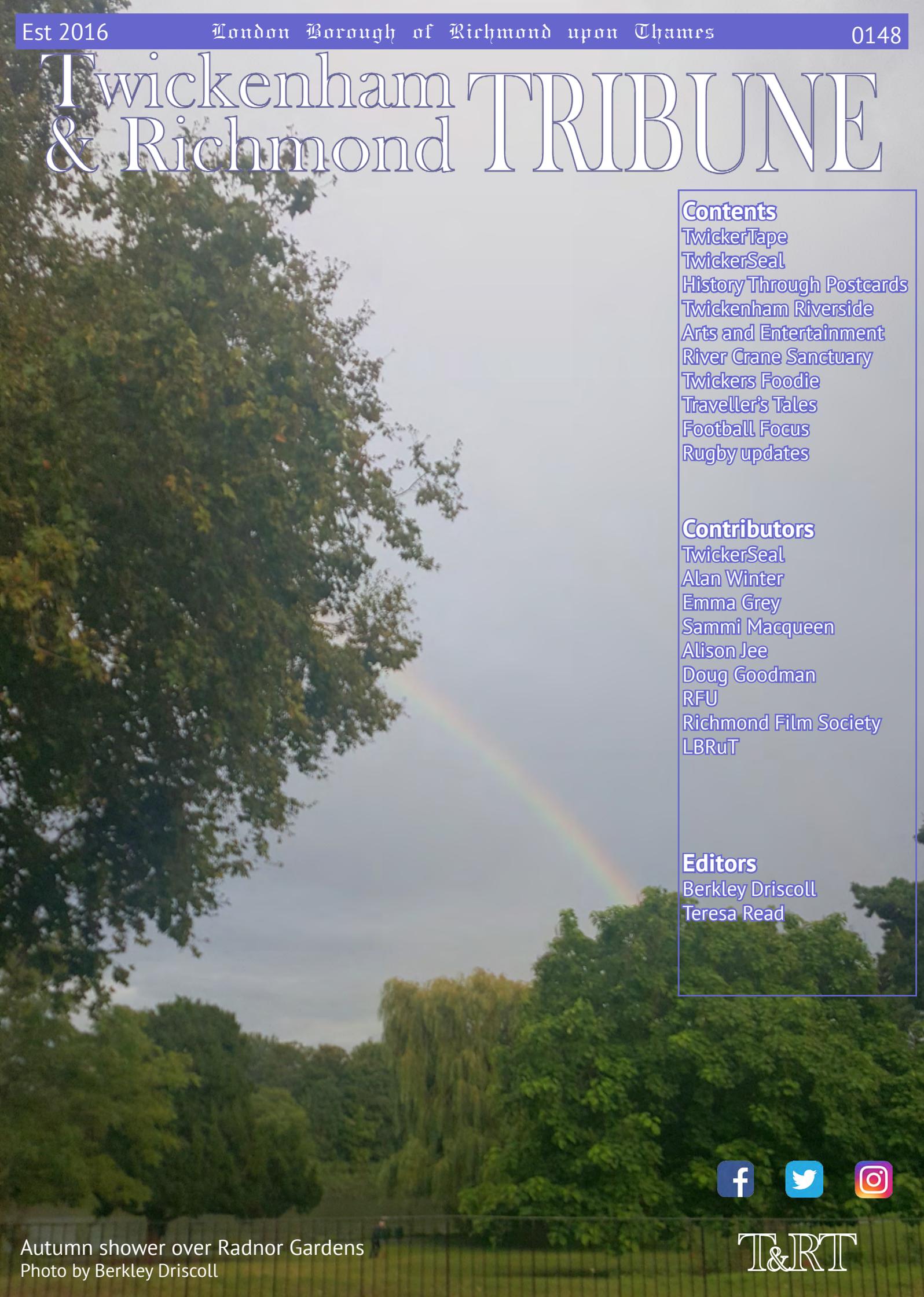
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Autumn shower over Radnor Gardens
 Photo by Berkley Driscoll



TickerTape - News in Brief

Twickenham Riverside Exhibition

Drop-in exhibitions are being held on the below dates in the Clarendon Hall, York House, Twickenham, TW1 3AA. • Thursday 12 September, 6 to 8.30pm • Saturday 21 September, 10am to 5pm • Tuesday 24 September, 6 to 8.30pm

Nature Trail opens – thanks to Council grants

An accessible, interactive nature trail in Crane Park has now opened, thanks to two grants from Richmond Council. The London Wildlife Trust was awarded £3,870 through the Council's Civic Pride Fund and £4,228 from The Community Fund to help make the Crane Park Island Trail more accessible to children and those with disabilities.

With the help of the Council, the Trust installed numbered oak posts each fitted with etched zinc plaque that depicts the varied wildlife and history of Crane Park Island. Children and adults can use the plaques to create rubbings. There is also a colourful and informative site map, and a quiz for families to take when visiting.

Work begins to repair Hammersmith Bridge

The Leader of Richmond Council welcomes news that work will begin to repair Hammersmith Bridge.

Following detailed investigation by a team of world-leading specialist engineers, Transport for London and Hammersmith & Fulham Council have agreed the works needed to repair Hammersmith Bridge. The first stage of the work has now begun and TfL has provided £25million to pay for it.

Once completed, the refurbishment will enable cars and buses (including the heavier electric single-deckers) to cross the bridge. But to prevent future damage, TfL will continue to limit the flow of buses on and off the bridge.

TfL and H&F Council are continuing to explore the most appropriate funding for the next phase of construction, ahead of the planned award of a contract for the next stage of the works next spring. The work is expected to take approximately three years.

