



## The 'How To' Edition Summer 2018

### How To:

Improve your sex life - page 3

Learn about a NEW property investment opportunity - pages 4/5

Have low cost lunches in Harpenden pubs - page 6

Have drill free fillings - pages 7/8

See European Challenge Golf for free - page 9

Learn about the mystical powers of Birth Stones - pages 10/11

Celebrate summer with Brayleys - page 12

Live to 100 and stay healthy - pages 13/14

See what you missed at Childwickbury Art Fair - page 15/16

What's happening with Stanley Kubrick's film production work on Napoleon - page 16

Have a moonlight walk in September - page 17

Benefit from the services of the Local Lettings Specialists - pages 18/19

Support crime prevention in Harpenden - page 20

Choose a good restaurant in Harpenden - page 21

Be informed about the Changing Face of Harpenden - page 22

See what's new on the High Street - page 23

See if women give Better financial advice - pages 24/25

What makes a top bathroom designer - page 26

Save money on your next bathroom - page 27

Discover a new holiday destination in Italy - pages 28/34

PLUS EVEN MORE...OPEN UP TO READ THE FULL EDITION

Harpenden news updates  
Check out the Harpendia web site daily  
[www.harpendia.com](http://www.harpendia.com)

### Aug 2. JUDICIAL REVIEW CONFIRMS NEW SCHOOL OPENING CAN PROCEED

Following the judicial review sought by David Cairns on behalf of Right School Right Place regarding the lawfulness of the County Council's decision to grant planning consent for the new Katherine Warington School, Mrs Justice Lang's judgement has been handed down today and it can be confirmed that the claimant's legal challenge has not been successful. This follows a hearing at the High Court on 10th and 11th July.

Read the full story on the Harpendia web site.



### Aug 3. The proposed waste burning Incinerator just south of Luton Airport has raised considerable controversy in Harpenden (just 2 miles away).

I have spoken to the Site Developer and expect to have an interview with them soon. You will be able to read the full story on the Harpendia web site.



JOIN here to stop the incinerator: [www.shli.org.uk](http://www.shli.org.uk).

### Aug 3. BUSINESS RATES FOR LOCAL SHOPS ARE CAUSING CONCERNS FOR THE OWNERS.

Harpendia will be following up this story going forward following discussions with shop owners in Station Rd. and the High Street,



### From the Editor. August 2018.

This edition sees a number of new contributors with editorials about a new Property Investment scheme called Property Bitz, a local Lettings Specialist called Home County Rentals and a Tuscan Holiday destination almost unknown to Brits.

Disappointingly train services have been in complete chaos following the introduction of new timetables. It has been revealed today Aug 5 that the latest revised one will not be implemented until Dec.

But that's not all, the new draft Local Plan has been produced ready for consultation in October and the first ever Neighbourhood Plan is being finalised in anticipation of the Referendum for all Harpenden residents due Dec/Jan.

A big thank you to all the contributors who have made this edition.

If you want to contribute to the Autumn edition please contact me.

Ron Taylor.  
[info@harpendia.com](mailto:info@harpendia.com)

# NEW on the Harpenden High Street...

Improve your love life with Viagra from Springfield Pharmacy.

Discreet over the counter service following a few medical questions.

4 Pack £19.99

8 pack £34.99



Men's grooming products from Springfield Pharmacy.

A choice of top brands:

Clarins, James Bromley, Taylors and Woody's from just £15.



## NEW...RED BOUTIQUE

They are a local business in every sense of the word! Husband and wife Jo and Gary Mathers live in Harpenden and I (Debbie Jeater-brand manager) live in Chiswell Green.

Jo has created a fabulous knitwear brand called Red which she designs and buys in limited quantity, thus keeping its exclusive appeal and every style is lovingly created with attention to detail, using the best possible yarns giving the range a unique and special feel at affordable prices.

Together with the fabulous Red knitwear range we have selected like-minded brands to sit alongside our knitwear at Red, these include Inwear/Postcard from Brighton/Blank London and to complete the look we have Superga trainers and gorgeous Ravel footwear. We also have amazing accessories including statement jewellery and sunglasses from Ruby Rocks and Bibi which means that Red is your one stop independent boutique in Harpenden. All our brands are of the best quality yet still being affordable and exclusive within the area.

We are constantly introducing new products for all our customers at Red as we feel that it is important as a local boutique we cater for our regular clientele as well as visitors to the town. We want to have lots of newness for our customers to browse on a regular basis... Retail is detail as we say!

We will be launching our exciting new website in September this year [www.redknitwear.co.uk](http://www.redknitwear.co.uk)





# Property Bitz

## A NEW property investment opportunity.

No it's not a cryptocurrency where investors are subject to uncertainties in a volatile market but a concept where your money is invested in the security of rental property.

This is a major opportunity for people looking for higher returns than traditional savings accounts, investors looking for steady growth with long term security, first time buyers looking to save a deposit and as an option to standard equity release plans.

Property Bitz provides the investor with an entry into a lucrative well placed property portfolio sharing rental income and capital growth of the asset. For the owners of the property it provides the release of equity by selling Bitz[shares] without the need to sell the asset, losing future rental income and capital growth of the asset. Investor and owner benefit.

### WHAT IS A PROPERTY BITZ?

It is like a 'share' of a rented property whose value is determined by the annual rental income and the number of 'Bitz' issued. EG. The asset is divided into 1000 Bitz, if the asset value is £450000 each Bitz has a value of £500 inclusive of a cash reserve.

You buy Bitz through the Agent Property Bitz Ltd.

### HOW DOES IT WORK?

Property Bitz Ltd is a unique Estate Agent! They don't sell property, just Bitz from rented residential lets in and around London providing income from rentals of 11.7% per year gross. From 1994 to date the value of the properties in the portfolio have risen by over 600%

Barry Mason founder of Property Bitz Ltd of London owns a number of residential properties that have over the years been an extraordinary financial success. The properties are "cherry picked" within minutes of central London to capitalise on rental income and capital growth.

The properties are on long term lets with a collective value of £125 million. Property Bitz

Ltd have been instructed by the property owners to act as the selling agent for shares [Bitz] liberating free equity back to the owners for other projects.



**Barry Mason founder of Property Bitz Ltd of London has decades of Financial Services knowledge behind him. Mr Mason is chairman of Invest F1 s.a and Managing Partner to the Hedge Fund "Maxima". Supported by a dedicated team of professionals you will receive the very best experience dealing with Barry and his team at Property Bitz.**

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## WHAT PROPERTIES ARE ON OFFER?

The value per property commence from £385000 rising to £2.7million. The picture (right) is of one of the Estates offered at London Road Ascot. There are 16 two bedroom two bathroom spacious apartments that rent for £1275/mth. Shown here are 2 more of the properties available for Bitz investment: Full details of all properties can be found on our web site: [propertybitz.com](http://propertybitz.com)



ABOVE: Vernon Court, London Road, Ascot. Two bedroom two bathroom apartments on long term lets five minutes from Ascot high street. Bitz are available from £485 plus £65 fee for registration at Her Majesty's Land Registry.

## WHAT ARE THE COSTS AND INCOME RETURNS?

Bitz are for sale from under £500 inclusive of all costs. It is a very secure offer with minimal downside. Bitz holders are paid their share of rentals twice per year. There is no fixed term of ownership, Bitz can be sold at their independently valued price at any time. NB. A £200 deposit is required to secure your chosen Bitz on application.



ABOVE: Poets Court, Milton Road, Harpenden. Two bedroom two bathroom spacious apartment, long term let 3 minutes from the station. Bitz are available at our Poets Court properties from £790 plus a £65 fee for registration at Her Majesty's Land Registry.

## HOW SAFE IS THE INVESTMENT

Like any asset the value can fluctuate but with rental properties in London and the South East increasing in demand the future remains positive.

Speak to an accountant, solicitor or financial advisor for an unbiased view.

