

REVIVAL



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Photo:
Samantha Seager by
Rhea Christopher

DOMESTIC ABUSE, HAS IT REALLY CHANGED?

a life of art and passion
PSYCHEDELIC SOCIETY: ANOTHER PERSPECTIVE
Knitting, the newest old trend!

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EDITOR'S LETTER

DEAR DREAMERS, THIS ISSUE IS FOR YOU.
DON'T READ BUT EMBRACE THE EXPERIENCE.

Schopenhauer used to say that our lives are constantly fluctuating between pain and boredom and eventually pleasure. That's probably true but another quote from the same philosopher contradicts the reality today in the UK:

"NO ONE HAS EVER FELT PERFECTLY HAPPY IN THE PRESENT MOMENT; IF HE HAD IT WOULD HAVE INTOXICATED HIM,".

In this case Schopenhauer meant that we would all be drunk if we were happy. Unfortunately, even if 24% of brits drink over low-risk guidelines (page 29) this doesn't seem to be true.

There is also another detail to take onto account – a good reason to go at page 11 and 7-or in other words new frontiers to fulfil some voids in our lives: psychedelics and knitting classes. Tying knots has never been better especially while on a psychedelic retreat in Holland.

Enjoy our new issue that will bring you outside the limits of consciousness but on your own couch watching Francois Truffaut's filmography (page 5). Before doing so get to know your future at page 3 but don't forget to read our usual-artsy-piece (page 16).



Francesca
Mazzola-editor

W

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L

C

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If you want to know more just open
Revival and follow us...

CONTRIBUTORS



Francesca Mazzola

Based in London but with an Italian heart.
Find Francesca Mazzola at page 10-23-34

Artsy and always informed about the latest photography exhibition. Find Rhea Christopher 12-18-32



Rhea Christopher



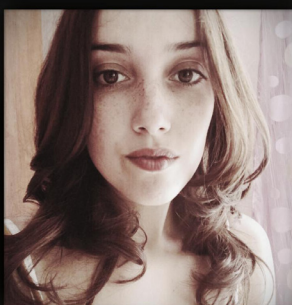
Ivan Neshev

A foodie, a pop music lover and of course a Mcdoanld's goer. Find Ivan Neshev at page 3-15-24

He loves only one colour: Arsenal red.
Find Jonathan Elderfield at page 5-20-29



Johnathan Elderfield



Maria Volpe

Sicilian and with a passion for Middle East affairs. Find Maria Volpe at page 7-16-26



A look into the future

“Tarots are not just a simple card game, they are... a look into the future” – Manuela Crispino

By Ivan Neshev

Getting into something you have always been interested in is quite a brave move. For most of the people, this is a scary thing, most likely a basic choice, for the 28 years old Manuela Crispino, however, this “thing”, turns out to be quite unique and unusual. “I have always had an affinity for magic and rituals, so when I found Tarot cards, I just knew I have to learn how to read them.”

Dating from the 14th century, Tarot cards have been going in and out of style, during the ages. It is believed, that the origin of the cards, comes from Turkey, as they brought a similar game called Mamluk, into the Western countries, around that time.

Now a days Tarots are something, that some people find fascinating, some are scared of and some find a completely bullshit. “I believe, that the cards are way more powerful, than most of the people think,” Crispino said.

Starting to read the Tarots around the age of 20, Crispino has a very interesting story, behind how she started to do this. “I was in a bad place. I had to deal with a lot of problems. And then one day, just after a chat with my neighbour, I found Tarots.”

Crispino's neighbour took a big part in the process of learning to read the cards. “He

was great. He taught me, that you have to do it because you want to. That you have to do it for people, who in your opinion deserve it. That you have to receive something from the person you are reading to, which cannot be given back. And that you can only learn to read Tarots, if you love it and really want it.”

Not everybody, however, are that into the art of reading Tarots. Giulio Sampaolo, one of Crispino's best friends, doesn't find the cards very reliable. “People nowadays believe in everything. I am quite sure you cannot see someone else's future in a deck of cards.”

Some people, on the other hand, believe, or started to do so, after the got their questions answered by the Tarots. Manue-

“Tarots are not just a card game. They have been around for centuries and they will stay.”

la's brother, Gaetano, was sceptic first, but changed his mind after she read his cards. “I wasn't much into it,” he said, “but after almost everything she saw in those cards happened, I started to believe. I don't know exactly how she is doing it, but my sister, actually predicts things in the future.”

Manuela comes from a small and quite, but very lively

and lovely town in the south part of Italy. With a lot of hard work and dedication, she managed to turn her two biggest passions into a profession and hobby. Now she is a dog trainer and she uses her intuition and gift, to read Tarots. “I believe it is something you were born with, not something you can just learn. I don't do it all the time and for everyone. The key is to open your mind and you cannot do such a thing, if the person who you read the Tarots for is not someone you like,” Crispino adds.