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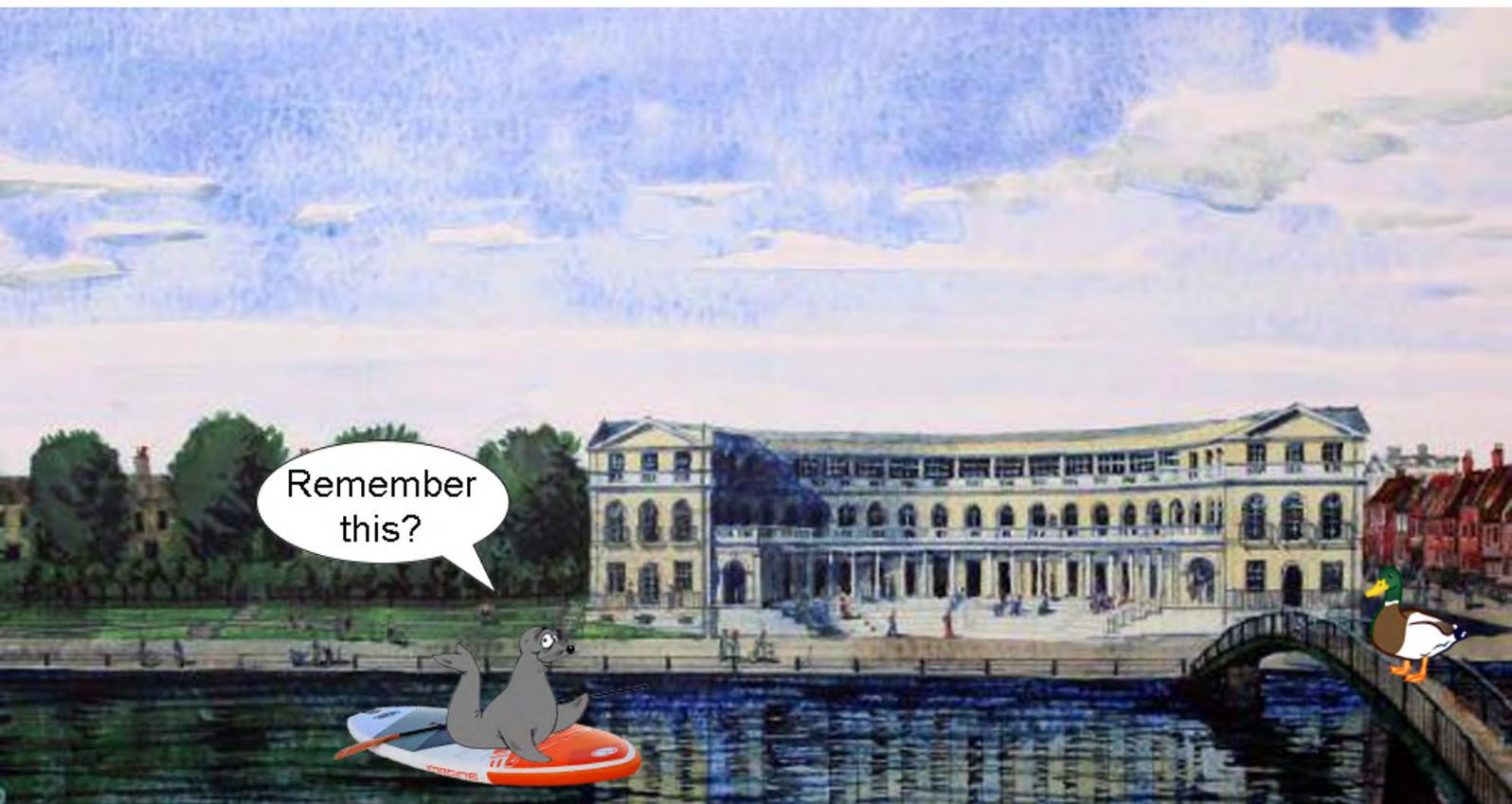


The council has published to five concept designs for Twickenham Riverside and TwickerSeal popped into Clarendon Hall on Thursday to see the proposals at the drop-in exhibition.

Last week TwickerSeal was worried about what to expect, particularly with the rather lacklustre design brief. Unfortunately, some of his fears were realised and there are no A* grades to be awarded.

The designs do offer the three central themes of the brief; housing, public space and removal of parking. But, are they as good as you would expect after all this time and effort? Probably not. At least we have moved on from the Terry monstrosity of the previous 'competition'.

TwickerSeal is going to take more time to look at all the designs as there is much to take in. But he feels that the best we will be able to say is 'that'll do', but not with the high praise featured in *Babe*.



PART 143 – WILL SWIMMING MAKE A RETURN TO TWICKENHAM?

It is getting exciting now in the world of local politics isn't it? Just think, in the next few years our council may well have adopted and built something like one of the five submitted plans to revamp the whole of the Twickenham riverside site between King Street and the Thames. It is not this writer's job to get involved in current affairs of course as this is a column designed to show local history through the medium of old postcards and the occasional photo.



Postcard number 1. Shows an aerial shot of the site taken in 1937. The baths are packed out with swimmers and sunbathers.

This week, I can show you many happy people enjoying the wonderful facility that was Twickenham Corporate Baths between 1935 and 1980. During this time people flocked to Twickenham to swim and relax in an outdoor environment.

In 1924 Twickenham Council bought Richmond House and its riverside land in order to widen King Street and for other

purposes including the building of a swimming bath. The demolition of Richmond House allowed an open-air pool on The Embankment to be opened in 1935, but despite its great popularity it was closed in 1980, ostensibly for financial reasons. From then until the present day there has been disagreement as to the best use of this important land.

The original baths were built in a concrete and brick art deco style. Twickenham Baths was municipal architecture in the grand sense with its wide hall, twin staircase and deep arches. The pool itself was an old-fashioned lido, the last word in leisure, generously proportioned and with ample room for sunbathing on the paved areas. There were fountains at each end of the pool and a diving board in the middle at its deepest point.

Our second postcard shows a view from the cafeteria terrace looking west. What a shame it has gone.





TWICKENHAM, CORPORATION BATHS.

V6385

The final postcard circa 1960 shows the diving platform and the overall length of the pool. There was also a spacious cafeteria with a sweeping corner terrace. A hot cup of oxo and a chocolate wagon wheel was a must have after the hours spent at the pool in those long hot summers. Before you ask, yes I learnt to swim there in the late 1950's and yes it may well be me on top of the diving platform – or is it you!

My search for old postcards continues. I am always looking for old postcards and old photograph albums etc. The postcards can be British or Foreign, black and white or coloured and of places or subjects. If you have any that are sitting unwanted in a drawer, in a box in the loft or in the garage or under a bed, please contact me on 07875 578398 or alanwinter192@hotmail.com I would like to see them and I pay cash!

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Twickenham Riverside – Could Do Better

Teresa Read

Yesterday I visited Clarendon Hall in York House to see the exhibition showcasing the results of the Council's RIBA Competition for the development of "Twickenham Riverside". I am sad to say that I found myself struggling to find the best option for the Twickenham Riverside site from the uninspiring results of five well-known architectural firms.

It was obvious that none of the architects had local knowledge of Twickenham; instead of a useable boathouse for the SUP club – the first SUP club on the Thames – we have a pub named The Boathouse. There is also a Lido Café, without a Lido – presumably harking back to Twickenham Baths, an outdoor pool on the site which closed in 1980.

It is known that there were a number of local architects, out of the 54 initial entrants to the competition, and it is regrettable that not one local architectural firm was among the five chosen by the Council to take part in the competition.

It might be worth noting at this stage that on the morning of the last General Election the Deputy Mayor of London (for Sport) visited Twickenham Riverside and tried out Stand Up Paddleboarding. He was extremely impressed by this stretch of the river and said it would be a good place to develop river sports.

The overall impression of the five plans was that there was a great deal of building suggested for this unique and beautiful site on the Thames. One plan even had a mass of concrete steps which were obviously where people could sit and watch the river, no doubt accompanied by the habitual drinkers who currently frequent part of the proposed site. And, the last example in the hall looked like a suburban housing estate; one could imagine a supermarket accompanying this plan.

Oh dear, what a disappointment. As I was inspecting the first plan I heard residents next to me saying "This is like Dawnay Day again". (View the Dawnay Day planning application [HERE](#))

Why are Council administrations so obsessed with housing on this site? As we are aware, the administration which was ousted in 2010 signed off a "Linked Sites Strategy" for housing on this Twickenham Riverside site, building on garage sites and gardens around the Borough in lieu of the site itself.