## FINANCE AND LEGAL BACKING

Transactions will be fully legal with contracts via Property Bitz Ltd Solicitors (Borneo Martell Turner Coulston Northampton NN15DQ.) their Bank (Barclays XXX) and registration via Her Majesty's Land Registry,

## INTERESTED?

*We can follow up your interest in many ways as below. OR we can set up a presentation where we can explain all the details.*

*We look forward to hearing from you.*

**Barry Mason**

DROP US AN EMAIL at [barry@investf1.com](mailto:barry@investf1.com)  
CALL US on: 07766 344266 or 020 7101 4241  
VIEW WEB SITE: [propertybitz.com](http://propertybitz.com)



ABOVE: Paris Rue Saint Georges 9th arrondissement. Classic two bedroom two bathroom split level apartment long term let. Bitz are available from £860 plus a £85 fee for Notary Public registration.

# Harpenden Pubs – Economical weekday lunches, some with special discounts

Many Harpenden people, especially those who are retired have time for a long leisurely lunch in Harpenden, often with friends. **This need not be expensive especially when low prices for Seniors (Old Age Pensioners) are on offer** The Engineer pub had recently introduced a “Seniors’ Menu” with a two course lunch from just £7.99. The Plough and Harrow offers “OAP Specials” at £5.95. The short survey shows that anyone can buy a low cost lunch with sensible sized portions by shopping around. Go and treat yourself and support our local pubs.

Pub name	Menu comments	Address, all Harpenden	Post code	Tel 01582
Amble: Bistro-Gautier	Fixed price (prix fixe) menu, 2 courses £11.95, 3 courses £13.95. Noon to 5:00pm	182 Station Road	AL5 4UL	762242
Carpenters Arms	Lunch Tues. to Fri. only, noon to 2:00pm. Sandwiches from £4.50. Mains from £7.50.	14 Cravells Road	AL5 1BD	460311
Cross Keys	Sandwiches from £3.75. Wraps & baguettes, salad bowls all around £7.99.	39 High Street NB Phone currently out of order	AL5 2SD	763989
Engineer	“Seniors’ Menu” - two courses from £7.99 and three courses from £9.99. Others too.	12 St Johns Road	AL5 1DJ	460478
Fox	Fixed price menu. Two courses £12.95, three courses £15.95. Cheaper options.	469 Luton Road	AL5 3QE	713817
George	Burgers and pizzas. Noon to 3:00pm. Main course and drink for under £7.00.	4 High Street	AL5 2TB	763750
Gibraltar Castle	Lunch Tues to Sat. Specials: 1 course £5.95, 2 course £7.95, 3 course £9.95 + full menu.	70 Lower Luton Road	AL5 5AH	460005
Harpenden Arms	Lunches from £8.50 to £10.00. Bar snacks £4.00 each, 4 for £12.00.	188 High Street	AL5 2TR	461113
Inn on The Green	Bar snacks, Cumberland scotch egg & sausage roll £3.99. Sharing boards, £11.79.	17 to 20 Leyton Road	AL5 2HU	461804
Malta	Lunch service is currently suspended.	110 Lower Luton Road	AL5 5AH	765654
Marquis of Granby	Closed at lunchtime.	31 Marquis Lane	AL5 5AE	713372
Oddfellows Arms	Small items from £5.50, sandwiches from £6.00. Sharing Platters from £9.95.	15 Leyton Green	AL5 2TG	766765
Old Bell, Chef & Brewer	Burgers, steak, fish & chips. Sandwiches from £4.99, others from £5.79.	177 Luton Road	AL5 3BN	712484
Old Cock Inn	Scampi, chicken burger, pork or vegetarian sausages all £6.95. Mains up to £16.95.	58 The High Street	AL5 2SP	712649
Plough and Harrow	“OAP Specials” all £5.95. Cottage pie, cod & chips, steak & kidney pie etc.	88 Southdown Road	AL5 1PR	715844
Red Cow	Sharers from £4.95. Two Pub Classics for £16.00, Monday to Friday.	171 Westfield Road	AL5 4ND	621430
Silver Cup	Sandwiches from £6.50. Burger £15.00. Ploughman’s from £9.75.	5 St Albans Road	AL5 2JF	713095
Skew Bridge	Good range of food from around £10.00. Small low cost child’s portions for adults.	59 Southdown Road	AL5 1PQ	763727
White Horse	Fixed price two course lunch £15.25. Salads and sandwiches from £7.50.	Redbourn Lane, Hatching Green	AL5 2JP	469290



The White Horse



The Skew Bridge



The Plough and Harrow



The Old Cock Inn



The Engineer



The Harpenden Arms

# Gentle drill free fillings at Wayside Dental Practice

We have recently invested in a third **Waterlase Dental Laser** enabling all of our dentists to now offer drill free laser fillings.

This is great news for patients who don't like the sound of the drill and especially for children. Lasers also have the benefit of being more gentle and precise, meaning less healthy tooth is removed and there are no micro fractures to the surrounding area. And if that isn't enough, the anti-bacterial action of the laser also helps eliminate the cause of the decay. **Laser fillings can often be performed with no anaesthesia.**

## So how does it work?

The Waterlase laser system combines laser energy and water spray in a patented system called Hydrophotonics to perform a wide range of dental procedures. Tooth enamel, dentine and bone all contain water. The Waterlase laser vaporises water molecules from the handpiece spray as well as in the dentine and enamel of the tooth resulting in a biological, effective micro-ablation of tooth structure. The atomised spray of the water and air continually rehydrates the tooth preventing heat and pain. The instrument doesn't touch the tooth, but the beam penetrates the tooth structure.

Lasers can be used for most cavities but can't be used on teeth that have already been filled with amalgam, or on cavities in tricky places.

## The Waterlase Laser can also be used in other dental treatments:

It is used in place of a scalpel in oral surgery and dental implant placement. This minimises trauma and bleeding at the same time as promoting healing and is highly precise. There is most often no need for stitches.

It is used by our periodontist as a highly effective and minimally invasive tool in treating gum disease as its anti-bacterial action can reach deep into the tissue

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**BIOLASE**

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It is used to sterilise the chamber in root canal treatments.

It is extremely effective for gum re-shaping and tongue ties.

The laser beam promotes healing by recharging the cells in the area and recruiting new healing cells to the site and is an effective treatment for TMJ pain.

**Robin Horton**, our Principal Dentist, has been using dental lasers for over 15 years and around the world millions of patients have benefitted from laser dentistry. You might be wondering why laser dentistry isn't more common in the UK and one reason is that laser dentistry requires a significant investment of time and money from the dentist. Dental lasers have revolutionised the way we practise dentistry and Robin expects that in the next 10 years, every forward-thinking dental practice will have one.



To find out more, visit our website-  
[www.waysidedental.co.uk](http://www.waysidedental.co.uk),  
or talk to Emma, our practice manager  
01582 712470,  
or send an email to  
[practicemanager@waysidedental.co.uk](mailto:practicemanager@waysidedental.co.uk).



**Wayside Dental Practice**

See our website for more information.

[www.waysidedental.co.uk](http://www.waysidedental.co.uk)

Call us on 01582 712 470

# EUROPEAN CHALLENGE TOUR'S BRIDGESTONE CHALLENGE

**Sept. Thurs 6th - Sunday 9th**

Returning to **Luton Hoo** for its second year, the Bridgestone Challenge is one of 26 tournaments within the European Challenge Tour, a path for young players looking to make their way in the professional game with the top 15 players overall receiving a place of the PGA European Tour.

Enjoy un-roped viewing access to Championship golf and a variety of activities and refreshments.

Complimentary spectator admission  
LAST YEARS IMAGES



# Kings' learning course strikes the right chord



Harpenden-based male voice harmony barbershop chorus the Kings of Herts are celebrating a substantial membership boost. The Kings, who meet on Thursday nights at Wood End Junior School, have recruited around 20 new singers from a Learn to Sing course publicised by a mail-out to several thousands homes in the town and neighbouring villages.

"We are now hovering around a membership of 50 singers, which is the highest for a couple of decades," said Kings' chairman Peter Browell after handing out certificates to graduates of the six-week course.

Alongside existing members, the new recruits performed in a concert for family and friends on the final night and "they brought the house down," said Peter.

"They performed three songs, all unaccompanied four-part harmony, with real polish and I have to say existing members have been bowled over by their enthusiasm. A real bonus."

