The Twickenham

S

0118

nham Tribune

Contents TwickerTape TwickerSeal Twickenham Riverside History Through Postcards Arts and Entertainment Twickenham Film Festival River Grane Sanctuary Steam, Steel and Shells Twickers Foodie MarkAspen Reviews Football Focus A Traveller's Tales Rugby updates Hydrogen Trains

Contributors TwickerSeal Alan Winter Erica White Sammi Macqueen Helen Baker St Mary's University Bruce Lyons Alison Jee Shona Lyons Mark Aspen Doug Goodman Rugby Football Union

EDITORS Berkley Driscoll Teresa Read

Contact Contact

contact@TwickenhamTribune.com letters@TwickenhamTribune.com advertise@TwickenhamTribune.com

Published by: Twickenham Alive Limited (in association with World InfoZone Limited) Registered in England & Wales Reg No 10549345

The Twickenham Tribune is registered with the ICO under the Data Protection Act, Reg No ZA224725

Marble Hill House, Twickenham Photo by Berkley Driscoll

Council ramps up Brexit contingency plans

Residents and business owners of all nationalities have been assured the Council stands ready to support them as the Government's chaotic Brexit preparations raise concern for local authorities.

Answering a written question from the Leader of the Opposition, Cllr Michael Wilson, Richmond's Cabinet Member for Equality, Communities and the Voluntary Sector outlined the steps being taken to ensure the borough is ready for Brexit.

Those include:

• Writing to the borough's adult social care providers to ensure they have Brexit readiness plans

• Supporting the borough's Hate Crime forum to deliver a community cohesion seminar

• Ensuring the borough's business community is equipped to deal with the challenges posed by Brexit by hosting workshops and seminars in 2018 and 2019.

- Creating a new advice page for businesses on the Council's website
- Working with the Ministry of Housing, Communities and Local Government to raise our concerns about the Brexit process and attending workshops on Brexit preparedness.
- Working with neighbouring boroughs and community partners on contingency planning and
- Continually monitoring steps taking by other local authorities to ensure we are doing all we can to help our residents be prepared.

The Council has also been offering a European Passport Return Service (EPRS) for those EU residents applying for a registration certificate or a document certifying permanent residence. Meanwhile, EU nationals living in the borough have been able to access advice and support through Richmond Citizens Advice Bureau including regular briefings held around the borough to give updates on the Brexit process.

Cllr Wilson said:

"We won't be giving up fighting on behalf of the 70% of people in this borough who voted remain, the 11,000 registered EU citizens or the children of this borough who will be worse off as a result of either the Government's botched Brexit negotiations or the no deal Brexit that some MPs seem so intent on pushing.

"As we approach the so-called exit date, the Council will support all those who believe the people should have a final say on the actual deal rather than the broken promises of the past two years.

"The fact that the Government has failed to adequately fund local authorities for their nodeal planning, and had to be dragged kicking and screaming to waive application fees for EU citizens looking to stay in the UK, should come as no surprise given its track record of meanspirited funding decisions.

"Nevertheless, I want to reassure our residents, our businesses and our EU friends and neighbours that we are ramping up our support for them and will continue to fight for them as the Government's chaotic policy drives us closer to the cliff-edge of no deal."

EU citizens living in the borough who are unsure of their status and want to find out how they can secure their future in the UK should contact

Citizens Advice Richmond.

Read the Council's **Brexit Impact Statement**.



Chinese New Year

This week we entered the Year of the Pig - Tuesday 5th February. The pig symbolises wealth so we hope this is a good sign!

"Legend says Buddha invited all the animals to his kingdom, but only 12 came: rat was the first, then ox, tiger, rabbit, dragon, snake, horse, sheep, monkey, rooster, dog and pig. Buddha named the year after the animals in the order of arrival."

http://worldinfozone.com/features.php?section=PartnersChina&page=2

Old electrical goods

Richmond Council and West London Waste Authority are hosting a recycling collection for old, small electronic equipment. From 11-15th February from 9am to 5pm at the Civic Centre in York Street, items can be donated.

The event provides local residents with the opportunity to de-clutter their homes of broken or unwanted small electrical items such as alarm clocks, toys, kettles, and hair dryers.

These items can also be taken to nine of the borough's libraries. www.richmond.gov.uk/dispose_of_electrical_items

Please note that if you are disposing of items which have personal data stored, it is your responsibility to delete this data before placing the item in the bin.



KS Learning

Maths, English, Physics, Chemistry, Biology, and more.

All levels including GCSE & A level

Tuition and Mentoring

www.kslearning.co.uk

info@kslearning.co.uk



RG.I.PR.....ST.....SF.I.H.PR....

TwickerTape - News in Brief

RFU - Residents' Survey

The RFU are keen to hear neighbours' opinions on how event days at the stadium are managed and what particular areas of concern they should consider when planning these events.

Complete the survey: https://www.surveymonkey.co.uk/r/RFUResidentsSurvey

RBS Six Nations - ENGLAND v FRANCE.

Sunday 10th February, KO 15:00. Attendance 82,000 Full CPZ in opetation. Shuttle buses from Old Deer Park & Hounslow. Whitton, London & Rugby Roads will close from around 1300-1500 and 1630-1830,

Overwhelming public support for Twick'n'Ham Bridge

981 responses, 82% favourable, 14% opposed. The report recommended a bridge between Twickenham and Ham as the preferred location, and 789 of 842 respondents who expressed a preference favoured one of the two options presented for a bridge between Twickenham and Ham.

SWT Strikes Announced By RMT

Workers on South Western Railway will hold another three one-day strikes in a long-running dispute over guards on trains.

The strikes are planned for the 22nd of February and the 9th and 16th of March.

Public Meeting to Form the Friends of Arundel Close Wildlife Site

SWLEN are holding a public meeting 18th February at the Greenwood Centre to form a 'friends of' group for Arundel Close Wildlife Site in HamptonHill/Hampton. If you would like to attend or if you unable to attend but want to be kept informed, please register <u>HERE</u>

skyelectrical

Replacing your halogen recessed lights with LEDs will:

- ✓ SAVE ENERGY
- SAVE YOU MONEY
- PROVIDE BETTER LIGHTING

So...

CALL US TODAY FOR A FREE HOME ASSESSMENT AND QUOTE

For a timed appointment please call Sky Electrical on 020 8894 1799 22 Fifth Cross Road, Twickenham, Middlesex, TW2 5LF www.skyelectrical.co.uk





Thesday was Chinese New Year and we entered the Year of the Pig (q.v).

TwickerSeal was very pleased to welcome TwickerPig and took her to see the famous Twickenham Riverside (car park). TwickerSeal explained the hopes of local residents that the riverside might finally be transformed into a destination to be proud of.

Perhaps TwickerPig's flying visit is a good sign?



PART 113 DUKE OF CLARENCE -HAMPTON HILL

Another of our borough's "lost pubs". The Duke of Clarence stood where now stands the Bloated Mallard at 147, Hampton Hill High Street.

Not everyone will remember that the licencee of The Duke in the early 80's was none other than legendary England International and Chelsea footballer Frank Blunstone. In 1953 he was signed by Chelsea manager Ted Drake for £7,500 while still doing national service.

He made his Chelsea debut in a 3–2 victory over Tottenham Hotspur, at White Hart Lane in February 1953, scoring the decisive third goal. His early years at the club saw little success for the team, but in 1954–55 Chelsea became First Division champions, with Blunstone an important part of the side. Between 1954 and 1956, Blunstone was capped on five occasions by England under-23's, scoring three goals, and also won five caps for the senior England team. He made his debut

against Wales, creating two goals for teammate Roy Bentley in a 3-2win. He also played in England's famous 7–2 win over Scotland at Wembley. He also won two caps for the Football League XI.

He retired from football in 1964 aged only 30, having made 347 appearances for Chelsea and scored 54 goals, and immediately joined the Chelsea coaching staff. He was



later appointed Brentford manager in 1969 and led the team to the 5th round of the FA Cup in 1971 and promotion to the Third Division a year later. In 1973, after a disagreement with the Brentford chairman, he joined Manchester United which reunited him with his old boss at Chelsea, Tommy Docherty. Blunstone officially became assistant manager at United in 1976 after the departure of Paddy Crerand, but he had been that in all but name since his arrival at Manchester United.