After all these years – since 1980 – the "best" I could see at this exhibition was a plan with a block of houses appearing to sprout orange wax cap fungi on their roofs and two enormous fungi inspired domes – one apparently a covered market and its partner a cafe opposite Eel Pie bridge. However, its saving grace was what can only be described as a "lido splodge" instead of a proper outside pool or, indeed, a lido. The architects went to great lengths to explain that this was not "exclusive", no doubt ignoring the fact that all the outdoor pools which are going concerns do have a membership. (If a real lido, like the "Twickenham Lido" example ever materialised it would follow the successful example of Hampton Pool. Relevant conversations can be seen and heard at this video link <http://lidosalive.com/memories.html>)

At this point, I would like to make it quite clear that as well as bringing back a much-loved outdoor pool on the site, the main idea behind TwickenhamLido.com was to make Twickenham a Destination; the lido would act as a Magnet, drawing people to the town, to help revitalise this ailing area.

To be fair to the architects the Council's Brief did not help. The Council specified housing, so to win the contract for the site architects would have to incorporate some housing but there are ways to do it. An example from the previous administration's competition brief which specified housing as well as Council offices managed to produce an interesting plan within the Council's constraints. https://www.richmond.gov.uk/media/7145/twickenham_riverside_itt_atkins.pdf However, you will remember that the previous administration did not allow residents to see all the competition plans, until it was all a done deal, and continued with different renditions of the Francis Terry plan.

So what is the way forward?

The way forward is to act on the comments from residents who come to see the exhibition and the comments in the consultation – and these should be published as soon as possible.

The Council will say that they had a Stakeholders' Group – and yes they did - but were those who have attended exhibitions asked to take part?

The lido was a popular option put forward to go to the Council's Design Panel, via the Stakeholders' Representative, as were the boathouses, which were represented at the meetings by EPIC SUP; it does not seem that this information was fully taken on board by competitors - a huge disappointment to around four and a half thousand supporters.

There is now a consultation form. The Council would like us to answer two questions for each of the five plans:

“What do you think are the positive elements of this design and why”?

“What elements of the design do you think need improving or further consideration and why”?

Drop-in times for the exhibition and to speak to LBRUT staff are listed in this edition of the Tribune as well as on the Council website.

If you live in this Borough and care about Twickenham please answer these questions as it will probably be the last time to make your voice heard. (Online survey [HERE](#))

The deadline to submit your views is Wednesday 2 October 2019.

NB The Council's leaflet: Investing in the Future of Twickenham states:

Have your say and help ensure that Twickenham Riverside is a place the whole community can be proud of – and on the back of the leaflet:

ONCE A DESIGN HAS BEEN SELECTED THERE WILL BE **FURTHER OPPORTUNITIES** FOR THE COMMUNITY TO HELP SHAPE THE PROPOSAL BEFORE A PLANNING APPLICATION IS SUBMITTED – I hold my breath, does this apply to all of us or a selected few? Let's hold the Council to their word.

Arts and Entertainment

By Emma Grey



Amsterdam at Orange Tree Theatre, 6 – 12 September, 7.30 and matinees.

All The World's A Stage at Richmond Theatre, Sunday 15 September, Tickets Free, 120 years of history of Richmond Theatre presented by Theatre Director Brendan Riding with Mark Fox of the Matcham Society and Paul Velluet of the Richmond Local History Society.

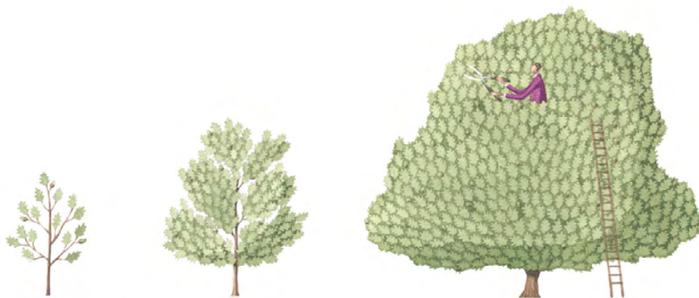
Saturday 14 – Saturday 21 September: 7.45 (Sunday, 15: 3.00) The Mary Wallace Theatre, TW1 3DU. Richmond Shakespeare Society's production of THE FATHER by Florian Zeller, translated by Christopher Hampton.

Saturday 28 September - Friday, 4 October: 7.45 (Sunday, 29: 6.00) At Hampton Hill Theatre, Main Auditorium: DAISY PULLS IT OFF by Denise Deegan.

Wednesdays-Sundays until 22 September, 12 noon-4.00. Turner's House. Exhibitions: MINIATURE LANDS OF MYTH AND MEMORY. Don't miss. Wander around the garden now in full bloom.

Jazz, rock, and blues music enthusiasts who head to the bars at The Cabbage Patch Pub in London Road are advised to visit Twickfolk, Twickenham Jazz Club and Eel Pie Club websites to check what's on. Twickfolk invite you to another of its popular SINGAROUND on Sunday 8th September when you can join in with your own song or not, or just sit and listen.

If you are interested in advertising an Arts & Entertainment event write to Emma at contact@twickenhamtribune.com for further information.



The Tree Agency

The Tree Agency

darryl parkin

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Richmond Concert Society

www.richmondconcerts.co.uk

Beating climate change and poor air quality – we all must act now!

Climate change and declining air quality is a major challenge facing our society today. Tackling it will require action at global, national and local level.

In July the Council declared a climate change emergency and now is asking all residents across the borough to get ready to take action in the fight to save our planet.

As part of our Community Conversation programme, over the next seven weeks we are inviting residents to have their say on our draft Climate Change Strategy and Air Quality Action Plan. Proposals that will help lead the borough's response to these environmental threats.

The Climate Change Strategy sets out how the Council aims to work to reduce its own carbon footprint. It is split into key themes:

- Our Nature – how we will improve and protect biodiversity in our green spaces
- Our Water – how we will ensure that development across the borough addresses flood risks and promotes sustainable drainage
- Our Waste – how we will plan to embed reduce, reuse and recycling into everything Richmond does around waste
- Our Air – examining our proposals to deliver a new Air Quality Action Plan
- Our Legacy – how we will plan to reduce the Council's Carbon Footprint by reducing energy demand and increasing energy efficiency.

The Air Quality Action Plan sets out the actions the Council intends to take to tackle air pollution in the borough over the next five years. Including:

- Creating an environment that is welcoming to sustainable transport and aimed at the pedestrian
- Involving and work in partnership with the community in our actions and commitments
- Tackling to most polluted areas of our borough, such as Richmond town centre, and take firm action to reduce traffic and create a healthy town centre
- Prioritising protecting our schools and parks

Have your say before the deadline on Thursday 24 October 2019. You can also have your say on our plans by applying to take part in the Climate Change Summit on the Saturday 19 October in Twickenham. At the summit, together with representatives of local groups and organisations, we want to hear your ideas about how we can reduce our carbon footprint and support the community to also take action.

A school's summit will also be held on Wednesday 16 October.

Visit the [climate change](#) pages to have your say, or apply to attend a Climate Change Summit.



The Father

by **Florian Zeller**

(translated by **Christopher Hampton**)

Directed by Stephen Oliver

Richmond Shakespeare Society



at the Mary Wallace Theatre

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Theatre**

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"The shadows are closing in"

Twickenham Riverside Design Competition

On Wednesday 4th September the council unveiled the long-awaited design concept proposals submitted by the five chosen architects as part of the ongoing RIBA competition. The identities of the architects are not being revealed at this stage.