The course was organised by Kings' music manager Paul Nash and run by former chorus director Roger Chantrelle, a well-known figure in the UK barbershop world, and its current music director Richard Miller.

"The course was quite intense at times but to their credit nearly all the new guys stuck to it and the pleasure on their faces at the concert was a delight to see," said Peter.

The Kings of Herts draw their membership from across mid-Herts.

Others interested in trying barbershop singing can find out more on the chorus website at [www.kingsofherts.co.uk](http://www.kingsofherts.co.uk)

"We welcome enquiries all year round," said Peter. *Picture above shows the 2018 course students with their graduation certificates.*

# Do Birth Stones have mystical powers?

If you are looking for jewellery with a difference that really means something then why not look in at Loveweds Jewellers in Harpenden and find out all about birth stones.

There's one for every month and each has a magical connotation dating back to ancient times. And as precious stones they were alleged to bring good luck, health and prosperity. Popular belief in the tradition of birthstones probably arose from the Breastplate of Aaron, a ceremonial religious garment set with twelve gemstones that represented the twelve tribes of Israel and are first described in the Book of Exodus.

The beauty of birth stones means you can have them made into different pieces of jewellery to suit your style and your budget. A engagement, wedding or eternity ring; an eye catching element for a bracelet; a necklace, a pendant or earrings.

They also make special gifts to loved ones or friends as each stone has a story to tell.



## HAVE YOUR BIRTH STONE MADE INTO SOMETHING SPECIAL



Custom created 4-claw-set pendant mount in 18ct white gold comprising 1.00ct oval shaped purple amethyst with a 9ct white gold twisted curb chain.  
Total £300  
With a 20% discount £240



Custom created pair of 4-claw-set earring mounts in 18ct white gold comprising a rare pair of matching baby pink coloured round brilliant cut Tourmaline.  
1.50ct total weight  
Total £995  
With a 20% discount £796



Custom created 4-claw-set solitaire ring mount in 18ct yellow gold comprising 0.65ct round Swiss blue topaz.  
Total £1,395.00  
With a 20% discount £1,116.00

## Here's a short introduction to each month's stones.

**January (Garnet):** alleged to bring richness is friendship and to enhance trustworthiness.

**February (Amethyst):** alleged to bring temperance and mental balance to the wearer.

**March (Aquamarine):** allegedly associated with youth, health and hope.

**April (Diamond):** allegedly associated with richness in love.

**May (Emerald):** allegedly associated with both love and rebirth.

**June (Alexandrite):** there's no defined meaning to these yet as alexandrite was only first discovered in the 19th century. **AND** Pearl.

**July (Ruby):** allegedly associated with not only love, health and wisdom, rubies were thought to bring extreme good fortune to whomever one was gifted.

**August (Peridot):** allegedly imbuing the owner with power, influence, and magical powers to protect against nightmares.

**September (Sapphire):** allegedly protecting those close to you and inspiring loyalty and trust.

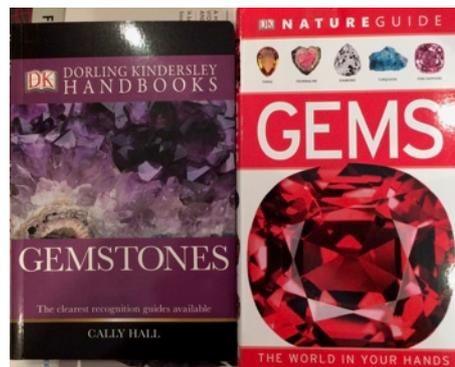
**October (Opal):** alleged to bring great luck **AND** Tourmaline.

**November (Topaz):** allegedly associated with warmth and healing **AND** Citrine a healing stone.

**December (Zircon):** allegedly associated with honor and wisdom **AND** Tanzanite & Tourquoise.



Loveweds Jewellers can access most coloured precious and semi-precious gem-stone of all shapes, colours and sizes with 1-2 days of enquiry...



Want to learn more about gemstones then go to Harpenden Books and buy these featured books.

*Loveweds will be featuring the relevant Birthstone of the Month in store each month with more details and **SPECIAL OFFERS** starting this August.*

**Loveweds**  
JEWELLERS OF HARPENDEN

69c High St, Harpenden,  
AL5 2SL. 01582 761866  
Open Tues - Sat 10am - 5pm  
[enquiries@lovewedsjewellers.co.uk](mailto:enquiries@lovewedsjewellers.co.uk)  
[www.lovewedsjewellers.co.uk](http://www.lovewedsjewellers.co.uk)

**Brayleys**

# Celebrate the summer with Brayleys!



From superminis to SUVs and everything in between, Brayleys are your local, family-run dealer group.

Visit us at one of our many dealerships near you! We're experts in all things Honda, Mazda, Kia, Renault and Dacia and can help you with all your motoring needs. We're open seven days a week, pop in and see us!

**Enjoy the summer!**



*"At Brayleys, it's our policy to treat every visitor as a welcome guest in our home – every day, every time, without fail, no exceptions." Paul Brayley – Managing Director*

Brayley Mazda & Brayley Kia: 17 Luton Road, Harpenden AL5 2UA **01582 464100**

Brayley Honda: Lyon Way, Hatfield Road St Albans AL4 0LQ **01727 722000**

Brayley Honda: Two Waters Rd, Hemel Hempstead HP3 9BX **01442 233455**

[www.brayleys.co.uk](http://www.brayleys.co.uk)

# Live to 100 and Stay Healthy – Here's How!

By Amanda Thomas

Type 2 diabetes, cancer, cardiovascular disease and dementia - the most feared and most common conditions - yet they may be entirely preventable.



Second-generation pharmacist and **Managing Director of Manor Pharmacy Group, Graham Phillips** (pictured) has been working on a way to identify the high risk factors to prevent obesity and even cure type 2 diabetes and pre-diabetes. His new

service is extremely simple and involves taking no medication. It is based on solid scientific evidence and a good dose of common sense. The system is very easy to follow and is about a gradual lifestyle change involving small changes to what you eat and some physical activity. “A long life is 20 per cent genetic and 80 per cent about lifestyle,” explains Graham.

Most of us are aware that obesity is linked to poor health and yet we continue eating and drinking the wrong things in vast quantities. Carbohydrates and sugars are the two most unhealthy food groups and both feature in gargantuan proportions in most fast and refined foods. One of the biggest problems is the constant and conflicting evidence put out by the NHS and the food industry. Doctors and other health professionals receive little, if any, training on nutrition and many GPs are overwhelmed, unable to keep up with the latest developments in understanding how nutrition affects our health. The big multi-national food and drink companies don't even want us to think about it.

Graham is quick to point out how easy it is to ingest vast quantities of sugar and unhealthy

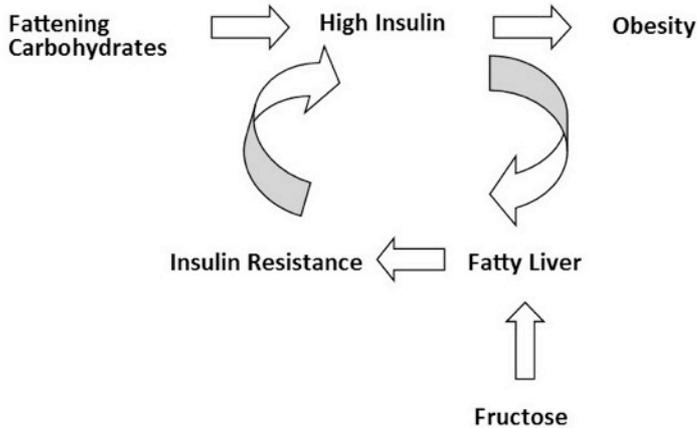
carbs. We all know the dangers of fizzy drinks, but what is less well known is how fructose-laden drinks such as fruit smoothies are as bad or worse. Fructose is fruit sugar which sounds healthy when, in fact, the reverse is true. Graham adds, “Our bloodstream is designed to carry a single spoonful of sugar at any given time – that's about 5 millilitres.” The next time you buy a smoothie drink in the supermarket, it is worth looking at how much sugar and carbohydrates it contains. “Sugar is toxic,” Graham points out. “Sugar is the new smoking and in my opinion, the sugar and tobacco industries are as bad as each other!”

