



TRIED & TRUE

Exclusively local news, views & goings on at Tried & True.

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L-R USA, NZ, South Korea, Sri Lanka, Dominican Republic, Northern Ireland, Poland x2, Cameroon.

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Sometimes you just fancy a chocolate chip cookie. We've got the recipe for you.



*Hidden histories...
Local historian and T&T soup lover Pat Heery writes about the old Putney Velodrome ...
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We're from everywhere

Greetings T&T VIPs! The dust is starting to settle on what is likely to have been one of the most historic moments in UK democracy in the last 50 years. As a migrant to these fair shores my story is similar to many... I'm a Commonwealth expat, a Londoner with both English and Irish heritage; I have an Irish partner and British daughter. I feel a little confused by the EU referendum vote to leave the EU but I do understand people's frustrations with the state of the nation and especially our national politics.

Sadly, I feel the national discourse has for too long focused on the "other". It is a common theme across our globalized western democracies that people who are different to us, who stand outside our circle, are largely responsible for a lot of our pressures and woes.

A big part of why I love living in London and have made my home, family and business here is that most of us don't agree

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Rob meets Richard Coulson of Rock & Roll Recruits. Getting the kids into playing in a rock & roll band!

Of Mud & Men – Paddy goes to Glastonbury



Let me be clear - I do not like queues, I dislike crap food and I border on sociopathic when it comes to crowds and cramped spaces. What I do like is music. I love music. However, until this year I had not attended that mecca of the music world – Glastonbury. It is arguably the biggest, most diverse festival of popular music on the planet.

With a lot of encouragement from my good friend and veteran of 15 Glasto's Scott (*of evanjack fame – thanks for coming to our incredibly successful gig everyone*) I was convinced to give the festival a try.

Leaving London for Worthy Farm in Somerset on a sunny Tuesday, Scott and I formed the advance party. Our job was to ensure a sweet set up for the others that were joining us. Asides from the camping gear and supplies we had one or two beers to carry in as well. 54! It was hard graft but satisfying work in the end.

With camp sorted and a rendezvous point organized we set about the important business of drinking cider and getting acquainted with our new home for the next five days.

Glastonbury is *huge*. Staggeringly so. Getting from stage to stage, no matter how close, takes time. *A lot of time*. A degree of planning and coordination is required for any group to maintain sanity and geniality. We were lucky with our choice of festival partners, if I could describe Scott as Obi Wan, then I would have been his young Padawan learner. The force was strong with this one.

Bad analogies aside, there is a buzz in the air that I imagine only happens at Glastonbury. There's such a broad range of people, music lovers from all walks of life. There are babies (accompanied of course), young families with kids in little trollies being pulled through the mud, excited teens, pensioners, locals, *proper* locals and then all us Londoners and big city types.

I saw no fighting, no aggression, no ill-will toward anyone anywhere the whole time. As packed as the

Adele or Coldplay gigs were, there was no sense of nervous energy - just a lovely buzz that only happens at a music festival of this kind of scale.

Then there was the music. We enjoyed some really great bands: Vaults, The Syrian Orchestra, Gregory Porter and Of Monsters and Men to name just a few.

The John Peel tent was a favourite for most of the weekend with its eclectic mix of performers

“...there is a buzz in the air that only happens on this site”

old and new but the overall energy and pace of everything really helped any sense of urgency slip away.

I can truly say it was a relaxing experience but never dull. I'm a convert now - I can't convert too many of the team here at Tried & True for fear of leaving the cafe understaffed and being unable to go, but I cannot recommend the festival enough. It's well run, well done and well fun haha - register online ASAP - it's unforgettable.

PK

Putney Velodrome 1891-1905

A Well-kept Secret

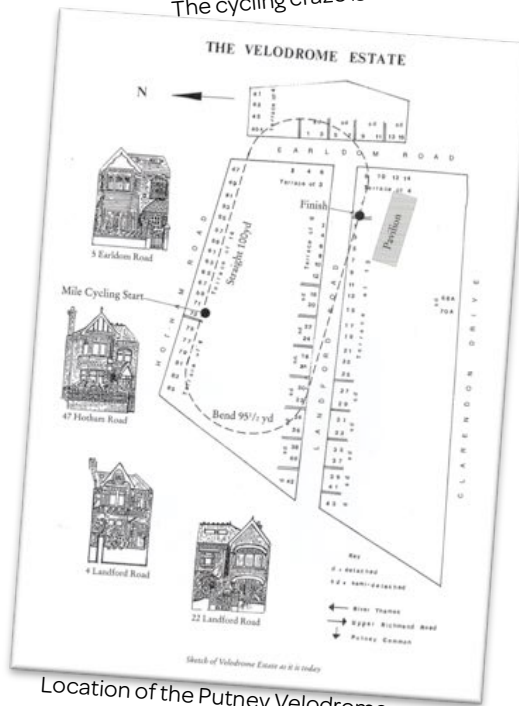
Opposite Tried and True, behind the flats and across the railway line, Putney Velodrome, the first concrete cycling track in England, opened in 1891 - with 12 tennis courts, a bowling green and a quoits pitch.