Architect One



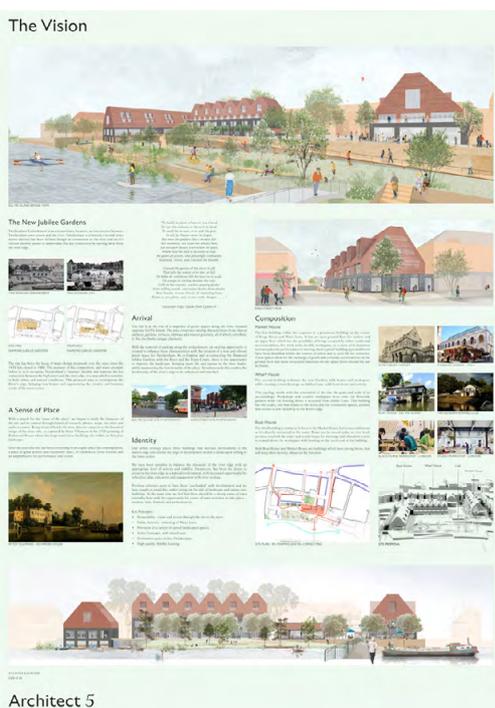
Architect Two



Architect Three



Architect Four



Architect Five

Click on an image to view the architect's full design concept as a PDF

You can view data sheets for the designs

[HERE](#)

You can view an introduction and background to the competition project

[HERE](#)

You can complete the council's online survey and give your views

[HERE](#)

Skylarks partners with Haymarket Media for charity bike ride

On Friday 6 September, a group of 40 cyclists will be embarking on a 250-mile bike ride to Amsterdam, in order to raise money for local Twickenham charity, Skylarks.



The cycling group, made up of employees from Haymarket and volunteers for Skylarks, will be setting off from Haymarket's Bridge House office in Twickenham for a two-day trek, ending at the RijksMuseum in Amsterdam.

Fellow participants include Skylarks' Chair Jennifer Peters and Haymarket's CEO Kevin Costello.

Speaking about the charity partnership, Haymarket's CEO Kevin Costello said:

"When Skylarks challenged us to ride to Amsterdam, I knew I wanted to be a part of it. But with less than 4 weeks to go, a sense of trepidation has kicked in! From our first meeting with Skylarks, we instantly felt a connection and loved their energy. Through their own personal stories, they have come together to help many more, and we felt our people had the right skills and passion to help Skylarks grow."

Haymarket have raised over £10,000 for the charity so far and plan to raise a further £25,000 through the cycle challenge. There is also a team of runners from Haymarket taking part in the Kew Gardens 10k and Richmond Half Marathon on 14 & 15 September.

The charity partnership between Skylarks and Haymarket began in December 2018 as part of Haymarket's CSR programme. Earlier this year, Haymarket's content marketing agency, Wonderly, also helped the charity rebrand from Me too & Co to Skylarks.

To find out more about Skylarks and the cycle challenge, please visit www.justgiving.com/campaign/L2A2019

www.skylarks.charity



TWICKENHAM MAN BECOMES MENINGITIS CHARITY AMBASSADOR

A TWICKENHAM MAN has taken on a prestigious voluntary role with a national meningitis charity following his own family's tragedy with the disease.

Graeme Burridge lost his 23-year-old daughter Katherine in October 2016. Now, after being a dedicated volunteer and fundraiser for Meningitis Now since, raising disease and vaccination awareness, he's accepted the role of Community Ambassador for the charity.

"It's a cause close to my heart" Graeme said. ***"My family knows only too well the effects meningitis can have. It's a way to work with the local community, schools and universities to provide an informed view of meningitis and the invaluable work of Meningitis Now in funding research and supporting families affected."***

Graeme will become one of just 29 Community Ambassadors across the UK for Meningitis Now. He will work alongside the Gloucestershire-based national charity to help fund vital research, raise awareness and support others who have suffered from the disease.

"I'm delighted to have this opportunity to give even more back to Meningitis Now and make a difference with their work in my local community" Graeme added. ***"With their support no one needs to face meningitis alone. I know only too well how cruel this disease can be and I don't want other local families to go through what mine has. It's vital that everybody recognises the signs and symptoms and knows what action to take if they suspect meningitis. I'm proud and privileged to be involved with this amazing charity and its ongoing work."***



Graeme's daughter Katherine, who had trained as a midwife but was working in two local schools as a peripatetic teaching assistant, had come home from work feeling unwell. She was planning to return to university in September 2017 to study for a new career as a junior school teacher. Within five hours she was on a life support machine in West Middlesex Hospital and she died seven days later of pneumococcal meningo-encephalitis without regaining consciousness. Katherine donated her organs, saving the lives of four people.

"We knew nothing about meningitis," Graeme said, ***"As far as we were concerned it was a childhood or adolescent disease. After losing Katherine I was asked to talk to 250 students at the university she attended. It was unbelievable that less than a third of the students had, or knew if they had received the Men ACWY vaccination. Since then I have given talks to various groups with a similar response to awareness of the disease and vaccinations - that's why it's so important to help spread the message."***

Jean Lawton, Volunteering Manager at Meningitis Now, said: ***"We're thrilled that Graeme will be the face of our charity in his local community. With his support, enthusiasm and hard work we'll be able to achieve so much more in our fight against meningitis."***

Meningitis Now is working towards a future where no one in the UK loses their life to meningitis and everyone affected gets the support they need to rebuild their lives. It does this by funding research into vaccines and prevention, raising awareness so people know what to look for and what action to take if they suspect meningitis and rebuilding futures by providing dedicated support to people living with the impact of the disease.

For more information on meningitis or to donate visit www.MeningitisNow.org

River Crane Sanctuary



A Charm of Gold Finches



A ? of Chiff-Chaffs

I was given a Birds 'Collective Nouns Calendar' in 2013 which had beautiful illustrations by the artist Anna Wright. Some of the groups are well known to most of us like 'A Gaggle of Geese' or a 'Murder of Crows' but others a complete mystery. Have you heard of '***A Hangout of Shags***' which conjures up quite an image! The River Crane Corridor is host to a multitude of birdlife which is seen in many gardens and heard in the wooded areas. Take a listen to the Owl recorded near Trafalgar Infant School sports field: [Owl Sounds in The Sanctuary](#) ***A Parliament of Owls*** were a group of talking owls that met at night in Narnia to discuss the state of affairs in the land. Fantasy reflects reality in our world today but I wonder if "Wise as an Owl" is an accurate description of all our Parliamentarians?

We have seen a multitude of Goldfinches, in particular, recently in our watering dishes with many juveniles which is heartening and shows that the habitat here is healthy for now. However, complacency is not an option given the loss of so much already in habitat and flora/fauna. Private property is being given more latitude in Planning and it seems that the sound of building is continuous in our neighbourhoods with yet another Juliet balcony or Grand Design project on the horizon. Families need room, of course, and housing shortage is a real problem but given the new increased powers to private owners to extend it is even more necessary to say no to new builds which will harm our established dark spaces and encroach on to protected MOL/Green Space. It is not acceptable anymore to say that Nature is resilient and the wildlife will go elsewhere. Where?