However, as much as sugars raise insulin levels in the body, so do carbohydrates, the refined type being the worst. It is high levels of insulin which is the key factor in causing diseases like type 2 diabetes and even dementia. Indeed the two are closely linked. Eating frequently (especially if the diet is rich in sugar) keeps insulin and blood glucose levels high, resulting in a build up of fat, the excess of which is stored in the liver and pancreas. Insulin resistance follows and with this type 2 diabetes, hypertension, dementia, certain cancers, fatty liver disease, infections, problems with the skin and nails, erectile dysfunction and even polycystic ovaries. The latter is being seen increasingly in younger, overweight women. “A minimum of twelve hours between your evening meal and breakfast is about right – that's why it's called break – fast,” Graham adds. “Long periods without eating give insulin a chance to return to normal low levels.”

Whilst the build up of fat in the liver and pancreas is the last step towards type 2 diabetes, the effect of diet on gut flora (the microbiome) is also significant. It is a fashionable topic, but not well understood. Graham explains, “The microbes that live inside your intestines influence your health in beneficial and harmful ways.”

**article concludes...**

The microbiome helps the immune system function and plays a key role not just in the synthesis of vitamins B and K but also the absorption of iron and calcium.



**Above: One of Graham's diagrams illustrating the toxic cycle caused by eating sugars and carbohydrates.**

Moreover the metabolic activity of the flora enhances the body's ability to use food which would otherwise not be digested. Flora even play a role in preventing the intestinal inflammation which causes diseases such as irritable bowel syndrome, Crohn's and colitis. Studies have shown how in obese people, and especially in those with auto-immune diseases, the flora has been damaged and is not as effective. Of course, everyone is different and your genes play a part, but the premise is still the same: sugar, carbohydrates and processed foods are simply not good for us. However, a diet rich in insoluble fibre such as vegetables, pulses and certain (low-fructose) fruits combined with an active lifestyle will go a long way to improving our health and longevity. "Think how your great grandparents ate and lived," advises Graham "and that's probably a good start!"



The kit and the service Graham has devised to accompany it, are already showing remarkable results.



The eight week process starts with a chat about lifestyle (either on line or face-to-face) and background data such as height, weight, waist size and blood pressure are recorded. In addition information such as smoking, drinking and exercise are taken into consideration. A small probe is included in the kit (see above) and is attached to the body by the patient to monitor their blood sugar levels continuously. As the photograph (see left) illustrates, these can be checked by the patient on their own mobile phone and remotely by Graham. The probe stays attached to the skin for two weeks at a time and during that period the patient keeps a record of everything they eat and drink. A special app makes correlations between diet and spikes in blood sugar (and therefore insulin) levels. It is these peaks and troughs which are the key to the process and enable Graham to see most accurately which foods and drinks are to be avoided by an individual. Weight loss is pretty much guaranteed and most people lose several kilograms. In addition, their blood sugars normalise as does blood pressure. They also feel far healthier and more energetic and, with their GP's agreement, prescribed medication can be reduced. Moreover, as the eight week course continues it is the nutritional re-education, the understanding of the effects of good and bad food and drink, which have an extraordinary impact. It is not a miracle cure but it is certainly one of the most effective and long-lasting ways of addressing - and reversing - the lifestyle habits which may kill us all.

The full service costs £500, and it is probably worth every penny.

For more information go to Graham Phillip's website at [www.manorpharmacygroup.co.uk](http://www.manorpharmacygroup.co.uk)

# Childwickbury Arts Fair 2018.

## The extraordinary and the unexpected.

By Ron Taylor

The Childwickbury Arts Fair never fails to deliver excellence in all aspects of the ARTS. As a regular visitor I spent more time this year talking to the extraordinary and non traditional exhibitors.

I started my tour with Celia Brooks who has been a regular at the event having started her career as a private chef for film director Stanley Kubrick here in Childwickbury. American born, she has developed **Gastrotours** in London, contributed articles to the national media and written 8 cookbooks. At the Fair Celia's Kitchen had regular cookery demonstrations and visitors had the opportunity to secure a signed copy of her new book **Superveg**.



This is an outstanding guide to all that's good about vegetables with detailed information on their nutritional benefits. AND over 100 incredible recipes. I have already cooked one of the recipes from the new book: **Baked beetroot and its greens.**



The title sounds simple, the end result is sensational. The meal was accompanied by a NZ white called **Hunky Dory**. A blend of Pinot Gris, Gewurtztraminer and Riesling which had enough weight and fruitiness to complement the beet.

Superveg is available from all good bookshops, online or a personally signed copy direct from Celia for £20 including postage in the UK by contacting her email: [celia@celiabrooks.com](mailto:celia@celiabrooks.com).



Just a short distance away was photographer **Kasia Burke** who specialises in still life food photography, achieving dramatic results without the need for retouching or photoshop. "It's all down to the set up and my lighting. Even the most ordinary of objects can have their magnificence portrayed through art photography."

The results of her influences have been likened to 17th Century Dutch Still Life Art. Her Hitchin Studios provides high end photography and creative services for advertising and marketing purposes. Find out more at:

[www.kasiaburkephotography.co.uk](http://www.kasiaburkephotography.co.uk)



Leaving Kasia I spotted Celia heading over to another part of the old stable block, I wondered what was drawing her there. Once inside I could see she was chatting to **Michael Brooks Arnsteen**. (Her nephew)



From a distance it looked like he had an extensive display of coloured rocks. He is a Visiting Lecturer at Colorado College.

"My imagery is all about geology," he says, recalling how he would draw crystals at museums, even though his initial major at CC was geology. "I was all rocks, and I realized that then there's a printing method that you can use stones, and I was like, 'That's my thing.' The most striking works on display were his stone lithography -not just coloured rocks!

Stone lithography is the ultra-labor-intensive process of drawing on heavy limestones, and through several processes involving (at the very least) grease-based marking tools, gum Arabic, nitric acid, water and ink, an image is pulled from a press. But Arnsteen's works are far too large for any single stone, so he printed the works in segments — nine in the largest piece. More info

at: [www.michaelbrooksarnsteen.com](http://www.michaelbrooksarnsteen.com)



## More from he Childwickbury Arts Fair

Only a short distance from Michael I saw a group of people studying the work of Helen Murgatroyd.



Some unusual images adorned the wall of her section. She makes print editions centred round themes of food, still life imagery and the domestic everyday. Working mainly in linocut but also reproductions of her drawings in alternative ways by making interventions and adaptations to the traditional print processes. Included amongst the food images were groups of far eastern looking people eating meals. Helen told me she has spent time with some families in Nepal and had created these images to reflect their eating life styles.

More info at:

[www.helenmurgatroyd.co.uk](http://www.helenmurgatroyd.co.uk)



Next up was **Richard Cresswell** a kinetic sculptor. He was showing off a section of a an aircraft model a bit like the Concorde shown here. Richard started his working life as a mechanical engineer creating beautiful prototypes for clients. He became independent in 2002 so he could make only things he liked and hopefully gave others pleasure when they saw



them. The one critical component always present in his work is curves.

"I find curves everywhere I look in the sky in reflections in water in humans, and more and more in man made objects. Curves are beautiful to look at but better if you can run your hand along one and I love to see people touching my sculptures and getting something extra from the feel of the piece under their fingers". See them for yourself at Turrill Sculpture Garden, through Summertown Library, South Parade, Oxford OX2 7JN. [www.turrillsculpturegarden.org.uk](http://www.turrillsculpturegarden.org.uk)



Close by was a traditional Blacksmith from a forge in Hatfield. **Jude Berry** is shown sharpening one of his custom made kitchen knives. These are a speciality of his, hand forged out of plain carbon or pattern-welded steel using European and Japanese techniques over 2,500 years old. Jude also produces bespoke furniture and jewellery. More info at: [www.blackberryforge.com](http://www.blackberryforge.com)

On then to an artist who lives in Nottingham. **Oliver Loveley**. Looking at his paintings from a distance they had a 'Baconesque' touch. Dark, disturbing and menacing. Oliver told me that some of his



paintings function as scenes from dream-like stories depicting his own consciousness. Others are from observed drawings of actual scenes. He builds layers of paint to give textured surfaces with plenty of contrast. The darker muted colours and a thick mass of paint always seem appropriate. He has exhibited widely inc the Bankside Gallery in London.