Frank is remembered at Brentford for signing legendary striker John O'Mara from Wimbledon. O'Mara is often spoken of as the Bees best post war striker although



The

current number 9 Neal Maupay may have something to say about that this season. Neal notched his 20th goal of the season on Tuesday night against Barnet.

There - where else can you get local history and football on the same page! Don't forget the Postcard Fair taking place today (Saturday 9th) at the Baptist Church Hall in Church Road, Teddington. Open from 10.00 – 4.00 with refreshments available, this is a great place to idle away a bit of time in pleasant surroundings browsing the countless 1000's of postcards in the hall. Come along and meet some top postcard (also stamps and ephemera) dealers from around the UK. I shall be there with stocks of local postcards of the area. Come and say hello. Find me at the tables by the stage. Collecting postcards is an inexpensive hobby with

WEST LONDON POSTCARD FAIR

including STAMPS

TEDDINGTON BAPTIST CHURCH

Church Road, Teddington TW11 8PF

SATURDAY FEBRUARY 9th 2019

10.15am - 4pm

With 26 tables of postcards & paper collectables. Buy from (& sell to) top dealers from London, Surrey, Yorks, Sussex, Lincs, Middx, Cambs, Oxon, Bucks, Beds.

*Refreshments *Admission £1.00

EASY BY RAIL - Teddington (on Kingston loop from Waterloo). EASY BY BUS - 33, 281, 285, 481, R68 and X26 (Teddington Broad Street) From Fulwell, Hammersmith, Hampton Court, Heathrow, Hounslow, Isleworth, Kew, Kingston, Richmond, Sutton, Tolworth, West Croydon. EASY BY ROAD - From M3/A316.

Enquiries: 01372 725883

Next Fair: October 12th 2019

boxes of cards at around 20 pence each. I'm also buying, so please bring along any old postcards to show me. Thanks.

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, do contact me on 07875 578398 or <u>alanwinter192@hotmail.com</u> I would like to see them and I pay cash!

Volunteer in Kenya



Volunteering, Internships, and Electives available



Visit www.porridgeandrice.co.uk/volunteer_index.html



The next concert is on

Tuesday 26th February

in St Margaret's Church St Margaret's, TW1 1RL at 7.45 pm.

Clare Hammond (piano) 'Acclaimed as a pianist of "amazing power and panache"' (The Telegraph)

Will play Haydn, Mendelssohn, Schumann, Adés, Rimsky-Korsakov, and Rachmaninov.

Richmond Concert Society

www.richmondconcerts.co.uk

Aris and Engeriand

*indicates first time in listing.



*Tuesday, 12-Saturday, 16 February, at Hampton Hill Theatre, TW12 1NZ Matinee, EVENINGS, 7.00, Saturday Matinee, 2.00. Kristi Dance Academy presents BEAUTY OF DANCE. Info: <u>https://www.ticketsource.co.uk/kda</u>

Sunday, 17 February, 6.00 at HHT, VARIETY MUSIC HALL, an evening of wellknown songs and raucous laughter, Info: <u>http://www.hamptonhilltheatre.org.uk/external/variety-music-hall</u>

*Thursday, 21-Sunday 24 February at 7.45 and Saturday & Sunday matinees, Richmond Shakespeare Youth Theatre present PUNK ROCK AND BASSETT by Simon Stephens and James Graham. Info: <u>http://www.richmondshakespeare.org.uk</u>

*Friday, 22-Saturday, 23 February at 7.30 and Saturday matinee at 2.30 Sat at HHT, the Star Pantomime Group presents ALADDIN AND HIS MAGIC LAMP. Info: 07436 809 622

* Saturday, 16 February, 8.00 at Hammond Theatre, Hampton School, MCD Concerts presents CREGAN & CO, featuring Ben Mills, who will be performing Rod Stewart songs live on stage.

Info: <u>https://www.thehammondtheatre.co.uk/whats-on/</u>

*Tuesday, 12 February at 7.00 at the Hammond Theatre, Hampton School, Live screening direct from the Royal Opera House of DON QUIXOTE, ballet devised and choreographed by CARLOS ACOSTA. Info: as above

Make sure you hurry to visit STRAWBERRY HILL HOUSE where Horace Walpole's TREASURES are temporarily on view in their rightful setting. But only until the end of February.

Info: <u>https://www.strawberryhillhouse.org.uk</u>

Tuesday, 26 February, 7.45 at St Margaret's Church, TW1 1RL, Richmond Concert Society monthly concert, CLARE HAMMOND, RPS Young Artist of the Year Award, 2016 gives a piano recital, including works by Mendelssohn, Haydn, and others.

Continuing exhibitions at the Stables, Orleans House Gallery; until 24 February: the BRITISH TAPESTRY GROUP: Sound and Weave/Rhythm of the Weave. In main gallery COLLECTION CURIOSITIES, unknown treasures from the Borough Art Collection.

https://www.orleanshousegallery.org

Tuesday, 12-Thursday, 28 February: KNOT.JUST. STITCH in the Landmark Arts Gallery, TW11 9NN. Info: <u>http://www.landmarkartscentre.org</u>

inio: <u>nitp://www.tanumarkartscentre.org</u>

Saturday, 16 February at Normansfied Theatre, PINK PROMS 2019. The London Gay Symphonic Winds will perform, compered by comedian Cally Beaton. Info: <u>https://langdondowncentre.org.uk</u>

Sunday, 17 February, 2.30 at LAC. CLASSICS IN THE AFTERNOON resume with CHARLES MACDOUGALL & ROBERT MINGAY-SMITH, tenor duo of VOCES8 fame, present a tailored programme to delight all-comers. Info: <u>http://www.landmarkartscentre.org</u>

*Monday, 18 February at 2.00 Theatre of Widdershins presents SNOW WHITE, ROSE RED, BEAR BROWN, a show for all the family. Info: <u>http://www.landmarkartscentre.org</u>

Jazz and Rock enthusiasts who regularly attend various bars at The Cabbage



The Tree Agency

darryl parkin

The Treehouse 25 King Edwards Grove Teddington, Middlesex TW11 9LY Telephone 020 8274 0107 Mobile 07960 123580 Fax 020 8274 0119 info@thetreeagency.co.uk www.thetreeagency.co.uk

www.TwickenhamTribune.com

Patch Pub in London Road are advised to visit the websites below to check what's on.

Sunday,10 February, Twickfolk have no gig due to a rugby event. Sunday, 17 February, Twickfolk SHOWCASE, featuring finest floor-spot singers on stage.

Info: <u>http://www.twickfolk.co.uk</u>

Tuesday, 12 February at the Patchworks Bar, TW1 3SZ Twickenham Jazz Club hosts ENRICO TOMASSO/ADRIAN FRY BAND. Info: <u>http://www.twickenhamjazzclub.co.uk</u>

*Thursday, 21 February at 8.30 Rock band LEAF HOUND WITH PETER FRENCH, vocals, PETER HERBERT, bass and & DOMINIC FRENCH, drums. Info: <u>http://www.eelpieclub.com</u>

Thursday 24 January and future alternate Thursdays at 8.00pm at The Turk's Head, Winchester Road, St Margaret's, the Pub Choir invites you to join in and relax. Sing your heart out with a glass of your favourite tipple in your hand!

Saturday, 16 February at 9.00pm. The MIDNIGHT RIVER BLUES BAND returns to the popular venue, The Prince Blucher, on Twickenham Green, TW2 5AG. Good grub beforehand to prepare for lively evening.



A CALL TO RETURN SPORT AND LEISURE TO TWICKENHAM RIVERSIDE

A Christmas and New Year festive ice rink on the new town square Outdoor swimming and health spa with community cafe and restaurant Stand Up Paddleboarding boathouses connect the complex to the River



Click image above to view video walkthrough

The front of the site, on King Street, has a complex for retail/commercial and residential use. An indoor market reminiscent of modern markets in European cities, such as the Mercato in the Termini in Rome or Sant Antoni Market in Barcelona, flows from the King Street units

There are also options for a pontoon and the bridge linking Twickenham with the other side of the river. Underground parking will be included.