Tarots are not just a card game. They have been around for centuries and they will stay. There will always be people, who believe in their magical power and there will always be people, like Manuela Crispino, who can read them, and help people by answering their questions. “I can't say that Tarots are making come back, as they have always been here. I just think it is one of those periods, when people are more likely to turn to someone who reads cards, than to stay in the dark.”

Photo: Ivan Neshev



One of today's biggest influences

Celebrating the 60th anniversary of Francois Truffaut's 400 Blows and the revolution of the French New Wave Cinema.
By Johnathan Elderfield

February is finally here and that means only one thing, it's Oscar season. On the 24th of this month, the 91st Academy Awards Ceremony will be held at the Dolby Theatre in Hollywood.

2018 saw some amazing and inspiring pictures, reflecting a versatile and vast narrative range.

BlackKlansman addressed historical controversies in America around the early 1970s with the hate group, the KKK. The film starred Hollywood and Oscar veteran Denzel Washington's son; John David Washington.

Alfonso Cuarón directed Roma – a film described as “A complete work of art that is one of the best pictures, both emotionally and aesthetically, that I've seen in a while.”, by Actress Marianne Chase (33) – who's appeared in his work in Harry Potter

as Rionach O'Neal, from London. The film depicts a sense of what it is like to be a working-class woman living in Mexico City in the 1970s.

Both of these films are in the running to win the most prestigious prize in Film: an

“The French new wave was one of the most riveting periods in the history of film”

Oscar.

The French new wave was one of the most riveting periods in the history of film and this year will mark the 60th anniversary of the breakthrough film by Francois Truffaut – who some regard as a pioneer of modern-day cinema.

Truffaut used an array of techniques – that he and fellow contemporary Jean-Luc Goddard, pioneered, these included the use of the hand-held cam-

era, which in its modesty, gave the audience a real sense of what life was like to live in France in the late 50s and early 60s.

These techniques are all too familiar in cinema today, but before Truffaut made them

adaptable and showed how effective they can be, cinema would only consist of high-budgeted ‘Classical Hollywood’.

“When I was at drama school, I used to love watching 400 Blows, it's a great film. I definitely see Truffaut as a pioneer in the fact that he's influenced the likes of Tarantino, who is probably the best director/writer of this century.”, BAFTA Nominee writer, Gabriel Bisset-Smith (35) from London.

Truffaut was certainly a maverick of his time, starting out as a film critic for the Cahiers du Cinema in the 50s. His critical positions on the quality of cinema coming out of France at the time – ‘A certain trend of French cinema’, would frustrate the leading figures so much so that he would be banned from the Cannes Film Festival in 1959.

It is always said, however, that the cream always rises to the top; Truffaut would be awarded ‘Best Director’ at Cannes the following year – for his breakthrough film 400 Blows, by the very same people who'd banned him for being provocative.

Disney



CHOOSE WISELY.

May

Knitting, the newest old trend!

The latest fashion comeback that also benefits your health.

By maria volpe

One of the biggest trends of 2019 is knitting, there are about a hundred cafes in London dedicated to knitting, crocheting and anything that can be possibly put together with needles and yarns.

This old trend commonly associated to grandmas and aging women is now very popular among a younger range of population, both feminine and masculine, who choose to arm themselves with needles and hooks and undertake this new path.

Jenni Macleod, the head of brand and content at Love-Crafts Collective Ltd, says there are millions of people who visit their website to download knitting patterns and buy equipment: "We have a market place where independent designers sell their patterns and apart from a 3% cut we take to cover costs of maintaining the platform, all the pattern sales go directly to the designers. There are currently millions who visit Loveknitting.com and Lovecrochet.com to download patterns, and this makes for a conversion of between three and five percent on purchases related to those patterns."

There are three core customers for this market according to Jenni, and their ages range from early thirties to late sixties, they are very different from each other and have different budgets and tastes: the ones who are passionate crafters and shop frequently, the ones who look for the best offers to "make the most of their hobby on a tighter budget" and the ones who knit only when

influenced by the latest trends.

Jenni added that among the reasons why people decide to start knitting there are the many health benefits it comprises: "the bilateral movement of knitting fires neurons all over your brain. Just like playing the piano, the act of using both hands at once to make different movements stimulates a whole host of brain functions that scientists haven't yet totally decoded."

According to a survey of over 1,000 knitters completed by Knit for Peace (<https://www.knitforpeace.org.uk/wp-content/uploads/2017/05/The-Health-Benefits-of-Knitting-Preview.pdf>) knitting has both mental and physical remunerations: Knitting and doing crochet lowers blood pressure, reduces depression and anxiety, slows down the onset of dementia, distracts from chronic pain and is as relaxing as yoga!