More at: [www.oliverlovley.com](http://www.oliverlovley.com)



My final conversation took place with **Jane Crawford** who has an active role at the Childwickbury estate working on the Summer and Winter Fairs. However her primary role is sorting the archive material of **Stanley Kubrick**, most of which has been cataloged and transferred to a location in London. When I quizzed her about any exciting material that could be used in the near future she mentioned the last project Stanley had almost completed - the production work for a **major film about Napoleon**. This is likely to be filmed in the near future for a mini series on TV.

**Harpedia** will keep you informed of developments.



The Moonlight Walk will truly be a night to remember. Starting at Westminster Lodge at 8pm participants will take part in a 10 mile walk around the streets of St Albans under the light of the moon.

As part of the route you will still be taken through the grounds of Grove House; our Day Hospice parallel to St Albans City Hospital. Here you will have the opportunity to place a padlock as a symbol of remembrance upon a memory fence. There will be hot chocolate available to help warm yourself before completing the walk by midnight.

#### Registration Fees

£15 per walker. The event is open to everyone of any age. Please note anyone under the age of 18 must be accompanied by an adult. Your entry fee covers the cost of putting on the event and includes a T-Shirt.

#### Raising sponsorship money

Your entry fee covers the costs of putting on the event only. It is your sponsorship money that makes a difference to local patients suffering from life-limiting illnesses and their families. We encourage you to raise as much as you can. There is no minimum sponsorship for this event, but it would be great if everyone that participates could try to raise at least £50 each.

£50 could fund 2 hours of specialist nursing care in a patients home; ensuring that families feel supported and patients symptoms are kept under control.

#### Top tips for raising sponsorship

Set up an online JustGiving page and personalise it with a photo and a bit about yourself.  
Set up a Rennie Grove Forever Loved Fund with photos and thoughts to remember your loved one and add your Moonlight Walk event to encourage sponsorship.  
Post the link to your page on social media channels and in your email signature.  
Please download a sponsorship form and carry it with you whenever you can.  
Ask your closest friends and family to sponsor you first - they're likely to be the most generous and its sets a standard for others to follow.  
Ask your employer about matched funding.  
Ensure sponsors read the Gift Aid statement and tick the box if they are eligible to do so.  
Do something creative - raising sponsorship doesn't have to be boring! Whether it's a cake sale or car wash, quiz night or coffee morning, get your thinking cap and do something a bit different.

#### GET IN TOUCH

01727 731028 [community@renniegrove.org](mailto:community@renniegrove.org)



## A regular gift will make a big difference to local hospice care

A fiver here, a tenner there – it's amazing how you can lose track of what you spend when you lead a busy life seeing friends and family, maintaining a home and getting out and about during the week. So how about adding a local hospice at home charity to your shopping list? That means there will be one small regular item of expenditure that you can account for and that you know is making a really positive difference to local patients.

Rennie Grove Hospice Care is asking generous supporters if they could make a regular gift to help fund the charity's vital work in caring for local children and adults and their families affected by cancer and other life-limiting illness.

Rennie Grove nurses have been supporting local patients in their own homes for more than 30 years – relieving pain and discomfort for more than 2,500 patients and their families a year, day or night, and giving people with life-limiting illness a choice about where they spend their final days. Rennie Grove provides the care at no charge, and so has the growing challenge of raising the £18,000 needed every day to deliver its specialist services.

A regular, monthly gift by Direct Debit is a cost-effective way for Rennie Grove to plan the future delivery of care. For instance:

**£5 a month** will fund the cost of a first assessment visit by a specialist nurse to a hospice at home patient to understand their needs and wishes and draw up a personal care plan.

**£10 a month** will fund two Family Support Sessions for a bereaved child giving them support when they need it most.

“Our goal is simple: to provide the very best specialist care that gives peace, comfort and dignity as a person reaches the end of their days,” says Judith Moore, Head of Clinical Services, Hertfordshire.

**If you would like to know more about making a regular gift to Rennie Grove Hospice Care, please get in touch by email**

**[info@renniegrove.org](mailto:info@renniegrove.org) or by phone on 01442**

**890222 or visit our website**

**[www.renniegrove.org/donate](http://www.renniegrove.org/donate).**

# Home County Rentals - Your Local Lettings Specialists

## What we do

Home County Rentals opened its doors in 2013, after proprietor (and landlord) Liz Sibley experienced first-hand the frustrating and somewhat disappointing letting service on the market. Although several high street letting agents exist, Liz found the service and reassurance she needed to look after a number of rental properties was absent. Noticing this gap in the market, Home County Rentals was born.

Home County Rentals is a local independent lettings agent that strives to deliver a personable, honest and reliable service where landlords can feel completely assured that their property is in the right hands. Liz wanted to defy the preconceptions of lettings agents, and create a space where both landlords and tenants are respected and valued. As well as being a landlord with a wealth of experience in this industry, Liz is also ARLA qualified to ensure she has the expertise and knowledge to provide the best service. As a business, choosing to be ARLA registered provides an extra level of reassurance to clients and customers alike.

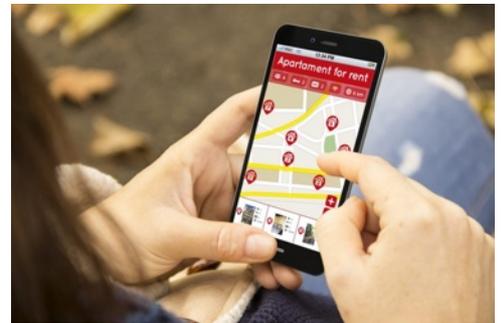


## Who we are

The team at Home County Rentals is focused on providing a high value, client-centered service, which goes above and beyond what you would expect from your average high street agent. All of the properties are managed from the office in Harpenden and each property has a dedicated person who will be the consistent contact for both Landlords and Tenants.

Communication and accessibility is key, so HCR have a 24-hour emergency line on which both Landlords and Tenants can use 365 days a year. Plus, the team will always respond to queries within 48 hours and do their utmost to arrange appointments that suit the client.

Home County Rentals is also very proud to support Keech Hospice Care, who provide care & support for adults and children from Hertfordshire, Bedfordshire and Milton Keynes. For every property let, HCR donate £5.00 to Keech Hospice.



*article continues on next page...*



**Liz Sibley**  
Proprietor



**Natasha Stoddart**  
Lettings Negotiator



**Lauren Cole**  
Lettings Assistant



**Sally Hawthorne**  
Property Manager

# Customer Testimonials

Don't just take our word for it, see what some of our customers have said about us:

## Mrs Pearson (Landlord)

"Home County Rentals were recommended to us by a friend who is also a landlord. We have been so pleased with their professional practice and everyone is helpful and approachable. Staff respond very quickly to any query and have always provided sensible and considered advice and worked hard to find us suitable tenants. We couldn't be more satisfied with the service and they are all very friendly to boot! We are very happy to recommend them."

## Mrs C (Landlord)

"As a first time landlord, I found the team at Home County Rentals to be extremely approachable and accommodating yet at the same time obviously experienced and professional. I received sound advice and help at all stages of the process and secured my first tenant very quickly and efficiently. Their attention to detail, coupled with good local knowledge and contacts, ensured that everything ran far more smoothly than I had imagined - I wouldn't hesitate to recommend them."

## Mr.A (Tenant)

"I am a tenant letting through Home County Rentals and having dealt with around a dozen letting agencies over the years HCR has been absolutely the best, there was clarity and consistency of communication all the way through the letting process (which in my case was complicated as ownership of the property was changing hands at the same time)



and so many agencies do this terribly or give you the feeling you are getting the run around. The high level of service continued after I had actually signed. The team is exceptionally responsive, I wouldn't hesitate to recommend them to either a potential tenant or a landlord."