THE PETITION

Read a selection of the 4,000+ petition comments HERE -See what Twickenham has to say

History of Twickenham [outdoor] Baths closed 1980

History of the East Twickenham Ice Rink closed 1992

Drawings by Berkley Driscoll © Berkley Driscoll

Olympians encourage Twickenham swimmers to make a splash for charity

Team GB swimming heroes Mark Foster and Duncan Goodhew are encouraging people in Twickenham to sign up to Swimathon, the world's biggest annual fundraising swim, to raise vital funds for Cancer Research UK and Marie Curie.

Taking place from Friday 29th to Sunday 31st March, swimmers of all ages and abilities are encouraged to sign up to take part in the world's biggest annual swimming fundraising event in pools across Twickenham [editor's note ???] including Isleworth Recreation Centre.

Foster, the former World, European and Commonwealth champion, who set 8 world records during a glittering career, is supporting the campaign, alongside Olympic gold medalist Duncan Goodhew, President of Swimathon.

Speaking at the launch of Swimathon 2019,



Team GB heroes Mark Foster and Duncan Goodhew are supporting Swimathon 2019

Mark Foster said: "I'm very proud to be supporting Swimathon 2019 and I hope everyone looking to set themselves a challenge signs up. Whether you're just learning or are an experienced swimmer already, there's a challenge for you.

"Swimming is fantastic for your health and wellbeing as it helps to keep fit. As you train, you build stamina and speed, and as it's a low impact sport, the chances of injury are low while also good for recovery if you're coming back from injury."

Duncan Goodhew, Olympic gold medalist and president of Swimathon, said: "It has been a real joy to see Swimathon develop and mature into the great event it is today. Swimathon gives everyone a chance to get active with friends and family, whilst doing some good at the same time. I am so proud that Swimathon gives so many people the chance to enjoy the water, get swimming and set themselves a challenge."

Designed intentionally so people of all swimming abilities can participate, there are a variety of distances available as individual challenges - 400m, 1.5k, 2.5k, 5k – while the 1.5k and 5k distances are also available as team challenges for family, friends or colleagues to take on.

New to 2019 is the Triple 5k challenge, which is specifically designed to test experienced swimmers, challenging them to swim 5k, three times. Swimmers can choose the sessions and venues where they take on the three-part challenge.

Last year, Swimathon raised £2.1million. www.Swimathon.org



Half-term fun for kids at the Royal Opera House Family Sunday

This half term, the Royal Opera House opens its doors to children of all ages, inviting them to experience something new, and to dance, sing and create as part of a Family Sunday inspired by Romeo and Juliet. On Sunday 17 February (11am to 3.30pm) the front-of-house spaces will be transformed into a kids' playground with exclusive pop-up Royal Ballet performances of extracts from Romeo and Juliet, activities and interactive fun for all ages.

Environment Trust is calling for volunteers to help plant & revive Marble Hill Park, Twickenham

Thursday 21st February 2019, 10am until 4pm

5 February 2019 - Environment Trust, an environment and heritage charity based in South



West London, is calling for volunteers to join them on Thursday 21st February to take part in the first steps in the <u>Marble</u> <u>Hill Revived</u> project (promoted in Edition 117 of the Twickenham Tribune) to enrich the parks biodiversity. The charity is also calling for local businesses to get



involved in this project on alternative days.

A View from the Sunborn Yacht Hotel, Gibraltar



www.worldinfozone.com/features.php?section=GibraltarSunborn

CALL FOR ENTRIES FOR THE TWICKENHAM FILM FESTIVAL 2019



www.twickenhamfilmfestival.com

The Twickenham Alive Film Festival is a community-based film festival inviting submissions of short films, up to 10 minutes, based on four categories:

- Films from within the London Borough of Richmond upon Thames
- Films from the United Kingdom
- Films from outside the United Kingdom
- Films by film students

The suggested theme for submissions is 'Where You Live' and the films can be on any aspect of the area, way of life, attractions, culture, sport or environment of the entrants' home area. Please contact us if you need further clarification.

Films can be of any genre, such as documentary, drama or animation.

This week's we have two films which received awards under a category for "Travel" 2014 Twickenham Film Festival.

The second film "India" by Jordan McKellar who was 16 at the time

This film follows the journey across southern India and explores the nature of this beautiful place.

Jordan has gone on to pursue a successful career in filmmaking and photography and travels the world regularly on assignments.

Click images below to view a previous entrant

Borneo Rivers

India

Filmmaker: Henry Rogers Original Cinematography Award 2014



Filmmaker: Jordan McKellar Young Filmmaker Award 2014



Steam, Steel and Shells – 42

By Helen Baker

September into October 1918. Allied forces crossed into Belgium and reached the "Ypres Salient", all along in Allied/Belgian hands. On October 4th the Germans asked for an Armistice but the combat continued, extending Allied territory in Belgium across the Lys and Scheldt Rivers, and beyond.

In the "Belgian Village" of Twickenham-Richmond, the staunchly committed Belgian working men and women continued their 6 x 12 shifts to churn out shells for their Belgian brothers on the Front. In contrast on October 30th, German sailors mutinied and marched under arms into Bremen and Berlin, demanding an end to the war.

For Twickenham-Richmond Belgians, except for the Pelabon munitions workers, October became something of a phoney war. All eyes were fixed on return to Belgium; some wealthier Belgian families were already leaving.



Turners by their lathes at the Pelabon Munitions Works.



The "annual peregrination" of the Belgian League of Patriots to the war graves in Kensal Green Cemetery included Twickenham-Richmond members.

The Belgian Army's

drive across occupied territory to the outskirts of Bruges had unleashed soaring patriotism and militaristic grandiloquence both at the local Belgian gatherings and in the locally-read Belgian exile press. These were repeated when the Belgian League of Patriots (national secretariat in Cambridge Park, East Twickenham) held the last ever annual "peregrination" to the graves of the Belgian soldiers who died in London; a grand memorial to the Belgian war stands here now in Kensal Green Cemetery.

Not every Belgian Villager in Twickenham-Richmond shared in the euphoria though. From the L'Independence Belge obituary column:-

"M. and Mme. Vleiryck, from Ostend, have deep sorrow in announcing the death of their lamented son and only child, at the age of 14 years and 8 months. In view of the present circumstances, this news needs to be made known."

Is he perhaps the boy in the photo? M. and Mme. Vleiryck were proprietors of the milliners at 376 Richmond Road, one of the iconic rows of "Belgian Village" shops. Even 100 years later, my heart bleeds for them.

© East Twickenham Centennial Group (Heritage Lottery Funded) and Hollycombe Steam Museum



The Vleiryck milliners shop at 376, Richmond, Road, East Twickenham, famously part of the Belgian Village on the Thames.

River Grane Sanctuary



The magnificent Orchid Festival at Kew Gardens last year will be hard to beat but



we are going again with friends and supporters to gain inspiration and conservation tips from the "Grow Wild Team".

We made a video with our photos and posted it on our 'you tube' channel if you want to feast your eyes with more Orchid beauty. Please share with those who cannot get out and about for any reason. Enjoy!

www.youtube.com/watch?v=3R5bqMRJC4Q&feature=youtu.be Kew Orchids Video 2018



We have seen flowers and buds out already in the Sanctuary which are needed by pollinators still foraging and by planting even one nectar rich plant each we will help nature flourish. Winterwatch this week highlighted the need for everyone to do what they can in their own patch to help wildlife and there is so much we can do with little changes which can have a big impact. Be aware of what is happening near us that impinges on nature and any actions we can take to help improve habitat: Minimise Waste, Light, Noise, Smoke and Chemical Pollutants.

Scrutinise Planning Applications for environmental impacts. Voice your Views. Planting hedgerows is laudable as long as we value and safeguard established and thriving habitats which house endangered species such as Song Thrushes. Chris Packham commentating on the negative effects of overgrazing and footfall in the New Forest emphasized the importance of ancient trees and habitats which are as valuable if not more valuable than historic houses. They cannot be re-built or renovated but then again, they cannot generate income as a future wedding venue or café. Grazing mammals can have two feet.