A Bobbin of Robins



The River Crane Sanctuary website <http://e-voice.org.uk/rcs/>

Seeking talented young artists to turn their hand to anti-litter poster competition

The Parks Team at Richmond Council are looking for a talented young artist to help design a new anti-littering poster to be displayed in Old Deer Park in Richmond.

It comes following a suggestion from one of the park's younger users looking for ways to keep the space tidy. The poster will be used to help spread awareness of how littering can cause damage to our wildlife and environment and encourage park users to always use a bin, or take their litter home with them if the bin is full.

The competition is open to all primary school children who live or attend a school in the borough with the winning poster being displayed across Old Deer Park.

Cllr Julia Neden-Watts, Vice Chair of the Council's Environment, Sustainability, Culture and Sport Committee, said:

"We know how much pride residents have in all our parks and green spaces. Making sure you put your litter in the bin or take it home with you when visiting the park will help ensure it remains a wonderful space everyone can enjoy.

"I am looking forward to seeing the creative ideas our young people have to help spread the message that littering has no place in our beautiful parks."

Entries should be on A4 paper and sent to:

Parks
Civic Centre
York Street
Twickenham TW1 3BZ

Or emailed to parks@richmond.gov.uk with your name and school before 5pm on Friday 18 October 2019.



What's on listings for Teddington Theatre Club

Marvin's Room

Who will care for the carer? A dark comedy tale of two very different sisters, the play sheds light on family tensions and exposes the delicate balance between caregiving and selfishness.

Sun 15 Sept – Sat 21 Sept 2019
Mon-Sat 7.45pm Sun 4pm
Hampton Hill Theatre

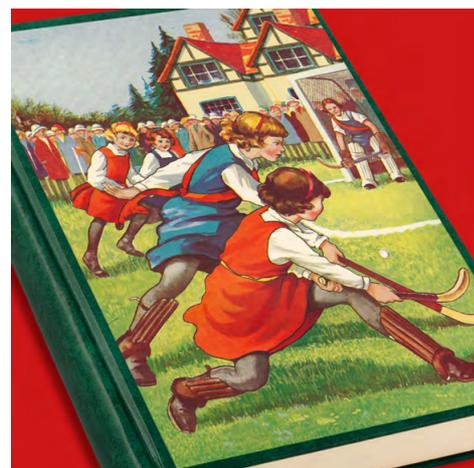


www.teddingtontheatreclub.org.uk/production/marvins-room

Daisy Pulls it Off

When Daisy Meredith wins a scholarship to an exclusive school for girls, she is forced to face and overcome snobbish prejudice from the more privileged pupils. A ripping yarn where right triumphs over adversity

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Mon-Sat 7.45pm Sun 6pm
Hampton Hill Theatre



www.teddingtontheatreclub.org.uk/production/daisy-pulls-it-off



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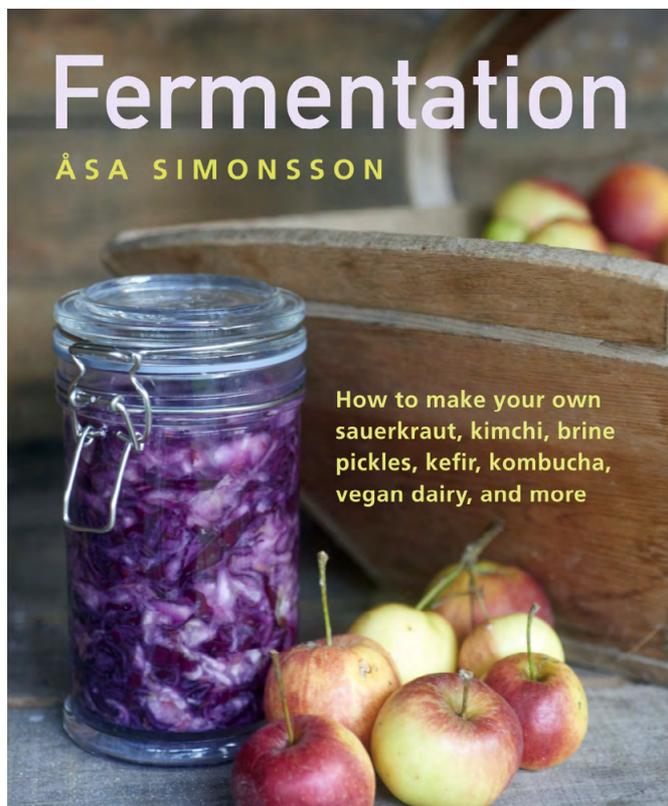
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GUT HEALTH? FERMENTATION IS THE ANSWER

Fermented foods are very much the ‘thing’ at the moment, and for very good reason, too. It’s really satisfying to line up a row of brightly coloured jars, packed with home produced, healthy goodness! I normally limit my bottling skills to apple cheese and various chutneys, but I am inspired to spread my pickling wings a bit further now...



Swedish nutritionist, naturopath and nurse, Åsa Linéa Simonsson, has just written a great new book. **Fermentation**, published by Lorenz Books at £15, is a beautiful hardback tome, offering the ultimate lesson in fermented foods (of all kinds). It has step-by-step instructions, colour photos and loads of different recipes for all manner of delicious fermented foods: brine pickles, kimchi, kefir, kombucha, nut cheese and sourdough, to name but a few. Ferments are cheap and easy-to-make, but full of sophisticated flavours, aromas and textures.

And the benefits of fermented food can be found in much more than cabbage sauerkraut. (Which, to be honest I have never been keen on, but I’ve made ‘sauerkraut’ with other veg instead and it is yummy!) They have many benefits to get excited about – the benefits of pro and prebiotics are well recognised, especially in conjunction with our ever-

increasing reliance on antibiotics. This book is a veritable ‘bible of fermentation’ and I know it is something I will be referring to again and again. To inspire you, here are a couple of recipes (The tomato salsa makes a change from chutney if you have loads of tomatoes ripening now!).

AUNTY BIRGITTA’S SAUERKRAUT (pictured on cover above)

Sauerkraut is called surkal in Swedish. There is no English word for sauerkraut but it literally translates as sour cabbage. This recipe is a typical Swedish surkal, and a favourite in our household. It can be made with just white cabbage or just red cabbage but personally I prefer a mixture of them both. It will aid your digestion when eaten with a meal and goes well with most dishes. It is good mixed into salads and in coleslaws. If you find sauerkraut a little too sour or sharp for your liking, you can mix in some mayonnaise. This will mellow the kraut and is a great way of giving it to children. A lovely condiment, this sauerkraut is very versatile. I always come back to this simple recipe. You will need a 1.5-LITRE/2½-PINT JAR

500g/1lb white cabbage
500g/1lb red cabbage
2 large apples
15g/1 tbsp good-quality salt

30–60g/2–4 tbsp caraway seeds

1 Wash the cabbages or remove the outer leaves if they are damaged or ugly looking. One medium cabbage weighs around 1kg/2¼lb so if you mix the colours you will need half a cabbage of each.