## David (Tenant)

"We were looking to rent a property in the area for months. We viewed many properties in our search and came across many different agents. I must say Liz and her team were so much more professional and sincere so not surprisingly she found our lovely 3 bedroom apartment that we live in

today. I would have no hesitation in recommending Home County Rentals. Liz knows what it is like to be in our position, which showed in her dealings with us throughout the whole process."

**If you are considering letting your property, or are looking for somewhere to rent, please feel free to get in touch on [info@homecountyrentals.co.uk](mailto:info@homecountyrentals.co.uk), or why not pop into the office and meet the friendly team?**

**Burgundy House,  
22 South The Foresters,  
Harpden  
AL5 2FB**

# NEWS YOU NEED TO KNOW about Harpenden



## Ashtons are the 13th Best Small Company to Work For in 2018!

It may interest you to know that in Harpenden ASHTON'S have been responsible for nearly 30% of all transactions that have taken place this in the town so far in 2018 and as a group Ashtons are responsible for 1 in 5 homes sold in the AL postcode district according to the latest Land Registry figures.

## Do you care about Crime in Harpenden?

Discover the facts and the fiction from Crime Commissioner David Lloyd



A Public Meeting on Wednesday Sept 26 where you can ask the questions!

7.30 pm Reception-  
8.00 pm Start  
Wed Sept 26

Rothamsted  
Conference Centre  
FREE PARKING

PUBLIC MEETING  
ORGANISED BY



## NEW book from John Cooper. Coming soon.

*'Harpenden: A Village at War'* takes the reader on a fascinating journey that covers the first half of the twentieth century, a time of great change and expansion in this lovely Hertfordshire village. Illustrated by over 200 vibrant picture postcards and photographs. *As the storm clouds of the Second World War started to gather in the late 1930s, Harpenden prepared for the inevitable. -- Memories are also rekindled of several of the morale-boosting parades through the Village by the local Home Guard . Plus so much more.*

The publication date is 15 October 2018, and he will be doing a Book Signing at Harpenden Books some time before Christmas.

All day Exhibition to see work by Jean Picton at Gallery Rouge in Harpenden Sat Sept 1st. AND meet Jean 2-4pm.



# Harpenden Restaurant Reviews

## When one restaurant\* closes another is sure to open

Despite the local recent AND forthcoming closures in Harpenden and St Albans- STRADA, HARRY'S BAR, BRASSERIE BLANC, THE VINE LEAVES, JADE GARDEN, JAMIE'S and CARLUCCIOS - there is no shortage of newcomers.

In Harpenden Giggling Squid (right) is due to take over Strada.

Tabure from St Albans is hoping to take over Jade Garden

The old Rollings Wine shop is due to become a Wine Bar /shop

AND Barbarello have recently opened in the old Jacksons Plumbers

In St Albans The Ivy Bistro has opened in the old Brasserie Blanc

AND The Abbey has opened in George Street.

\* and retail premises



**The White Horse,  
Hatching Green.**

Their new Summer menu has plenty to appeal to all ages



Read the full review on the Harpendia web site/eating out



**GREAT CUSTOMER SERVICE**



**Côte Brasserie, Station Road.**

Their new Summer menu has 'French style' across many dishes.



Read the full review on the Harpendia web site/eating out

Barbarello now open on the Harpenden High Street. Stylish and sophisticated restaurant... tapas style.



# CHANGING THE FACE OF HARPENDEN as reported by The Harpenden Green Belt Association (Summer Newsletter 2018)

**The Local Plan:** After months of fast tracked deliberation, your District Council has finalised a new draft Local Plan and will be consulting on the plan in the autumn with residents and other interested parties such as developers, who are incidentally, keen to start building as soon as possible. The planners would have liked more time to consider key issues, establish the possible solutions and incorporate those solutions into the draft Plan.

But that is not going to happen because the Council has now failed twice to put a plan in place and central government will not tolerate more delay.

**More Housing and more Cars:** For example, there is the issue of parking capacity in Harpenden. The latest available estimates from your Council are for about 1,000 new homes within the Town and thus within the green belt that surrounds the Town.

Together with the 580 new homes planned to be built on the green belt land just to the north of Harpenden adjacent to the Luton Road and another 760 new homes to be built on green belt land to the north east of Harpenden just north of Batford, the total of new homes is 2,340.

At 2.5 persons per household, Harpenden will have to cater for an extra 5,850 residents. Assuming just 1.5 cars per household, we will have an extra 3,510 cars using Harpenden's roads. If only 15% of 3,510 cars wish to park in Harpenden at any one time, we need to find new car parking spaces for 526 cars. Your Council has been struggling with the issue of finding more parking space in Harpenden as things stand now and will struggle even more if 526 new residents start searching for a car parking space. One can suggest, for example, a two-tier car park at the station but the roads leading to the station are narrow and congested and funding for such a car park is not readily available.

## An enlarged Airport and a proposed Incinerator:



The recent announcement that Luton airport wishes to double its passenger throughput to as much as 36 million passengers a year. Another is an upcoming planning application for a giant incinerator on green belt just north of Batford. It will be up to 30 stories high and be as long as Harpenden's high street. As with the expansion of Luton airport, it would generate even more traffic (specifically heavy goods lorries) on the Lower Luton Road.



If the houses scheduled to be built in the plan are built before alternative transport for residents is firmly in place, it does not take a town planning genius to work out that Harpenden will grind to a halt.

**The town planners know that, but above any other consideration, they have government building targets to meet, so Harpenden is in for a bumpy ride.**

# Back to School at WHSmith



**MAD SQUIRREL-OPENING SOON IN the old HARRYS BAR**



Learn the art of painting with Annie Sloan chalk paints at **Serena Hart on Saturday Sept 29**. They will be in store all day demonstrating how easy it is. Make a note in your diary.



**Giggling Squid-OPENING SOON in the old Strada restaurant**



# Do Women Give Better Financial Advice To Women?

By Geoff Newman.

As we have an excellent team of male and female financial advisers the answer to the question on whether women, rather than men, give better financial advice to women is a definitive no. However, we have a special interest in female financial advisers as we've got an all female team in our Focus for Women department.

In 2016 a Women in Finance Charter was introduced by the Treasury aiming to create a gender balance across all levels of financial services. It stated that a balanced workforce is good for business, for customers, profitability and workplace culture. We can all agree this is a good thing but it's more important than just a gender balance, which sounds a bit 'box ticking'.

Women communicate differently. They understand other women in a way that no man ever can. They know how much responsibility a woman has in bringing up a family, taking care of ageing parents, possibly running a business or working at the same time while having a marriage to nurture as well. Although roles have changed dramatically, thank goodness, over the decades, it's still quite common for a man to be the main breadwinner and handle all the family or couples' finances.

For a lot of women this can be a preferable option, often one seen in an older generation perhaps. However, when the unexpected happens in the form of a divorce or bereavement the effects can initially be catastrophic for a woman who is not used to dealing with financial matters. It's at times like this that a friendly female adviser who can probably more fully

understand the emotional impact of what you are going through can be an absolute blessing. Someone you can trust who can help and support you to make the best financial decisions for you.

A businesswoman is more likely to be adept at handling finances, especially if she's running her own firm or is at a senior level in a company where she is employed. She may have a mortgage, company pension, even investments, but if she doesn't get top class professional advice she may find that one day she hasn't created enough funding to continue a decent

lifestyle when she retires. She may also get sick and need care provision while she is recovering, which again could have a devastating effect on her business and turnover or income.