The cycle and athletics track ran down Landford Road, turned left into Earldom Road and left into Hotham and left into Erpingham Road. The entrance to the ground was in Clarendon Drive - now Nos. 70A and 68A. Putney station gave easy access to Putney and spectators flocked from far and near.

The Velodrome's 12 and 24-hour races attracted as many as 10,000 spectators. But more significantly, the vast improvement in cycle technology prompted a craze for cycling that can only be described as fanatical – both for sport and for leisure pursuits. From 1840 inventors worked to develop a machine that would make society independent of the horse – hobby-horses, celeripedes, curricles, pedemotive carriages, velociferes, dandy-horses, celeromanes, aellopodes, bone-shakers and, finally, the bicycle – 'machines that would eat neither hay nor oats'. The Scientific American had a



The cycling craze isn't new!



Location of the Putney Velodrome

Packed with interesting local history, stunning illustrations and photographs of Edwardian Putney. A great gift for any Putneysider! Contact Pat directly for your copy.

headline in 1902: 'Walking is on its last legs.' HG Wells featured cycling in one of his novels, where the upper-class lady and her working-class beau cycle off, up Putney Hill.

Photographs and sketches of the track give the impression of a neat, well-laid out ground with a rather smart grandstand which gave the higher-paying spectators a comfortable seat and protection from the elements.

Distance walking was also a feature of the programme. On 23 October 1897 Bill Sturges set world walking records for 12 miles and 13 miles. Then in 1905 Jack Butler set new walking records for all distance from 22 miles to 50 miles. It was not just the Boat Race that promoted the reputation of Putney in the 1900s.

Sadly the lease ran out in 1905 and by 1907 an enclave of Edwardian middle-class housing was on the market. Putney Velodrome faded fast from the memory.

Pat Heery

The Putney Velodrome and the Putney Velodrome Estate by Pat Heery. To order (£10) ring 020 8788 0762 or email heery.putney@virgin.net.

School of Rock (& Roll)

A lot of cool stuff goes on in Putney and we're fortunate to get wind of it through our lovely guests. This month Rob meets **Richard Coulson** who runs a fun summer time programme for musical youngsters. We catch up over coffee at T&T

As most of you know, I dabble about on the guitar and love to listen to music and see as many of the world class artists that perform in our amazing city as possible.

That's why I was really excited to meet Richard Coulson who runs, along with a group of professional musicians, Rock & Roll Recruits – an innovative music programme for musical youngsters to

"I loved my time there, it was the first time I was able to focus on music 100% of the time and I couldn't get enough".

Early Days

Richard's love of music started at age 6 when he picked up the flute at primary school using the Suzuki method.

"It's a great system as it really enhances ear training without

soon enough Richard started a stripped down band with just piano and drums with old school buddy Greg.

"We set the scene for bands like the White Stripes" Richard laughs.

As luck would have it Greg's dad, Nige, played in a Rock & Roll band and introduced the pair to Rock & Roll, "Proper 50s music". The boys were hooked on Jerry Lee Lewis, Elvis, and Buddy Holly.



experience playing with other musicians in a real rock band.

Meet Richard

Richard (35) is originally from Kenilworth in the midlands. He now lives in Wandsworth with his girlfriend. They are expecting their first baby in November.

Richard's London story begins in October 2001 when he moved to the big smoke to study music at what is now known as the London College of Music, part of University of West London.



relying too much on reading music or distracting theory...it's also a lot of fun!"

Having caught the bug, Richard nagged his folks for a keyboard for Christmas when he was eight years old.

"I got one! I taught myself songs I heard on the TV by ear, I learned La Bamba by Ritchie Valens. My parents then encouraged me to take piano lessons. Piano was my focus from 9-19 years old"

One thing led to another and



Richard recalls "it was so exciting. He even had us supporting him at a Rock & Roll Night Club one night when we were about 10 years old"!