2 Now grate the cabbages on a mandolin, a hand grater or in the food processor on the slice blade, or cut finely with a sharp knife. The end result should be long thin slices. Grate the apple on a standard coarse vegetable grater. I don't normally use the core of the cabbage, but there is no reason not to. I more often use it as a weight to push down the cabbage in the jar.

3 Put the shredded cabbage and grated apple in a mixing bowl and add the salt and caraway seeds, mixing with your hands. To save your hands, you can leave the bowl standing for 15 minutes for water to come out of the vegetables naturally before massaging.

4 Massage the cabbage until there is a fair amount of water in the bottom of the bowl and the cabbage looks slightly 'cooked'.

5 Transfer the cabbage to your clean fermentation jar, packing it in tightly with your fist or a pounder so that the cabbage is underneath the water surface with no hidden air bubbles. If there is not enough water to cover the vegetables add some filtered water. Leave around 5cm/2in from the surface of water to the lid of the jar. This is to leave enough space for the gases to come out.

6 Put a weight on the vegetables to keep them under the water surface.

7 Let the vegetables ferment at room temperature for approximately 3 weeks. Check regularly that the vegetables are underneath the water. If you do not use a proper fermentation crockpot or special fermentation lid, don't forget to burp the jar once a day to let the gases out; this means to quickly open the lid to let the air out and then close it.

8 When the ferment is ready, transfer to smaller jars and store in the fridge. It will keep for months if unopened.

TOMATO AND CORIANDER SALSA

Tomato is technically a fruit, and this specific recipe requires a probiotic 'starter'. This salsa is a wonderful-tasting fermented sauce and if treated with care it will last for several months in your fridge. Use just as you would any other salsa sauce, as a dip or a condiment. It is excellent with tacos and other Mexican food.

1-LITRE/1¾-PINT JAR

750g/1½lb tomatoes

½ green bell pepper

small bunch of fresh coriander

½ red onion

1 garlic clove

1 spring onion

½ fresh green or red chilli (depending what strength you want in your salsa)

30ml/2 tbsp raw apple cider vinegar

15g/1 tbsp cumin seeds

5–10g/1–2 tsp good-quality salt

1 probiotic capsule (content only)

1 Wash the tomatoes, green pepper and herbs. Peel the onion and garlic.

2 Dice the tomatoes, green pepper, onion and spring onion, to your preferred salsa size. Chop the coriander and chilli small. Grate the garlic.

3 Combine all the fresh ingredients in a mixing bowl with the vinegar, cumin seeds and salt, and mix by hand.

4 Take half of the mixture out and put into a blender or food processor, and blend to a purée. Return the purée back to the mixing bowl with the rest of the salsa and stir together well. This stage is optional but will give you more of a salsa texture.

5 Add the content of the probiotic capsule to the salsa, and stir.

6 Place the mixture into your clean fermentation jar. There should be enough liquid to cover, and for this ferment there is no need to put any weights on it, just make sure there are no air bubbles. Make sure there is 5cm/2in space left below the jar opening for gases to escape into.

7 Let the salsa ferment in your kitchen for 3–5 days. Burp it daily if you remember. The tomatoes will begin to separate from the liquid when it is ready. Stir and taste it on the third day – if it is already slightly bubbly and tasty, move it straight to the fridge.

8 It is best to decant your salsa into smaller jars when ready, then unopened the jars will last for at least 2 months in your fridge. If opened use up within a couple of weeks.

Happy fermenting folks!

Instagram: [@theseasonedgastronome](https://www.instagram.com/theseasonedgastronome)

PUB IN THE PARK THIS WEEKEND IN CHISWICK

If you fancy a late summer ‘blast’ with celebrity chef demos, music, pop up restaurants and live music this weekend, then head over to Chiswick House for Tom Kerridge’s Pub in the Park. It is on this Saturday and Sunday and sounds like great fun. Other chefs including Atul Kochhar, Rick Stein and Cyrus Todiwala are all scheduled to make appearances. Tickets and further information can be found at pubinthepark.com





My Name is Cathy

by Andrew Sharpe

KatAlyst at Chapel Playhouse, Kings Cross until 18th August, then on tour until 11th October

“If I had my time all over again ...” is an utterance frequently breaks forth from the exasperated lips of those of us of a certain age. The pen of [emerging writer Andrew Sharpe](#) has reshaped the sentiment of these words into the thesis for his new play, *My Name is Cathy*, which he has presented in this year’s [Camden Fringe](#).

The writer is aptly named as there is a keen edge to the word-craft and structure of the play. Sharpe describes it as “an absurdist farce for our time” and with nicely crafted black humour, Sharpe just steers it away from political polemic.



It the evening of the eponymous Cathy’s fiftieth birthday and she sits with her only friend, a rapidly emptying bottle. Her opening monologue starts with the introduction at a meeting of Alcoholics Anonymous, “My name is Cathy, and I am an alcoholic.” But somebody is there to hear her confession, her own self of a decade and a half earlier, the happy, successful and socially well-adjusted 35 year old Cathy, a clever and successful

schoolteacher. The didactic that follows is a riches-to-rags story painful to hear, an aleatoric decline, almost Fassbinder-like in its inevitability, attributable to nobody, or everybody, a series of wrong-turns, bad choices, and farcical mistakes.

In a courtroom scene, zealous young QC, Joanne Young argues her case unsuccessfully in a largely unsympathetic hearing before Judge James Goode, a self-opinioned Judge Goode, very much of the old-school. We see in flash-back a younger Cathy, resting on the laurels of success as clever and popular teacher. But when, for Cathy, did confidence merge into arrogance?



Read Quentin Weiver’s review at www.markaspen.com/2019/08/18/name-cathy

Photography by Origin8

Readers' Offer

Free Tickets to the London Homebuilding & Renovating Show

The London Homebuilding & Renovating Show is the go-to exhibition for self-builders and renovators. Plotting a dream: discover steps to making your property ambitions a reality at the London Homebuilding & Renovating Show 4-6 October 2019, ExCeL, London

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TRAVELLER'S TALES 46

PORTRAIT OF AMSTERDAM



DOUG GOODMAN SHOWS SOME OF HIS FAVOURITE IMAGES OF AMSTERDAM



Central Station



Tall and Narrow Houses



Bikes and Boats

Holland is famous for its great painters and Amsterdam attracts millions of visitors to its rich collections of paintings in its many beautiful galleries. The Dutch capital is such a photogenic city with bikes parked alongside the canal railings at just the right angle, boats chugging under very low bridges, people living and working on the water and flowers everywhere. From Central Station buses and the Metro provide fast and inexpensive transfers to all parts of the city but the best way to explore is by bike or on foot. Cycling is safe and bikes take priority over cars. Solid upright bikes are everywhere and much more use in the city than cars. You'll often see several passengers on a bike with sidecar amidst heaps of shopping bags.



Floating Homes



Rembrandt



Rembrandt Museum



Tulip Museum



Smoke Shop



Souvenirs

Within a short distance of Dam Square are the art museums and galleries, the harbour with historic ships, main shopping area, markets, boat station and the infamous Red Light district. The strongest and most lasting memories of Amsterdam for me are the tinkling of bicycle bells, the unusual smell from the 'coffee' shops, excellent beer, friendly people – most of whom speak perfect English and the best chips with mayonnaise I've ever eaten. But let my favourite images of Amsterdam show the city at its most interesting.