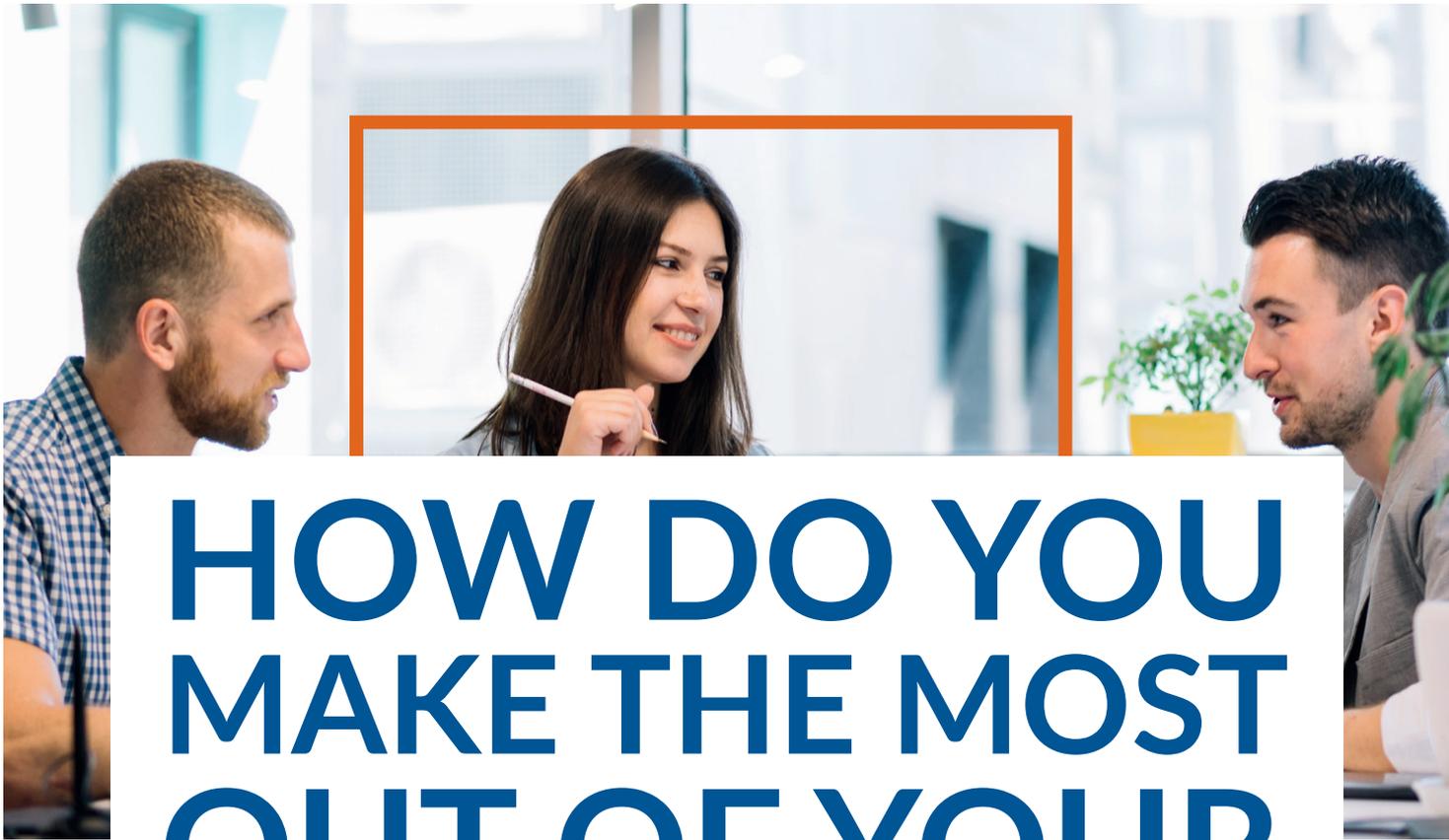
Understanding financial independence can really assist not only when things are going well but especially when

things are not. Life is never a straight line. The depressing statistic of 42% of marriages ending in divorce means that more women should take responsibility to either share family finances or manage their own. Making the most of your financial assets to secure your future makes perfect sense and getting sound professional advice sooner rather than later is undoubtedly the best option.

Geoff Newman. Director Lyndhurst Financial Management Limited [www.lyndhurstfm.co.uk](http://www.lyndhurstfm.co.uk) T: 01582 715 777  
Authorised and Regulated by the Financial Conduct Authority



*The Lyndhurst team at the Herts Business Expo in St Albans June 2018*



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**Lyndhurst**  
Financial Management

Helping you make better financial decisions

# Here Dena Kirby of award-winning bathroom retailer Ripples chats to us about her year so far...

## ***Tell us more about you – where are you based and what do you offer?***

Ripples is an award-winning bathroom retailer, with 14 UK showrooms. I am the Senior Designer of the Ripples Harpenden showroom. Ripples was founded in 1988 by Roger and Sandra Kyme, we've won many awards in those 30 years but we are most proud to have recently been named "Master Retailer" in one of the industry's leading award ceremonies, the ekb&business Awards. It's a huge accolade for us as a business; we fought off some tough competition from the bathroom world to win it.

## ***Any stand-out moments for you this year?***

I was recently awarded Design of the Year (2018) within the Ripples group. Each year, designers from Ripples come together to compete in a design challenge, I was hugely proud that my design won the challenge, it's one of the biggest design awards that Ripples hand-out each year. (Dena is pictured with the Ripples Sales Director, Nicola Crow)

## ***What do you specialise in?***

Our designers focus on exceptional bathroom design; hand-drawing each bathroom project they work on. We understand that a client is individual so we will always listen to their requirements and always pay attention to detail to deliver a complete personal service designed with each individual client in mind.

We take time to visit our client's homes, understanding their likes and dislikes, lifestyle and dreams for their bathroom to really create a bespoke bathroom that works well for the client, not just now, but for years to come. If a client doesn't want a complete redesign, then we can work with them too, we sell some beautiful on-trend products, including tiles, brassware, freestanding baths and accessories.

We also work with interior designers and architects, they bring their bathroom projects to us as they trust us as experts in bathroom design.

## ***What do you love most about your job?***

Meeting clients and working on a diverse range of projects, whether it's a cool cloakroom, a functional family bathroom or an elegant ensuite, understanding the lifestyle of my clients and transforming their space into their dream bathroom is something I'm really proud of.



## ***Finally, any top bathroom trends for 2018?***

There are three big trends in bathrooms right now, bubble gum hues, gorgeous shades of pinks, blues and greens are having a real moment where the bathroom is concerned. Show-stopping statement pieces including fabric baths and concrete basins are really being embraced and finally, bathrooms are now awash with black accents from brassware to baths, tiles to toilets and everything in between.

***The Ripples Harpenden summer sale starts 1 August and runs until 1 September 2018, drop in to the showroom to discover how the team can transform your bathroom.***

Ripples Harpenden: 59 High Street, Harpenden. AL5 2SL

T: 01582 256008 [ripplesbathrooms.com](http://ripplesbathrooms.com)

Ripples



SUMMER  
SALE

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REFRESH YOUR BATHROOM

The Ripples bathroom sale  
is now on with great savings  
across our entire range.

Pop in to our showroom on **59 High St,**  
**Harpden AL5 2SL,** call **01582 256008**  
or visit **[www.ripplesbathrooms.com](http://www.ripplesbathrooms.com)**

# Discover family values with five star service at the Gallia Palace Hotel in southern Tuscany

By Ron Taylor Editor Harpendia.com



How many times have you been seduced by holiday brochures or on line reviews only to feel disappointment with the promised dream holiday? This review will change all that!

Flying from London Luton airport to Pisa on an early afternoon flight was in itself a pleasurable start. Then the drive from Pisa airport built the excitement watching the transformation of the landscape as we neared our destination in Punta Ala on the coast close to the Island of

Elba...rolling countryside, mountains and forested hills with glimpses of the blue sea.

## *First impressions do count.*

On arrival the reception staff greeted us with warm smiles and within minutes our bags were whisked away whilst my wife and I took in the impressive open plan style of the hotel interior before being ushered to our Junior Suite on the second floor which overlooked the pool, the hills and the sea. A faultless start to our holiday.

## *A total holiday experience for the whole family*

The Gallia Palace hotel has been family owned since the 1960's and many of the staff have worked there for so long they seem to be part of the family as do many of the guests who return year after year bringing their children to enjoy the superlative service.

## *A stylish design concept*

Unlike many Italian resorts the hotels in Punta Ala are all low rise blending harmoniously with the local environment.

The Gallia Palace combines contemporary fashion with elegant tradition in spacious areas overlooking the pool and extensive gardens. Everywhere is spotlessly clean, maintained by a team who are hardly visible.