Richard's played music in bands ever since and is blessed to have made live performance a full time job.

Rock & Roll Recruits

Rock & Roll Recruits was founded in 2013 Richard and Alex Haynes. The two hit it off over their mutual love of Rock & Roll and have been playing together for almost 10 years.

The pair have designed the programme to bestow the benefits of music to young people. Especially building confidence and communication skills.

Music helped to build Richard's confidence when younger and he really enjoyed the challenge of having to get up and perform in front of people

"What I enjoy most about music, and always have, is the feeling you get... especially when you play with other people. When you are locked into a groove, you can totally lose yourself and express a lot, even instrumentally".

It's a big challenge to organise and run Rock & Roll Recruits but Richard and Alex clearly get a big kick out of it.

"With up to three groups rehearsing most weeks there is a lot of noise, paperwork and equipment to coordinate but it's totally worth it...

Watching each group take shape during the week is great feeling.

Not just musically, but socially too. You can see the kids make new friends and go from being very shy to really confident, and then perform a great show in front a packed venue by the end of week".

All the tutors take real pride in musical direction of each group. The live show at the end of the week often leaves parents and family astonished by the quality of the performance.

It certainly sounds like the popular programme will continue to develop more and more top young Putney musicians.

Rock & Roll Recruits are currently working alongside 'Achieving for Children' and offer a combination of courses to cover the skills section of the Duke of Edinburgh's Award. They are also starting a residential DofE course next summer for 16-18 year olds.

If that wasn't enough, Rock & Roll Recruits also run children's Friday night groups at Ritz Music & Tuition Centre in Richmond

where the project began with the support of owner Simon Taylor back in 2013.

For the grown ups

The fun isn't just restricted to the young ones either:

"Due to many parents enjoying our shows, I was asked to start an adult group in October last year. This is held on Mondays, at Ritz, and we are working towards a gig at The Half Moon in Putney on 24th September. Do come along!"

Relaxing

When Richard isn't hard at work he enjoys relaxing at T&T with pulled pork and poached eggs on brioche, occasionally a sausage sandwich. And coffee?

"I always used to have a latte, but now it's a double macchiato. Maybe I need the stronger boost these days, possibly two when the baby comes along!"

When not practicing, gigging or working with the Rock & Roll Recruits Richard enjoys the simple things, friends, BBQs and gigs with the occasional stroll through Richmond Park or along the Thames. **RK**

Fancy joining the band?

Rock & Roll Recruits are hosting holiday camps for musical youngsters between 8-11 and 12-16 years of age at

The Powerstation Youth Centre, 121a Mortlake High Street, SW14 8SN.

Dates this Summer

25th – 28th July 2016

1st – 4th August 2016

8th-11th August 2016

They also host term-time weekly

workshops – call for details.

Almost any instrument catered for with adequate notice.

Use a combination of Rock & Roll Recruits holiday camps & term time workshops to complete the DofE's Award.

Also available

Weekly adult jam sessions, working toward an end of course gig at The Half Moon.

Hurry! Spaces are limited!

Sign up now for expert group tuition from professional touring musicians!

Simply contact Richard on the contact details below and get jamming!

07545 543 357

info@richardcoulsonmusic.com

www.rockandrollrecruits.co.uk

FEED THE COOKIE MONSTERS!

Kids off for school holidays?
World getting you down? Need a
bit of cheering up?

Everyone knows the therapeutic
benefits of baking fresh
homemade cookies. Not only
do they taste better and you
know exactly what's in them,
there is nothing better than
enjoying a chocolate chip cookie
fresh out of the oven. Especially
if there is someone you can
share it with!

Here's a classic Chocolate Chip
Cookie recipe that I often make
with Clara. Usually I make
half the recipe as I can't trust
myself when there are fresh
cookies around!

Make sure you've got friends
coming round or a play date
on the horizon before even
thinking about making these!



Daddy's little helper



Mmm cookies!