We do not have to be experts to make a difference. We have to care enough to want to make a difference.

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

HALF A MILLION FEWER DEATHS FROM LUNG CANCER IN 40 YEARS

Since 1979 there have been nearly 500,000 fewer deaths in men in the UK than would have been expected if the mortality rate had stayed the same.

Despite this progress, in London around 1,600 men and around 1,300 women still die from lung cancer every year and it is still the most common cause of cancer death in the UK.

Lynn Daly, Cancer Research UK spokesperson for London, said: "Following on from decades of research it's fantastic to see the number of men dying from lung cancer in the UK falling year on year.

"Cancer Research UK helped prove the link between tobacco and cancer and the reduction in the number of people who smoke has prevented millions of deaths worldwide.

Smoking remains the single biggest cause of lung cancer, responsible for 72% of cases in the UK.

Unity Bands are available in pink, navy or blue from all Cancer Research UK shops and online at <u>cruk.org/worldcancerday</u>



"No, Thank You. I Don't Have Money to Burn."

Brad from Texas Discussion Board 26.11.04 Linking Our World <u>worldinfozone.com/features.php?section=PartnersDiscussion2&page=2</u>

If a person smokes a pack of cigarettes a day, for 365 days a year, he will have burned \$730.00 U.S. We know there are those who smoke two or more packs a day. You do the math. What could you do with that kind of money? How much money would you blow out your nose in ten years?

When your friends ask if you want a cigarette, don't tell them that research shows nicotine is twice as addictive as cocaine. They won't believe you. Don't tell them that smoking can lead to lung cancer and an early death. They aren't interested. They will not be impressed that smokers have damaged lungs, and are more prone to illnesses. Don't try to tell them about the disease emphysema, which deprives the lungs of oxygen, leaving its victims to gasp daily for air, like dying fishes. Once one has heard the repeated deep, rasping, gagging cough of one with emphysema, they do not forget it. But your friends don't think it will happen to them.

So what can you say when you are offered a cigarette? Just tell them the truth: "No, thank you. I don't have money to burn." You will have committed an act of courage; the courage of your convictions.

St Mary's University Update St Mary's Institute of Education Rated Outstanding by Ofsted

The Institute of Education at St Mary's University, Twickenham has retained its Outstanding rating from Ofsted for its Initial Teacher Education (ITE) provision.

The report found that St Mary's ITE provisions are Outstanding in all categories across both Primary and Secondary levels.



Read the full report <u>here</u>.

In their report Ofsted said of St Mary's, "Leaders ensure that St Mary's University's ethos and values of inclusivity, generosity of spirit, respect and excellence underpin their work with trainees. They prioritise trainees' well-being, which ensures that trainees and newly qualified teachers (NQTs) are exceptionally well cared for and valued by the partnership. "As a result, trainees have high

expectations of themselves and achieve outstanding outcomes. A special feature of St Mary's is the bespoke support given to individuals before, during and after they gain qualified teacher status." Speaking of the report, St Mary's Vice-Chancellor Prof Francis Campbell said, "Since 1850, St Mary's has been proud to train generations of teachers. Teaching training excellence and ground breaking pedagogical research are in our foundations, and I am delighted that our teacher training provision is continually recognised as outstanding by Ofsted."

Director of the St Mary's Institute of Education Prof Anna Lise Gordon added, "I am delighted that we have been rated as Outstanding. Every year we see hundreds of outstanding teachers graduate and go on to teach in schools throughout our partner network and beyond, and it brings us great pride to continue to be recognised as an Outstanding provider by Ofsted"



St Mary's University Twickenham London

www.TwickenhamTribune.com

Radio West Middlesex - most requested chart

Radio West Middlesex, the hospital radio station at the West Middlesex University Hospital, has counted up the requests they have collected from patients during 2018 and have revealed the most requested artists and songs. Over 800 requests were played during four weekly music request shows reflecting a diverse range of musical tastes.

Once again 'My Way' returns to the top of the chart as the patients favourite song and it's Elvis Presley's turn to be last years most popular artist.



The station broadcasts 24 hours a day aiming to brighten up the stay of patients featuring specialist programmes, relaxing music, health and local information for the community.

It's not just hospital patients that can listen to the voluntary-run hospital station. Anyone can listen using the TuneIn radio app or online via their website - <u>radiowestmiddlesex.org.</u> <u>uk</u>. To cheer up a patient in hospital, you can request their music choice by emailing <u>studio@</u> <u>radiowestmiddlesex.org.uk</u> or by texting the word 'WEST' followed by the song title and artist to 84433 and don't forget their name and ward they are staying in.



"If you wish upon a star, makes no difference where you are & if your heart is in your dream, no request is too extreme"

Pandora's Box by Bruce Lyons of Crusader Travel

Aaaaaaaah!! With this foul weather a little dash to foreign field will do wonders for your self-esteem!! Surprisingly perhaps we do get more than a few looking at Last Minute Half Term Ski Breaks. Oddly enough I did see some late cancellations this week in Courcheval, a nice little 2 bedroomed apartment right on the slopes, they actually threw in 4 free lift passes and breakfast but they wanted (special price) 16,000 euros – and that is without getting there and even before all this Brexit Malarkey that would have been a tad high! But we don't have clients with bags full of BritCoins.

Notwithstanding all this there are little patches of Blue Sky to be found around and for less than a King's Ransom! The difficulty I nearly always encounter is the customer is too set in his/ her ways. They come in with Jack and Jill and say wouldn't it be nice to get away? ANYWHERE will do (I smile) and then it starts; No "Red Eyes", must have heated pool & no Luton or Stansted (that probably applies to Southend as well) but anywhere will do! No mention of budget yet either!



The best challenge for me is the Lady/Man who walks in saying - there 4 of us; I have £xyz as a budget and I want to get away. And we say – give us the names and ages – budget and a mobile we can phone /text and go for a coffee or whatever and come back in an hour – If I have the answers earlier I will phone/ text you. You think I am being unrealistic – try us – you'll see. I am unlocking The Pandora's Box now – see you soon!



Twickers Foodie - By Rlison Jee

Valentines – all loved up

You'll be hard pushed to miss the fact that it is **Valentine's Day on Thursday.** Everywhere you look there are red hearts and special Valentines promotions – my inbox has been inundated with various offers.

If you were planning to go out for a meal, I would urge you to book your table. Restaurants will usually have a special menu for Valentine's Day – often more expensive than normal to help compensate for the fact they will only have tables for two booked, so can't serve as many covers as normal.

The newly refurbished and renamed **Bingham Riverhouse** is offering a nine-course Valentine's sharing menu at £145 a couple. The place has a more relaxed feel now, with an atmosphere more akin to that of a private member's club. If their dinner is above your budget, you could always take your loved one there for a cocktail in the bar and check out the refurbished interior.



Twickenham's **M Bar & Grill** is offering a five-course tasting menu with a glass of 'bubbles' for $\pounds 45$ a head. One of my favourite local restaurants is **La Buvette** in Richmond, which offers a great value three-course meal for $\pounds 20$ as well as a full a la carte. You could share a romantic cheese fondue (outside in the courtyard; cushions and blankets provided!) We were very sad to read that it will be closing in August, when the lease expires, but hopefully Bruce and his team will be relocating to somewhere else locally.

Maybe you are planning to go for a romantic drink – many local pubs have a good fire to sit beside while enjoying your drink. However, looking out of the window at the appalling weather today as I write this, the idea of a cosy evening at home appeals to me! And of course most of our supermarkets are offering a special Valentine's meal deal (£20 seems to be the going rate this year in Sainsbury, Tesco Waitrose and Marks & Spencer, but Asda is only £15) it usually includes a bottle of fizz and sometimes chocolates too.

Here's a rather nice Valentine's cocktail recipe



Pinktini

50 ml Pinkster Gin 10 ml Elderflower Cordial Fill shaker with ice, throw in several raspberries and then add five parts Pinkster to one part cordial. Shake and pour into an ice-cold glass. Garnish with a raspberry and a sprig of mint.