*Editorial continues on next page...*

# A food lovers paradise

**A sumptuous breakfast** was just what we needed to start the day and with a combination of self service from the buffet and waiter service you will not be disappointed. A choice of seven fruit juices; freshly sliced melon and pineapple, strawberries and other fresh fruit, yoghurts, cereals, nuts and seeds, ham and cheeses, boiled eggs and several choices of bread, home made cakes and jams. Tea and coffee. PLUS a cooked breakfast order could be placed with the waiters who were very attentive, ensuring our every need was actioned.



## **Lunch at The Pagoda - the beach restaurant.**

After an hour of sunbathing, relaxing under the parasole and a vigorous swim we had worked up a healthy appetite. If you just want a light lunch then you could choose from the short menu of pizzas from the wood fired oven and a variety of salads. Or if you fancied something more substantial then there was an extensive range of salads, pastas, fish and meat based dishes some of which were freshly cooked to order. All followed by super deserts, concluded by fresh tea and coffee. Chilled wines and beers were also on offer.



## **Dinner at the Hotel Restaurant**

A fitting end to each day...on the warm summer's evenings the restaurant doors were open to allow the scent of jasmine to drift in on the cool breeze over tables laid to face the gardens. Settled at our table with a glass of chilled wine, the challenge of what food to order was made easy by the maitre d' who was on hand to guide us through the day's specials...the 4 course set menu or the à la carte. High quality fresh produce cooked by a team of top chefs and presented with style at our table.



*Editorial continues on next page...*

## Waiting to serve you

'Looking after all our guests with personal service has been a key element of our success' said Andrea Ansaldi the CEO of the Hotel group. You can see this across the whole hotel where the head of each section manages a team of trained professionals who respond to your every need delivering a friendly and efficient service



**Above.** Luca Buffo (6th from the left) the Maitre D has worked at the hotel from 1986. His team of 13 waiting staff and Chefs deliver remarkable service from early morning to late evening every day of the week.



Head barman Cristian Cattozzo (right) has been with the Hotel for many years intervening this with several years in Davos. Like all top barmen he has many a 'tale to tell'. *In vino veritas*



The reception team is managed by Luciano Bonfanti Direttore (5th from the left)

## Luxury in your room

All the bedrooms and suites are appointed to the highest possible standard to ensure all guests have more than 'the comforts of home'.



*Editorial continues on next page...*

## Family fun and relaxation

**The swimming pool** has been carefully designed to suit all ages with a walk in shallow end, leading gradually to a deeper end. There's also a jacuzzi section. Surrounded by sun beds, parasoles and chairs you have a choice on how to spend your time and Canu Maria Luisa is on hand to offer towels and be your life guard. The water was a perfect temperature for swimming after which we played table tennis up by the children's play area where there was a slide and swing.

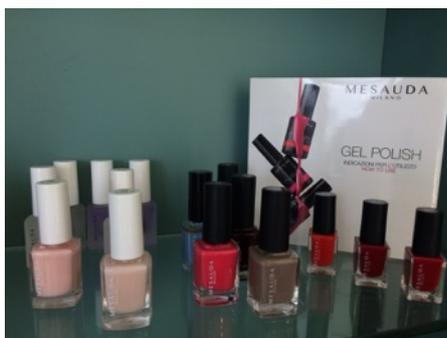


**The private beach** was just a short distance away, so how could we resist a dip in the clear warm waters of the Mediterranean on a gently sloping beach of almost white sand. Two sun beds, a chair, a parasole and beach cabin were provided along with towels. There were options to go wind surfing or peddle boating. We took it easy and soaked up the sun with occasional long walks along the beach whilst many guests stayed at the bar for cold drinks. There are a limited number of other private beaches so there was plenty of activity giving time for people watching and life guards strategically placed to ensure complete safety for all swimmers.



### **The Beauty Centre**

After a 'hard' day at the beach the ladies may want to be revitalised with one of several beauty treatments including facials, manicures, pedicures or have a relaxing massage from our resident expert Daniela (far right). The sun and salt water can damage your hair so why not have their resident hairdresser Rossana (right) bring it back to it's natural beauty with one of the many services on offer from shampoo and style to cutting, colouring and highlighting.



### **The Gym**

For all those keep fit enthusiasts there's a FREE gym with the latest high tech equipment. So you can keep up your routines on your stay or start the exercise plan you've always wanted to.



*Editorial continues on next page...*

# Unexpected pleasures



A beach shuttle to take guests direct to the beach and back

Not every hotel can boast all the little 'extras' offered by Gallia Palace



A pianist who plays in the Bar every evening



A free Gym equipped with the latest high tech machines



A champagne sword (sabre à champagne) used by the head barman on special occasions



A fantastic Gala Dinner every Saturday preceded by poolside drinks.



A pillow menu in your room so you can choose to ensure a good night's sleep.



A Turkish bath

## Exploring the local area



Several options are available to make the most of your stay. Just a short distance away is the **Punta Ala marina** where you can see a wide range of boats moored and see some local artisan shops, fashion boutiques like **AMY B** and **GRACE** plus bars and restaurants. We were particularly interested in the artisan gallery of **Francesca Greco** where the owner was displaying her imaginative creative art works. Facebook: francescagrecoillustration



A trip to **Elba** or one of many other islands on the Gallia Palace private boat can be taken from the marina, pre booking with the concierge at the hotel.



We took a taxi to one of Italy's Unesco World Heritage towns, **Massa Marittima**. In a beautiful setting in the hills 50 km away where there were several buildings of historical importance to visit, bars, restaurants and shops.

You could learn a little about Italian wine making at one of the many vineyards who hold organised tastings. Again these can be organised by the concierge.



Golf lovers will enjoy playing 18 holes at the **Punta Ala Golf Club**. Designed in 1962 by Engineer Cavalsani, it unwinds over a course of 18 holes drawn from the thick vegetation of ancient pine trees. Each hole has different levels of difficulty, to create a sports experience suited for any type of player.



*Editorial continues on next page...*

## How it all began.

Gallia is a name synonymous with the Italian hotel industry. Carlo Gallia was fascinated by the history of Cesar Ritz (the founder of the Ritz in London) and when he was just 17, he left his family to learn a trade which at the time was known as the "art of hosting foreigners". For the following 15 years, Gallia would travel around Europe, alternating between tourism resorts and big cities. In 1904 he was called back to Milan to manage the hotel "Du Nord" in Piazza della Repubblica. During the twenties and for the next 50 years, he managed the most important Milan-based hotel at the time: Grand Hotel Continental in via Manzoni where he hosted internationally renowned personalities in addition to royal guests.

Since the prestigious theatre "la Scala" was nearby, he made sure his elegant lounges became a meeting place for artists and conductors. There have been many changes since the 1930's with family members continuing their involvement. The hotel industry is in the DNA of the family and it shows in every aspect of how they look after their guests.



Carlo & Maria Gallia (1st. generation) with their six children! 4 sons and 2 daughters and an Aunt (Luigi 2nd from the right)



Luigi & Giovanna Gallia (2nd generation) with their 3 children (Carla, Maria Luisa and Giancarlo with their partner ) and their grandchildren.

### Why is Gallia Palace Hotel so good.

*It's in a region almost unexplored by Brits. It's relaxing, romantic, energising, friendly, foodtastic and it will appeal to all the family. Five stars are almost not enough!*

Ron Taylor. Editor. [www.harpendia.com](http://www.harpendia.com)

Dott. Andrea Ansaldi (right) CEO Gallia Palace Hotel. **Nothing makes us happier or more fulfilled then to see our guests enjoying themselves and being happy too. Our rare understanding of the hotel industry enables us to more than meet customer expectations. That's the Gallia philosophy.**



### Find out more

The web site has been carefully designed with hotel information and interactive links to ensure you can find out more about the local area and the full history of the Gallia family.

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One of 2 olive trees in the garden to commemorate 50 years in Punta Ala

# HARPENDIA

HARPENDING'S ONLINE MAGAZINE & VIDEO CHANNEL

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**Harpendingia Autumn Edition 2018**