MAKES 4 DOZEN

225 g unsalted butter (room
temperature)

1 cup light brown sugar

0.75 cup granulated sugar

2 large eggs

1t vanilla extract

2 cups plain flour

0.75 t baking soda

1 t salt

2 Cups semi-sweet chocolate
chips

Optional 1-2 cups chopped
walnuts

1. Preheat oven to 180C and
grease a cookie sheet lightly

2. Cream butter and sugars
together until light and fluffy.
Add eggs and vanilla, being
careful not to overbeat

3. Sift in dry ingredients and mix
well. Stir in chips and, if
desired, nuts.

4. Drop large tablespoons of
dough onto cookie sheet.

5. Bake for 12 minutes or until
the cookies are brown at the
edge but soft in the middle.

This month's seasonal espresso



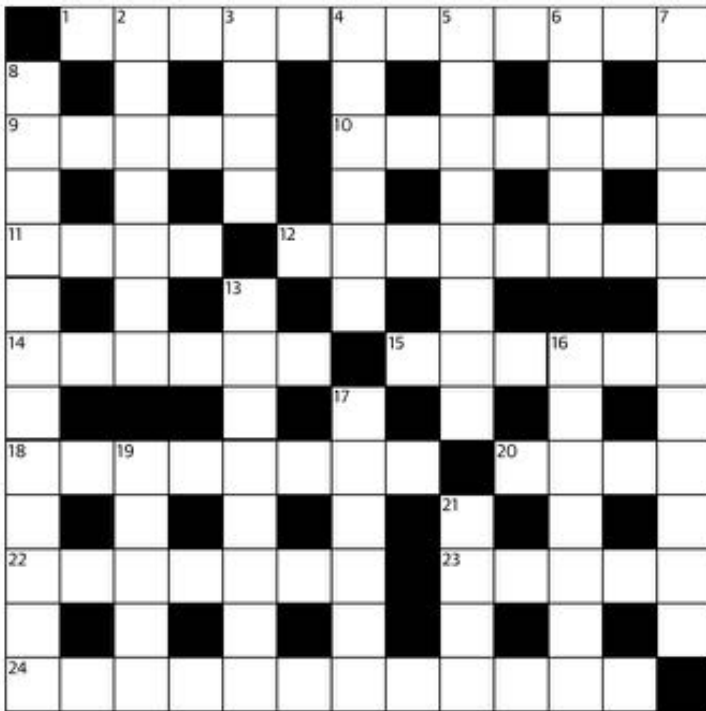
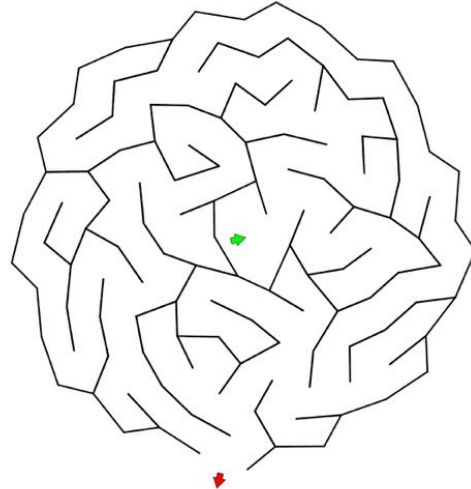
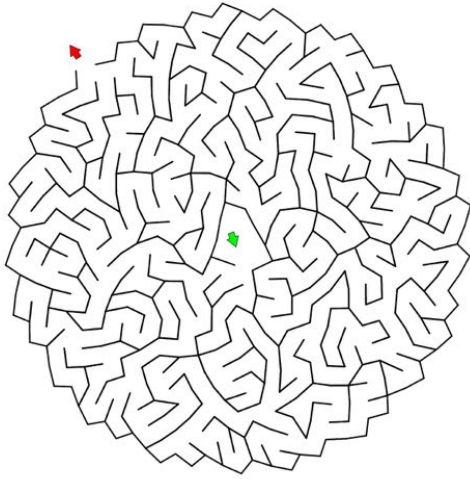
RED BRICK



Our current seasonal espresso
blend from Square Mile Coffee
Roasters is composed of 2
different lots of coffee from 2
origins. The current
components of the espresso
are: **60%** Rabanales
(Guatemala)/ **40%** Montanas
del Diamante (Costa Rica).

The welcome return of 2 old
favourites as the Guatemalan and
Costa Rican season begins.
Hazelnuts and cherries abound
from the Rabanales whereas the
Montanas has a warming
chocolate ganache quality to it,
when combined they make for a
sweet and pleasing espresso.