And keeping it to the simplest of ideas, here's one from Bonne Maman that will be a fun one for the whole family at breakfast or tea time next Thursday. Or, if this weather continues, you might like to serve a heart shaped dollop of strawberry or raspberry conserve on top of a bowl of piping hot porridge!



Valentines Extravaganza In Church Street by Shona Lyons



As I write this on Friday night, I keep checking the weather forecast for tomorrow. It has stayed constant all day. It says it will be 11 degrees Celsius with just a 20% chance of rain which sounds fine to me this dark evening as the rain is lashing down. I think we could all live with that. Tomorrow is the Valentine Fair and only a few stalls have expressed anxiety about the weather tomorrow. Most are all excited with the opportunity to reach a wider

audience after sitting at home in their studios or in their kitchens making their creations these last few weeks, I know I will!



I make hand-made cards which I sell a bit from Crusader Travel where I work in my day job selling travel. But I don't sell too many so I am really looking forward to this festival because I love making my heart cards \odot I think guite of few of us are prepared to brave the cold as we are all quite emboldened by our passion for craftsmanship and art be it cards or cakes or flowers or wine or just the love of being independent traders working for ourselves. This fair is a bit of a challenge for us all, me in particular, who needs to get up at 5am and by 6am I will be hanging the flags in the street and by 7am putting out the gazebos and by 8am greeting everyone and trying to calmly navigate people to their places and explain where they can park and where not to park and how to avoid the floods!!

All the while hopefully it won't be raining or the winds hailing too much! But I wouldn't change it for the world. I am used to it now, I do have a few sleepless nights before hand imagining all the catastrophe's that could unfold and I have quite an imagination! But it is lots of fun and I get a huge sense of achievement if the stall holders enjoy themselves and sell lots of things and lots of people come to the fairs and also enjoy themselves and I really enjoy the spirit of comradery amongst everyone be it exhibitors, Church Street Traders or the public.

This fair sees a new addition to the street in Miss Pretty who has only just opened. I have been in the street so long that I remember as a toddler buying toys from that shop which was next door to our travel agency at 22 Church Street (now Masaniello) and it was called Chatterbox and I was forever staring in the window at the wonderful things they had inside.

Miss Pretty's first gift shop on one of the most beautiful, independent shopping streets in Twickenham. It has been quite a journey to get here.

Established in 2010, Miss Pretty London was inspired by the fun and colourful Portobello Road market in Notting Hill.

Next came the sewing machine and hours and hours



They started a market stall in Camden and eventually moved to Greenwich which is one of the leading handmade markets in London.

Over the years their range has grown to offer more fun prints, more accessories and lots more gifts. With the support of their online shop, their first ever bricks and mortar shop has now opened at 23 Church Street, TW1.

They are excited to part of the Church street community and hope you love what their special little gift shop brings to this amazing street

An Ideal Present for just £6

Lidos Alive – the Story of Our Lidos - is a 63-page A5 book with colour photos and illustrations

full of interesting information about the history of outdoor swimming in the Borough and the rise of the lido. Contents include Mereway Bathing Place, pools in Bushy Park, Hampton Pool, Teddington Pool, Hampton Wick, Tagg's Island, Marble Hill, Twickenham Baths, Pools on the Park and other interesting stories.

Books can be purchased at Crusader Travel in Church Street, Twickenham and Premier Wines next to Strawberry Hill Station.







Please join TAG to discuss the Heathrow Airspace consultation and the implications for our area:

- up to 67 planes an hour
- spread across 4 concentrated departure routes
- overflown for 12-18 hours on many more days
- new arrival routes concentrated in the early morning





If you are as horrified as we are by the prospect of more noisy, polluting aircraft then please come to our public meeting on **WEDNESDAY FEBRUARY 13TH 8pm till 10pm** at Teddington Baptist Church Hall, Church Road, Teddington TW11 8PF

Have a look at our website to find out more: www.teddingtonactiongroup.com and join us on social media: facebook.com/groups/teddingtonactiongroup or twitter @TeddingtonTAG

Good and Evil Juxtaposed

The Sleeping Beauty by Pyotr Ilyich Tchaikovsky, choreography by Marius Petipa

by Pyotr Ilyich Tchaikovsky, choreography by Marius Petipa Moscow City Ballet at Richmond Theatre until 3rd February, then UK Tour continues until 23rd February

A review by Juliet Manners

The remit of Moscow City Ballet, 'Dancing for the New Generation', was well accomplished in this production of *The Sleeping Beauty*, which was a true depiction of traditional Russian classical ballet, designed to appeal to all ages. Based on Charles Perrault's *La Belle au bois dormant*, with choreography from 1890 by Marius Petipa, *The Sleeping Beauty* remains a well-known romantic fairy tale, a fight between good and evil.

The design is as one expects from Russian touring companies; opulent backdrops and painted gauzes, which for the majority of the production depicted a Royal Palace in all its splendour. King Florestan's Queen has given birth to a daughter and it is the celebration of her christening to which we are invited in the Prologue. The courtiers portrayed by the *corps de ballet* were suitably regal and deferent, although their acting was noticeably understated. However, the sound classical technique and exceptional grace of movement on which the company prides itself was evident.

Master of Ceremonies Catalabutte, danced and acted with great animation almost in the style of a circus performer or pantomime character, has invited all the fairies of the land to bestow their gifts upon baby Princess Aurora ... but he has forgotten to invite the Fairy Carabosse. She

appear,s with her entourage of bats, in a swirling mist of black and places a curse on the baby, that she will prick her finger and die, a 'baddie' in the most traditional sense.

A dream of a part for any ballerina, it is the heroic Lilac Fairy who revokes the spell so that Aurora will not die but merely fall asleep for a hundred years, until she is woken by a Prince's kiss

Read Juliet Manners' full review at <u>www.markaspen.wordpress.com/2019/02/02/sleeping-mcb</u>

Photography by Nada Savic









Mark Aspen www.markaspen.wordpress.com Expressing the art of the theatre critic

Page 26

8th February 2019

STRINGS ATTA(4ED

The Last Five Years

by Jason Robert Brown Augusta Park Productions at Questors, Ealing until 9th February Review by Vince Francis

When The Last Five Years premiered at Chicago's Northlight Theatre in 2001, its original concept was for a song cycle for two people, arising from a desire to write something "small and self-contained". Brown did not intend it to be as personal as the resulting show, which ended up with his ex-wife, Theresa O'Neill, threatening legal action on the grounds the story represented their relationship too closely. Consequently, Brown made some changes in order to reduce the alleged similarities between the character Cathy and O'Neill.

Since then it has had numerous productions. This latest by Augusta Park is at the Stanislavsky Studio at Questors in Ealing, an excellent choice of venue for an intimate, off-Broadway style piece. The company was set up by Josh Lewis and if this production is anything to go by, I genuinely wish him all the very

best in his future endeavours. I liked the straightforward and simple production values in elements such as the set, and lighting is supportive and sympathetic and creates appropriate moods without being fussy or tricksy. All of these elements help to keep the focus on the performers and the poignant story they are telling.

The story as presented describes the five year relationship between the two protagonists, Jamie Wellerstein, played by Josh Lewis himself, and Cathy Hiatt, played by Alexandra Christle. The show sees their stories told in opposite directions; Jamie moving forwards and Cathy backwards through their relationship meeting only briefly for a

backwards through their relationship, meeting only briefly for a moment in time as their stories cross.

The band, ably directed by Sara Page, follows the original orchestration for keyboard, bass, guitar, two cellos and violin. The "end-on" configuration in the Stanislavsky Studio allows the songs to be heard as intended by the writer. Josh and Alexandra are both consummate singers and it provides an ideal platform for them to explore and play around with timing and phrasing, which adds to the character development.