Clog Maker



Hard Cheese



Red Hats in Dam Square



Sightseeing by Boat



Narrow Waterways



Quicker by Bike

A ROOM WITH A VIEW

Africa and Europe from a penthouse veranda at the Elliott Hotel, Gibraltar



<http://worldinfozone.com/features.php?section=Gibraltar>

FOOTBALL FOCUS

by Alan Winter



BRENTFORD FC

TOP PERFORMANCE FROM BEES

BRENTFORD 3 – DERBY COUNTY 0 Att. 11,107

Wow! What a first half for the Bees who played Derby off the park with a brand of fast, one touch attacking football that completely confounded the visitors.



The first half demolition of Derby County gave Brentford their first home win of the 2019/20 season. Ollie Watkins scored twice after Bryan Mbeumo had opened his account in English football to give The Bees the lead. That goal was followed within 90 seconds by the first for Watkins and he added a third before half time to make the game safe.

The 3-0 win was the least Brentford deserved for a comprehensive dismantling of Derby, particularly in the first half. The Bees created a series of chances, playing some incisive and entertaining attacking football. The second period was not quite as dominant, with Derby having a renewed determination to keep the score down, but there was never any doubt where the points were heading.

Brentford: Raya; Dalsgaard, Jansson, Jeanvier; Canós, Nørgaard, Jensen (sub Mokotjo 73 mins), Henry; Mbeumo (sub Žambůrek 78 mins), Watkins, Benrahma (sub Valencia 82 mins)

On the 267 bus back to the pub after the game, the consensus was that Brentford are playing the best football seen at Griffin Park during the 60 years or so span that some supporters could recall.

So we are now in the middle of a two week International break before Brentford take the field at Preston North End next Saturday 14th September in their next Championship game.

BEES PLAYERS ON INTERNATIONAL DUTY

A few years ago I would never have thought that I could fill a page or two with current Brentford players who were representing their countries at International level. But here we go! 18

Brentford players have been called-up to play for their countries in this International period.

PONTUS JANSSON - Brentford captain Pontus Jansson was named in the latest Swedish squad. The powerful central defender, who joined The Bees from Leeds United in early July, has earned 22 caps for his country and has captained Sweden in the past year. He was part of the squad for the 2018 FIFA World Cup in Russia and played in the Quarter Final defeat to England.

HENRIK DALSGAARD - Henrik Dalsgaard has been selected in Åge Hareide's Denmark squad. Henrik has earned 21 caps for his nation, 17 of them coming while in West London, as he closes in on John Buttigieg's record of 20 caps while at the Club.

SAID BENRAHMA - Saïd Benrahma has earned his third Algeria call-up as the reigning Africa Cup of Nations Champions took on Benin in a friendly next week. The Desert Foxes play their first match since becoming African champions this summer. Saïd made his Algeria debut in September 2015 but then had to wait until last March to earn his second cap. He was named in Algeria's initial squad for this summer's Africa Cup of Nations but pulled out due to injury.

ELLERY BALCOMBE - Brentford goalkeeper Ellery Balcombe has been named in the England Under-21 squad. The Young Lions begin their UEFA European Under-21 Championship 2021 qualifying campaign next week and have included Ellery in the squad. The 19-year-old will link up with the squad this weekend ahead of the two qualifying games. This is the latest call-up for Ellery, who has progressed through the England ranks and signed a long-term contract at Brentford last year. He made his England Under-20 debut when he was just 17 and has played 18 games for his country in total at Under-18, Under-19 and Under-20 level.

BRYAN MBUEMO - Bryan Mbeumo has been called up to the France Under-21 squad for the first time. The attacker, who joined Brentford at the start of the month from Espérance Sportive Troyes Aube Champagne, has been named in the squad for two friendly matches. France will play two friendlies ahead of the start of the UEFA European Under-21 Championship 2021 qualifying process.

Bryan has been making his way through the French youth international system. He first played for France at Under-17 level, playing in a game against Italy. Last season he was part of the Under-20 group and made three further appearances for his country. He started all three games and helped his country stay unbeaten.

COLE DASILVA - Brentford B defender Cole Dasilva has been added to the Wales Under-21 squad for two games this month. The 20-year-old has linked up with the squad ahead of the start of their UEFA European Under-21 Championship 2021 qualifying campaign. Wales will play their first two qualifying games as they attempt to reach the 16-team event in 2021. Cole will be looking to add to the three caps he has at Under-21 level. He made his debut in 2017 and played in two games against Albania at the end of last season. Cole has also played for Wales at Under-19 and Under-17 level as well as in the in 2017 Maurice Revello Tournament, better known as the Toulon Tournament, as part of an Under-20 squad. He has played 16 games for his country in total.

NICK TSAROULLA - has been included in the Cyprus squad for two Under-21 European Championship qualifiers this week. The former Tottenham youngster, who arrived at Brentford in May, has featured extensively for Brentford B in recent weeks.

JOE ADAMS - Joe Adams has been included in Rob Edwards' 20 man Wales Under-19 squad for a mini-tournament in Denmark next week. Joe joined The Bees from Bury in July, having represented Wales on numerous occasions at Under-17 and Under-19 level. His three most recent caps at Under-19 level came last November as Wales qualified from their group in European Championship Qualifying. At Club level Adams has featured in all but one of Brentford B's nine matches since joining six weeks ago.

DAVID TITOV - Brentford B defender David Titov has been called up for international duty. The 19-year-old has been named in the Latvia Under-21 squad for two competitive games. Latvia begin the qualification process for the 2021 UEFA European Under-21 Championships and have included the Brentford B man. David has been part of the Latvia Under-21 group for the past six months. He played his first two games at that level in March. He has also represented his country at Under-19 level.

JAN ZAMBUREK - Jan has received his maiden call up to the Czech Republic Under-19 squad for two friendlies next month. Playing against Switzerland and Belgium, these games are in preparation for October's Under-19 European Championship qualifiers for which the Czechs will face San Marino, Azerbaijan, and Norway on home soil. Jan has won 36 caps for the Czech Republic across four age groups, with his 13 caps at Under-18 level all coming during his time in West London. He has four goals at international level, one of those coming for the Under-18s. In February, Jan became the first player born in the 2000s to appear in a competitive Brentford match when he made his debut against Hull City at Griffin Park. This term's opener against Birmingham City saw Jan make his second professional appearance with his first competitive start coming against Cambridge United in the Carabao Cup a fortnight ago.

MARCUS FORSS and JAAKO OKSANEN - have been called up to the Finland Under-21 squad for a European Championship double header next month. Marcus, who has made three appearances for Thomas Frank's Bees this term, has three caps at Under-21 level, to add to his 16 caps at younger groups while Jaakko has four caps at Under-21 level.