FUN & GAMES



Across

1. Unseen barrier to women's advancement (5,7)
9. Glorify (5)
10. Sicilian gangster (7)
11. Stiffly formal (4)
12. Deliberately ambiguous (Orwellian) language (8)
14. English poet, d.1998 – husband of Sylvia Plath (6)
15. Without dissent (Latin) (3,3)
18. Just satisfactory (8)
20. Short sharp cry (4)
- 22 Watery (7)
- 23 Small bag (5)
- 24 Overstatement (12).

Down

2. Main (7)
3. Location (4)
4. Force (6)
5. Feed isn't (anag) – swarming (8)
6. Combined (2,3)
7. Percussion instrument (12)
8. Maintain public order (4,3,5)
13. Associate harmoniously (3,5)
16. Bye (7)
17. More intimate (6)
- 19 Steam bath (5)
- 21 Location (4)

FUN TRIVIA

During the high Middle Ages, there was, on average, a church for every 200 people.

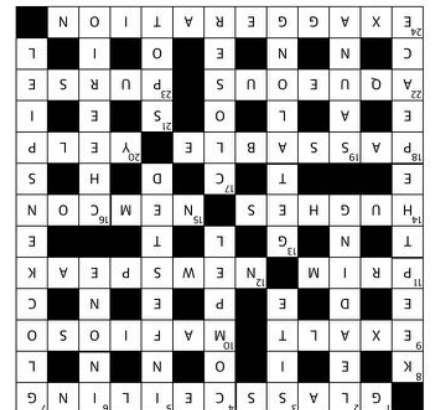
The word "assassination" was invented by Shakespeare.

The world's largest alphabet is the Cambodian one, with 74 letters.

A single dollar share of Coca-Cola stock, purchased in 1919, when the company went public, would have been worth \$92,500 in 1997.

Legendary human rights campaigner Martin Luther King Jr was originally named Michael, like his father. When Junior was 5, Dad changed both their names to Martin.

Most people have an IQ in the 90-109 range. You're considered a genius if your IQ is 132 or above.





Thanks & farewell Jade!

Sadly our popular waitress Jade Garcia has left T&T to focus on her studies and get some experience in fine dining closer to the big city. We know our guests will miss her good humour and multi lingual chat as much as we will!

Call for contributions

Do you have an interesting story to tell? A hobby? A business? A club or event you'd like to promote?

We are actively seeking contributions to keep our T&T VIPs up to date with what is going on in Putney and beyond.

Our monthly print magazine is sent to over 400 households in Putney and many more via email.

Please contact Rob for more information:

rob@triedandtruecafe.co.uk

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with that sentiment. We love and respect our fellow Londoners whoever they are and wherever they come from.

The huge variety of people of all backgrounds, ethnicities, cultures, religious beliefs and sexualities making London home for their lives, creativity and aspiration make this city what it is. People come to this great nation's capital to realise their hopes, dreams and potential. It is this energy that makes London such an exciting place to be.

I have met so many wonderful people here in my time at T&T. Bebo next door at the dry cleaners from Kuwait, Monika at Salon 282 from Poland, our Kiwi friends at Grind and the Aussies at Artisan. These business people had a vision to improve their lives through hard work, enterprise and hope (and often blind craziness!).

Of course they couldn't do it without the support and encouragement of the local, born

and bred Londoners who purchase their goods and services, nor the hard work and commitment of the global workforce that London attracts.

I couldn't have built T&T into what it is today without the hard work of the T&T team. The talent, expertise, energy and enthusiasm of our team comes from all over the world and especially from our European neighbours.

Your breakfast and coffee has been brought to you over the last four years by:

Paddy **Northern Ireland (Isle of Man)**

Rafal, Anna & Krystian **Poland**

Martien **Cameroon**

Kim **South Korea**

Eyal **Israel**

Jade **Dominican Republic**

Leann **USA**

Lauren, Alex, Annabel & Fred **England**

Nikki, Lys, Don & Rob **Australia**

Rob & Zinnia **New Zealand**

Tugsu, Baggi & Ure **Mongolia**

Livia, **Italy**

Malik **Pakistan**

Jekan **Sri Lanka**

Sena **Turkey**

Santa **Latvia**

Giedre **Lithuania**

And many more...

Thank you to the huge diversity of people and talent from Europe and afar who have been involved in building T&T recently and the UK for the last 40 years. I have learned so much about others and about myself from living in London and interacting with so many wonderful people.

I do hope that sense prevails and we can seek a happy place in Europe and the world for the UK through open dialogue and a continued commitment toward working together and caring for each other. **RK July 2016**