Read the full review at: www.markaspen.wordpress.com/2019/02/07/last-5

Photography by Augusta Park







Mark Aspen

Expressing the art of the theatre critic

www.TwickenhamTribune.com

Sackitice Through an Ice Prism

Anthropocene by Stuart MacRae, libretto by Louise Walsh

Scottish Opera at the Hackney Empire until 9th February Review by Mark Aspen

A polar vortex sweeps down from the north this weekend with the London premiere of Scottish Opera's Anthropocene, an Arctic blast that is as terrifyingly fascinating as an iceberg, as multifaceted as a snowflake.

The multifaceted nature of this unusual opera is as refreshing as ice, although some may find the concept as worrying as being trapped on a ship icebound in the Arctic Ocean somewhere to the north of Greenland. For this is the setting of *Anthropocene*, MacRae's new opera, on-board a scientific research ship, the RV King's Anthropocene (undoubtedly a unique setting for an opera). The ship's name

in geological nomenclature is that of the current Holocene epoch, that where humans are in the ascendancy; or so they believe. With hubris greater than any Greek god, the owner of the ship, Harry King declares that he has mastery over nature and has sponsored this expedition to discover the origins of life. "We are like gods, reaching out" he states. Anthropocentrism is all.

Anthropocene is a piece in which meanings are multilayered, a piece saturated with symbolisms. Its inspirations are manifold and diverse: librettist Louise Walsh refers inter alia to Frankenstein and The Tempest, and Agatha Christie seems to be lurking somewhere in this psychological thriller, but the overwhelming symbolism revolves around the theme of sacrifice.

At the back of the set, above the hungry marooned mariners, there hangs a skinned and paunched carcass of a seal. Ice's sacrifice was undone by her release

from her frozen womb, and another sacrifice is needed to release the now crushed ship ... but it is not to be the seal

Read Mark Aspen's full review at www.markaspen.wordpress.com/2019/02/08/ anthropocene

Photography by James Glossop

8th February 2019









Mark Aspen www.markaspen.wordpress.com

FOOTBALL FOCUS By Alan Winter

GREAT WEEK FOR BRENTFORD AS RECORDS BROKEN!

It just keeps on getting better down at Griffin Park. On Saturday Blackburn Rovers were beaten 5-2 in a superb display of attacking football and then on Tuesday night Barnet were overcome by a confident Bees team to secure a place in the 5th round of the FA Cup. Here are some current stats for you.

Brentford are now on a 10 match unbeaten run.

They have just scored three or more goals in five consecutive games for the first time since entering the football league in 1920.

Brentford have reached the 5th round of the FA Cup for the first time since the 2005-2006 season.

Sergi Canos has scored in the last three consecutive games. The best scoring streak in his professional career.

Neal Maupay scored his 20th goal of the season on Tuesday night.

Said Benrahma has now been involved in eight goals (scoring three with five assists) in his last five games for the Bees. He now has the second highest number of assists this season in the whole of the 72 club English Football League.

BRENTFORD 5 – BLACKBURN ROVERS 2 Att. 9,972

Brentford extended their unbeaten run to nine games in all competitions with a remarkable victory over Blackburn Rovers last Saturday. The Bees found themselves two down inside seven minutes against a team that had won four in a row and arrived at a cold Griffin Park full of confidence. But Brentford came all the way back. Saïd Benrahma scored in the first half before two from Ollie Watkins turned a half time deficit in to a 3-2 lead. Neal Maupay got his customary goal and Sergi Canós sealed the win with Brentford's fifth. It could have been six when Maupay almost latched on to a Canós pass but Raya saved at his feet to deny the French striker. But Brentford were not to be denied. The Bees delivered a performance to remember and sent everyone involved home with a smile on their faces.

Brentford: Bentley; Konsa, Jeanvier, Barbet; Dalsgaard, Mokotjo (sub McEachran 85 mins), Sawyers, Henry (sub Odubajo h/t); Watkins, Maupay, Benrahma (sub Canós 80 mins)

Page 29





BRENTFORD WIN BATTLE OF THE BEES! BRENTFORD 3 – BARNET 1 Attendance: 6,954

Brentford booked a place in the Fifth Round of the Emirates FA Cup with a win over Barnet at Griffin Park onTuesday night. Goals from Sergi Canós, Julian Jeanvier and Neal Maupay settled the Fourth Round Replay in Brentford's favour as the Vanarama National League side were unable to celebrate another memorable night. Although there were signs of the Barnet side that drew the first game 3-3 eight days prior, there was no doubt Brentford deserved to progress.

The hosts took control of the game early on and had it just about sealed by half time. Canós opened the scoring seven minutes in and Jeanvier lashed home before the break to give Brentford breathing space. Barnet were more inventive and adventurous after the break and got a goal but Maupay had his customary one by that point and the game was just about up. The visitors tried to respond but it is Brentford that will travel to Swansea City for a Fifth Round tie next week.

Brentford: Daniels; Konsa, Jeanvier, Sørensen; Dalsgaard, Sawyers (sub Dasilva 77 mins), McEachran, Odubajo; Canós, Maupay (sub Forss 72 mins), Benrahma (sub Ogbene 72 mins). So – a huge week coming up for Brentford with 3 games in 8 days. Away to Nottingham Forest today (Saturday 9th Feb). Then home to Aston Villa on Wednesday night. This is being televised as Sky Sports main event. Please note that both Villa and Forest are previous European Cup winners! Next Sunday we get on the coach for a trip to Swansea City where Brentford have a chance to reach the quarter finals of the FA Cup for the first time in over 30 years. This game is televised and kicks off at 4.00.

Come on you Bees!

HAMPTON & RICHMOND BOROUGH FC NOTHING MUCH TO REPORT THIS WEEK

Last Saturday's game at Bath City was postponed due to adverse weather conditions. Today (February 9th) the Beavers are at home to Slough Town in the National League (South). Kick Off is 3.00 pm. With Brentford playing away today why not get down to the Beveree Stadium in Station Road and enjoy an afternoon supporting your other local team. The burgers are great!



Community Takeover: children from community projects take part in matchday roles at Brentford game

Brentford's stunning victory over Blackburn Rovers on Saturday was helped by a very special person. Eira Griffiths,12, added a magic touch to the coaching team as she took on the role of 'Young Head Coach' for Brentford's first ever Community Takeover Day. And she clearly made an impact as The Bees came back from 2-0 down to win 5-2.

From the press box to the football pitch, ten children – from eight of Brentford FC Community Sports Trust's community projects – went behind scenes and joined matchday staff to learn the ropes.

Highlights included:

- The mini referee, Dajahn Lang, had the important task of pressing the buzzer and calling the teams before the match begun.
- Charlie Wilkins swapped the classroom for the dressing room as he helped prepare the players' kit with the Club's Kit Man Bob Oteng.



Click image to view video

- Leah Hunt, 12, who was transformed into a journalist as she wrote her match report in the press box and took over Brentford FC's Twitter account, which included announcing Ollie Watkins' goal that brought the score back to 2-2.
- Mia Lloyd helped capture the elation of the Brentford players' goals as she took on the role of Club Photographer.
- Isis Cuttings proved a worthy pundit as she described the drama of the match as a matchday commentator on Griffin Park's gantry.

And Eira Griffiths, who has been part of the Trust's girls' football programme for nearly five years, played an instrumental role in sealing the victory. Fans rose to their feet as she joined Thomas Frank in celebrating the win on the pitch for the post-match celebrations before heading in to the dressing room where she was presented with a shirt by Neal Maupay, who scored Brentford's fourth goal.

Talking about the experience, she said:

"My favourite part of the day was going into the changing room and seeing what the players get up to before and after the game."

All the children involved benefit from the Trust's community projects, which includes supporting young carers, children with autism and young people in the local area. Donald Kerr, Vice Chairman of Brentford FC and Brentford FC Community Sports Trust, said: "The Community Takeover epitomises everything Brentford FC is trying to achieve – embedding the local community within the heart of our football club. As we prepare to move to our new stadium, we are committed to taking the community with us on this exciting new journey – ensuring that everyone can be part of Brentford FC.

"The event on Saturday not only proved the Club's commitment to the community, but it also showcased the impact the Community Sports Trust has on young people across west London." The match was part of Brentford FC's ongoing commitment to community initiatives. For every ticket bought at the game, £1 was donated to Brentford FC Community Sports Trust.