KAMOHELO MOKOTJO - has been named in Interim Bafana Bafana coach Molefi Ntseki's squad for a game against Zambia at Lusaka's Nkoloma Stadium on Saturday 7 September, kick-off 3pm. It is Ntseki's first squad since he replaced Stuart Baxter following South Africa's Quarter-Final exit at this summer's Africa Cup of Nations. Kamohelo played in all five Bafana Bafana matches during that run, starting four of them, taking his total cap tally for his nation to 20.

GUSTAV MOGENSEN - Brentford B striker Gustav Mogensen has been called up for international duty. The forward has been named in the Denmark Under-19 squad for a four-team tournament that starts tomorrow. Denmark are hosting an event that also includes Sweden, Norway and Wales. Gustav is in a 21-man squad for the event and the 18-year-old will be hoping to add to the two caps he has won at Under-19 level. Gustav has been part of the Danish youth squad since he was 15. He has played for Denmark at Under-16, Under-17 and Under-18 level and

made his Under-19 debut at the start of the year, just before arriving in West London. He has scored once at Under-19 level and has seven goals in 29 games for his country overall. Gustav will see some familiar faces at the tournament. Brentford B team mates Joe Adams, for Wales, and Simon Andersson, for Sweden, are also at the event.

Gustav is one of 18 Brentford players called-up to play for their countries in the coming days with 15 set to feature.

This week has seen several Bees players leave the club on permanent or loan deals as Thomas Frank hones his squad in readiness for this season's promotion push to the Premiership. We will catch up with these players next week.

If talk of the mighty Bees opening their new stadium next season as a Premiership team makes you laugh – just remember – you heard it here first!

Come on you Bees!

HAMPTON & RICHMOND BOROUGH

DISAPPOINTING WEEK FOR BEAVERS

EASTBOURNE BOROUGH 4 HAMPTON & RICHMOND 1 ATTENDANCE: 511

3 goals down at half time and a fourth to come with a second half penalty before a late consolation from Ryan Hill saw Hampton comprehensively beaten at Eastbourne last Saturday.

BATH CITY 3 HAMPTON & RICHMOND BOROUGH 0 ATTENDANCE: 707

Hampton's recent revival was thoroughly derailed on Tuesday night at Twerton Park with a performance that Head Coach Gary McCann felt afterwards was 'a distant shadow of recent levels'.

The Beavers started in a positive manner, but a first half penalty and then two more Bath goals in the final twenty minutes sent Hampton back along the M4 with nothing to show for their nights work.

A chance to return to winning ways today (Saturday 7th September) as Concord Rangers are the visitors to the Beveree at 3.00 this afternoon. With Brentford without a game, why not pop down to Hampton and give our most senior team in the borough a bit of support.



HRBFC

Jones names England team to play Italy in Newcastle

England men's head coach Eddie Jones has named his side to play in the Quilter International against Italy on Friday at St James' Park in Newcastle (KO 1945 live on Sky Sports).



A mix and match selection strategy sees Joe Marchant named at outside centre with Piers Francis at inside centre. Owen Farrell, who captains the team, starts at fly half while debutant Ruaridh McConnochie is named on the right wing with Anthony Watson at fullback.

Dan Cole starts alongside Jamie George and Joe Marler in the front row with Joe Launchbury and Courtney Lawes named as the lock pairing. Mark Wilson will start at openside flanker with Tom Curry and Billy Vunipola making up the rest of the back row.

Jones said: "We are delighted to be playing against Italy, one of our traditional Six Nations rivals and the game for us is another important step to develop our game fitness and game strategy. We have gone with a mix and match selection policy to develop our adaptability and the team's ability to cope with any situation.

"We have had a solid training week in Treviso with hot conditions so we are looking forward to testing ourselves against Italy on Friday night. Then we hop on the plane and are ready to go to Japan."

This is the first England Test match to be played at St James' Park in Newcastle which hosted three Rugby World Cup fixtures in 2015.

Jones added: "We are excited to be playing in Newcastle. We are playing at an iconic football ground and we know the area is an important one for rugby in the northern part of England. We are looking forward to seeing and playing in front of the fans."

England starting XV v Italy

15 Anthony Watson (Bath Rugby, 35 caps)
14 Ruaridh McConnochie (Bath Rugby, uncapped)
13 Joe Marchant (Harlequins, 2 caps)
12 Piers Francis (Northampton Saints, 7 caps)
11 Jonny May (Leicester Tigers, 46 caps)
10 Owen Farrell (Saracens, 72 caps) C
9 Ben Youngs (Leicester Tigers, 88 caps)

1 Joe Marler (Harlequins, 61 caps)
2 Jamie George (Saracens, 39 caps)
3 Dan Cole (Leicester Tigers, 88 caps)
4 Joe Launchbury (Wasps, 60 caps)
5 Courtney Lawes (Northampton Saints, 74 caps)
6 Tom Curry (Sale Sharks, 12 caps)
7 Mark Wilson (Newcastle Falcons/Sale Sharks, 14 caps)
8 Billy Vunipola (Saracens, 44 caps)

Finishers

16 Luke Cowan-Dickie (Exeter Chiefs, 14 caps)
17 Ellis Genge (Leicester Tigers, 11 caps)
18 Kyle Sinckler (Harlequins, 24 caps)
19 Charlie Ewels (Bath Rugby, 11 caps)

20 Matt Kvesic (Exeter Chiefs, 3 caps)
21 Willi Heinz (Gloucester Rugby, 3 caps)
22 George Ford (Leicester Tigers, 58 caps)
23 Joe Cokanasiga (Bath Rugby, 7 caps)

Richmond Film Society's 57th Season of World Cinema continues at The Exchange, Twickenham

10 September, 8pm

'Cold War' (Poland)

A passionate love story between two people of different backgrounds, who are fatefully drawn to each other. Set during the Cold War in the 1950s, the film depicts an impossible love story in impossible times. Winner of 35 awards worldwide and nominated for three 2019 Oscars - Best Foreign Language Film, Best Direction and Best Cinematography.

www.richmondfilmsoc.org.uk

Non-member tickets are £5 (full-time students £3) and can be purchased in advance from The Exchange's Box Office (subject to a cap of 60) - in person, by telephone on 020 8240 2399 or online at www.exchangetwickenham.co.uk/events/.

A further 50 or so tickets will be available to purchase on the door on the night of screenings (cash only) on a 'first-come-first-served' basis.

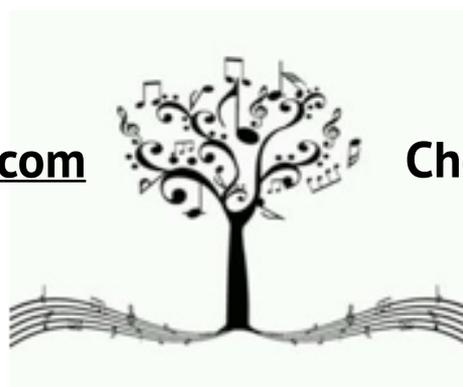
Films are shown at 8.00pm sharp on alternate Tuesdays (no trailers and no ads) and are screened at The Exchange, 75 London Road, Twickenham, TW1 1BE. On screening nights, the Bar is open from 7.00pm and remains open after the film. Drinks can be taken into the auditorium and coffee, tea and snacks are also available. Film notes are provided for each screening and audience feedback is obtained via response slips.



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