Traveller's Tales 16 POLSKA WITA WAS – POLAND WELCOMES YOU



Doug Goodman visits Poland's beautiful city of Krakow

The dash from the airport to Warsaw's main station left no time for city sightseeing. It was over 50 years since my last visit to the Polish Capital when all I recall seeing were the remains of the Ghetto and the skyscraper 'donated' by Stalin.

We were heading some 250 miles south to the country's former capital before driving to The Tatra Mountains at Zakopane. Krakow lived up to my expectations: it was a beautiful city with grand buildings, churches and museums, pretty flower-filled squares, lively cafes and student musicians on many street corners. During the Nazi occupation in WW2 little damage was inflicted on the city which accounts for the preserved state of the buildings. The exception was in the old Jewish Quarter, Kazimierz, an important historical area where visitors learn about the rich history of Polish Jews. From here were deported the population to concentration camps never to return. The houses they once owned are dilapidated and boarded up and will remain so until the authorities establish ownership, wich after nearly 75 years is rather difficult. But the atmosphere in the bars and restaurants with music and typical dishes was really special

CITY TOUR



Mary's Church

Cafe scene

In 1038 Krakow became Poland's capital and remained so until the early 17th Century. From 1241, when the Mongols destroyed the city, Krakow was rebuilt several times and fortified. Wawel Castle and the remains of the city walls are a testament to its

importance.

A guided tour in an electric buggy is a great way to see the major sites before exploring the city on foot. I walked around the city walls - a distance of about 2.5 miles before settling in the main square for a litre of local beer. (Zywiec Is on sale in Twickenham). The Rynek Glowny is the largest medieval square in Europe and has the Church of St Mary's, don't miss the magnificent Gothic Alterpiece and listen to the trumpeter on the hour from the church tower. See the Cloth Hall, The Krakow Museum and the Wiena Ratuszova medieval tower. The Cloth Hall – the Sukiennice – is a delightful food and souvenir market and close by is the Czartoryaski Museum containing a huge collection of art and historical items. The Royal Castle with its Gothic Cathedral is the spot where most Polish Kings are interred. A fascinating museum is to be found in Kazimierez's former town hall. The ethnographic museum has a collection of interiors of traditional houses. The city is compact and most sites are within walking distance of Rynek. In the evenings basement bars have live music and serve good, wholesome food. Many of the large houses offer recitals and concerts.

UNSETTLING



Excursions from Krakow include the Royal Salt Mines at Bochnia and Wieliczka and The Oscar Schindler Factory. Schindler, who died in 1974, saved many hundreds of Jews from the death camps by making

Entrance to Auschwitz Camp

Arrival point in Auschwitz

them his employees in his factory producing kitchen ware for his client the Nazis, today he remains a controversial figure but his part in saving many Jews is well documented. A trip to Auschwitz was an unsettling experience. To read about the extermination camps is one thing but to walk through the prison blocks where inmates were worked to death and to see the railway lines in Birkenau where victims were pulled from cattle trucks and selected for work or the gas chambers was both moving and horrifying.

You'll need at least 4 days to see all the best sites in this bright and happy city and with a car the countryside and villages are well worth exploring.

Flights from the UK to Krakow from Jet2, Easyjet and others

World InfoZone: Poland http://worldinfozone.com/gallery.php?country=Poland

CrusaderTravel 020 8744 0474 Escapology Experts

www.crusadertravel.com



Experience more with so much included

- Three nights at an excellent quality, centrally located four-star hotel, with breakfast
- Guided walking tour of the medieval city and Poland's former capital
- Visit to Wawel, the castle district, one of Europe's most striking royal residences
- Visit to Auschwitz-Birkenau (included but optional)
- Optional tour of the cathedral-like salt mines
- Escorted by an experienced tour manager
- Return flights and transfers included
- Selected departures from March to December 2019
- 3 nights in 4-star accommodation
- Return flights & transfers
- Programme of daily tours & visits
- Bed & breakfast



57-58 Church Street Twickenham TW1 3NR

DAY 1 ARRIVAL IN KRAKOW
DAY 2 KRAKOW
DAY 3
AUSCHWITZ & BIRKENAU
DAY 4 RETURN FLIGHT

Guinness Six Nations: England squad update France week

England men's head coach Eddie Jones has named his team to face France in their second Guinness Six Nations match on Sunday 10 February at Twickenham Stadium (KO 3pm live on ITV Sport).

Jones has made two changes to the starting XV that beat Ireland last weekend with Courtney Lawes (Northampton Saints) selected in the second row following the injury to Maro Itoje (Saracens) in Dublin.

Chris Ashton (Sale Sharks) is named on the right wing in place of Jack Nowell (Exeter Chiefs) who will be among the finishers on Sunday. It will be Ashton's first start in the Six Nations since 2013.

Dan Cole (Leicester Tigers), Joe Launchbury (Wasps) and Ben Moon (Exeter Chiefs) are included as finishers for the first time this tournament.

Eddie Jones said: "After the Ireland game we have had to refocus and reset. Players have been very good and certainly by Sunday we'll be at our best.

"The French are always an interesting side to play against. They are full of talent, they have a lot of unpredictability so it's hard to prepare tactically against them so we have had a real focus on ourselves.

"It is unfortunate Maro is injured but he has been rehabbing well so we are hopeful he will be back earlier than maybe first predicted. We have got great depth in the squad so Joe Launchbury and Courtney Lawes will fill his shoes very well.

England have won nine of the last 12 Six Nations games against France with the Les Bleus only having managed one win at Twickenham in the Six Nations era back in 2005.

England starting XV (555 caps)

- 15 Elliot Daly (Wasps, 26 caps)
- 14 Chris Ashton (Sale Sharks, 43 caps)
- 13 Henry Slade (Exeter Chiefs, 18 caps)
- 12 Manu Tuilagi (Leicester Tigers, 28 caps)
- 11 Jonny May (Leicester Tigers, 41 caps)
- 10 Owen Farrell (Saracens, 66 caps) (c)
- 9 Ben Youngs (Leicester Tigers, 81 caps)
- 1 Mako Vunipola (Saracens, 52 caps)
- 2 Jamie George (Saracens, 33 caps)
- 3 Kyle Sinckler (Harlequins, 18 caps)
- 4 Courtney Lawes (Northampton Saints, 69 caps)
- 5 George Kruis (Saracens, 28 caps)
- 6 Mark Wilson (Newcastle Falcons, 9 caps)
- 7 Tom Curry (Sale Sharks, 6 caps)
- 8 Billy Vunipola (Saracens, 37 caps)

Finishers (249 caps)

- 16 Luke Cowan-Dickie (Exeter Chiefs, 8 caps)
- 17 Ben Moon (Exeter Chiefs, 4 caps)
- 18 Dan Cole (Leicester Tigers, 82 caps)
- 19 Joe Launchbury (Wasps, 54 caps)
- 20 Nathan Hughes (Wasps, 19 caps)
- 21 Dan Robson (Wasps, uncapped)
- 22 George Ford (Leicester Tigers, 52 caps)
- 23 Jack Nowell (Exeter Chiefs, 30 caps)



ENGLAND WOMEN SQUAD TO PLAY FRANCE IN DONCASTER

England Women head coach Simon Middleton has made four changes to his starting XV ahead of the Red Roses Six Nations clash against France on Sunday 10 February, KO 12.45pm, live on Sky Sports Action.

The Red Roses return to Castle Park, Doncaster, to take on the 2018 title holders after overcoming Ireland 51-7 in Dublin last Friday.

Harlequins forwards Vickii Cornborough and Abbie Scott return to the starting line-up at prop and second row respectively, moving Poppy Cleall in a positional change to flanker. Bristol Bears flanker Poppy Leitch has been called in to replace Marlie Packer, who is rested having picked up a knock (shoulder) in England's opening game against Ireland.

England centurion Katy Daley-Mclean, who scored 16 points and one of England's eight tries last Friday, again starts at fly-half in an unchanged back line.

Middleton said: "We have no misconception of the size of the challenge ahead of us against France on Sunday. We were pleased with our performance against Ireland but we now have to improve to get a winning outcome.

England match-day 23 against France

- 15. Sarah McKenna (Saracens Women, 18 caps)
- 14. Jess Breach (Harlequins Ladies, 3 caps)
- 13. Emily Scarratt (Loughborough Lightning, 75 caps)
- 12. Tatyana Heard (Gloucester-Hartpury, 3 caps)
- 11. Kelly Smith (Gloucester-Hartpury, 6 caps)10. Katy Daley-Mclean (Loughborough Lightning, 103 caps)
- 9. Leanne Riley (Harlequins Ladies, 25 caps)

1. Vickii Cornborough (Harlequins Ladies, 42 caps)

- 2. Lark Davies (Worcester Valkyries, 14 caps)
- 3. Sarah Bern (Bristol Bears Women, 21 caps)
- 4. Catherine O'Donnell (Loughborough Lightning, 8 caps)
- 5. Abbie Scott (Harlequins Ladies, 32 caps)
- 6. Poppy Cleall (Saracens Women, 25 caps)
- 7. Poppy Leitch (Bristol Bears Women, 6 caps)
- 8. Sarah Hunter (Loughborough Lightning, 109





16. Amy Cokayne (Wasps FC Ladies, 42 caps) 17. Hannah Botterman (Saracens Women, 6 caps)

18. Shaunagh Brown (Harlequins Ladies, 6 caps)

19. Rowena Burnfield (Richmond Ladies, 48 caps)

- 20. Sarah Beckett (Firwood Waterloo, 2 caps)
- 21. Natasha Hunt (Gloucester-Hartpury, 42 caps)
- 22. Zoe Harrison (Saracens Women, 9 caps)
- 23. Emily Scott (Harlequins Ladies, 24 caps)

England Women 2019 Six Nations fixtures

England v France Sunday 10 February, KO 12.45pm GMT Castle Park, Doncaster

Wales v England Sunday 24 February, KO 12.30pm GMT Cardiff Arms Park, Cardiff

England v Italy Saturday 9 March, KO 12.05pm GMT Sandy Park, Exeter

England v Scotland Saturday 16 March, KO 7.30pm Twickenham Stadium

New report: Hydrogen trains needed to eliminate harmful emissions on non-electrified lines

Institution calls for urgent action to introduce hydrogen trains in areas outside the electrified rail network.

Investment in hydrogen trains is a vital part of the process to improve air quality, but must not be seen as an easy replacement for electrification schemes, according to a new report by the Institution of Mechanical Engineers.

Hydrogen, which can be used as an alternative for fossil fuels only producing water as waste emission at the point of use, is a clean technology that can help decarbonise the railway industry.

Around 29% of Britain's fleet currently run only on diesel fuel which emits large concentrations of particulate matter, known to be damaging to our health, particularly at enclosed stations.

However, the report emphasises that hydrogen trains could be seen as a solution by Government to avoid expensive electrification schemes, but stresses that hydrogen trains should only be seen as an option where electrification is not the most economical or technically viable, for example on rural routes.

Furthermore, the report explains why hydrogen is not suitable for freight and high-speed trains because it requires a large amount of storage space.

The report builds on the findings of the Institution's A breath of fresh air: New solutions to reduce transport emissions, which called for a Clean Air Act to help the 71% of local authorities which missed their 2017 air quality targets.

Dr Jenifer Baxter, Head of Engineering at the Institution of Mechanical Engineers, said: "The Government has set out plans to phase-out the use of diesel-only trains by 2040 in order to reduce carbon emissions, but less than 50% of the network is electrified and the remaining half is unlikely to ever completely become so, particularly given the cancellation of three schemes in the North, the Midlands and Wales.

"Creating hydrogen clusters, a collection of businesses associated with the hydrogen industry, around where hydrogen is produced could help local transport systems in the UK's regions to decarbonise. Trains and buses which operate near industries where hydrogen is produced could use hydrogen as a fuel, as production, storage and refuelling would be nearby, thereby reducing fuel distribution and transport costs."

David Shirres, member of the Institution's Railway Division, said:

"Until recently, diesel engines were the only practicable option for self-powered rail vehicles. Yet diesel fumes in city centres are becoming increasingly unacceptable as shown by proposals for ultra low emission zones as well as the Government's call to remove diesel-only trains by 2040.

"The recent introduction of a hydrogen powered trains on rural routes in Germany offers a solution which needs further development for operation in the UK. However, storing hydrogen requires significantly more space than diesel fuel. For this reason, hydrogen is not suitable for high-powered rail traction and so should not be considered as an alternative to electrification."

The future for hydrogen trains in the UK recommends three priority areas for action:

- 1. That the UK Government rethinks the cancellation of electrification programmes and moves forward with a more innovative, and long-term approach, electrification rolling programme, that can create skills and careers, develop supply chains, and work with existing rail networks to manage projects.
- 2. That the industry encourages the development and deployment of hydrogen trains and their fuelling and servicing facilities. Creating and supporting demonstration lines and trains will help to de-risk the technologies and servicing relating to hydrogen fuels and trains.
- 3. That hydrogen train technology is developed in industrial areas where hydrogen production already occurs, and can support the wider transport system. For example, as well as local trains, local hydrogen buses could be refuelled at an industrial site, and hydrogen could also be pumped into the gas grid to help decarbonise heat. Both the North West and the North East could support test beds. These test beds will support knowledge sharing across sectors, providing cost reductions in hydrogen fuel.





The challenges of decarbonising our energy system are becoming increasingly difficult. We have begun by addressing the easier options in the power industry, but with concerns about reducing air quality and pollution, the decarbonisation of our transport system is critical in meeting UK targets for emission reductions. When it comes to the rail industry, the Institution of Mechanical Engineers encourages greater electrification of the national rail network. The Institution of Mechanical

- Lagineers recommense: 1. That the UK Government rethinks the cancellation of electrification programmes and moves forward with a more innovativ and long-term approach, electrification rol programme, that can create skills and cart develop supply chains, and work with exis rail networks to manage projects.
- rail networks to manage projects. 2. That the industry encourages the developing and deployment of hydrogen trains and the fuelling and servicing facilities. Creating a supporting demonstration lines and trains in help to de-risk the technologies and servici relating to hydrogen fuels and trains.
- relating to hydrogen tuels and trains. 3. That hydrogen train technology is develog: in industrial areas where hydrogen produalready occurs, and can support the wider trains, local hydrogen bueses could be refuel at an industrial site, and hydrogen could alihymned into the gas grid to help decarboni heat. Both the North West and the North Eicould support test beda. These test beda w support knowledge sharing across sectors, providing cost reductions in hydrogen fuel.

To read the report, click image at left

www.imeche.org



Improving the world through engineering

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

19 February 8PM

After The Storm (Japan)

Directed by Hirokazu Koreeda

Ryota is an unsuccessful writer who struggles to reconnect with his young son after his divorce. Koreeda shows the warmth, subtlety and humour of family relationships in his typically unshowy but engaging style.

Films are screened at 8:00pm at The Exchange, 75 London Road, Twickenham, TW1 1BE. Members go free. Non-member tickets are £5 (full-time students £3). Tickets can be purchased on the night (cash only) or in advance from The Exchange's Box Office – in person, by telephone on 020 8240 2399 or online

Facilities include a very



comfortable, tiered 285-seat theatre, lifts, disabled access, a bar and a café. Films are shown at 8.00pm sharp, with no trailers and no ads. On screening nights, the Bar is open from 7.00pm and the auditorium opens at 7.30pm.



Example advert sizes shown above

Thousands read The Twickenham Tribune

If you are reading this you could be advertising your business with The Twickenham Tribune. Community rates are available Contact: advertise@twickenhamtribune.com View ad details at www.twickenhamtribune.com/advertise

©Twickenham Alive Limited. All rights reserved. No part of this publication may be used or reproduced without the permission of Twickenham Alive Limited. While we take reasonable efforts, this online newspaper cannot be held responsible for the accuracy or reliability of information. The views and opinions in these pages do not necessarily represent those of Twickenham Alive Limited or The Twickenham Tribune. Terms & Conditions