Other benefits, on a social side, are an increase of wellbeing and sense of usefulness in society as well as a decrease in loneliness and isolations.

This survey has also been backed up by a recent study carried out by the CNN in 2014, that proves the practice of knitting is beneficial to people affected with depression and anxiety; among all the participants to the test, who were all affected by clinical depression, 81% said that knitting or crocheting, even for a short time made them "very happy".

According to the British Historic Kart Club, 4 million women in the UK are interested in knitting and 1.5 million are

serious about it, at the same time 448,000 men share the same interest with 143,000 being very interested.

The Craft Yarn Council carried out a survey last March, in occasion of the stress awareness month about the habits of knitters and it turns out the 80% of them who took the survey say that it helps them reduce the stress. 58% say they like to knit in the evening, 83% enjoy practising the hobby in front of the tv. (https://blog.loveknitting.com/stitchawaystress-with-the-craft-yarn-council/?blog_page=/)

People love knitting also because it's creative and satisfying.

Nathalie Nguyen, 29-year-old digital PR, who's been crocheting since she was a child says she knits to release the stress and take time to herself: "I knit to help reduce stress and because I love creating with my hands. When I was a kid, one of my aunts taught me knitting and crocheting during summer holidays. That's how I've learnt the basics. I then started crocheting again 4 years ago, and I learnt more on YouTube or with books. It's now a real passion of mine."

For Nathalie knitting is "like a kind of meditation" she says, but also an act of love in fact every Christmas she makes all her presents with her hands, giving her loved ones pieces of unique art.



Quite expensive hats



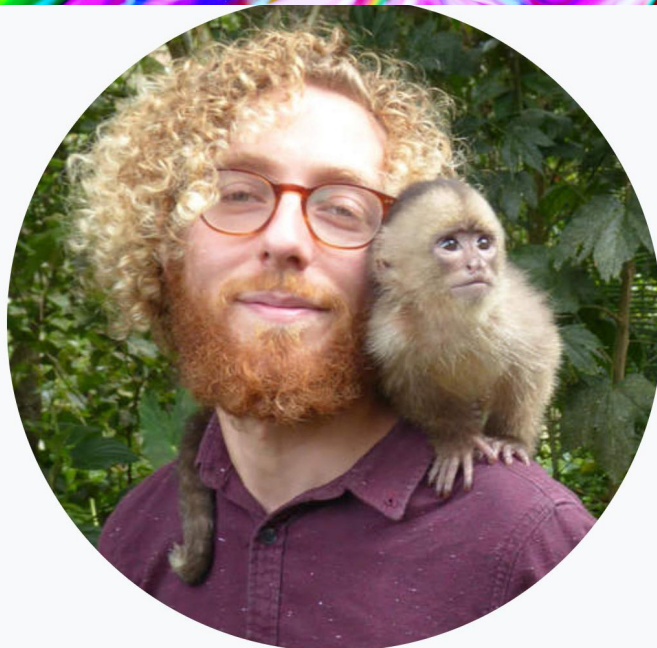
dimetto
fine handmade hats

Photo: Pexel

PSYCHEDELIC SOCIETY: ANOTHER PERSPECTIVE

From a workshop that grows mushrooms for a psychedelic women's circle; the Psychedelic Society informs the community on how controversial drugs like LSD should be seen.

By francesca mazzola



Photos: Psychedelic Society. Left: Anya. Right: Josh

London's Psychedelic Society is trying to change the common opinion about LSD, a mood-changing chemical that was popularised in the 1960s. "LSD is improving yourself and the connection with the others," says Josh Hulbert, 31, Psychedelic Society facilitator.

The Society believes that responsible use of psychedelics can help people connect with each other, whilst at the same time discover themselves.

"We don't encourage people in breaking the law, people make their own decisions, we are interested in making the risks lower," says Hulbert, a gardener who has a degree in Human Sciences, and previously worked for the charity Drug Science, an advisory committee.

LSD use is on the rise in the UK, according to the Crime Survey for England and Wales, and new scientific discoveries surrounding its use are drawing attention to it.

Psychedelics are considered part of the A class drugs group, which also contain hallucinogens, cocaine, and heroin.

LSD though is a particular type of substance, which was known for its therapeutic use in psychiatry in the 1950s and 1960s, supported by well-known psychiatrist Humphry Osmond. His research at St George's hospital in London about this drug contributed to important discoveries about the dis-regulation of chemicals in our body, resulting in mental disorders such as schizophrenia.

The Psychedelic Society believes that "the conscious use of psychedelics can help create a more compassionate and joyful world through an appreciation of the unity and interconnectedness

of all things".

As psychedelic drugs are currently illegal in the UK, they promote Psychedelic Experience Retreats in the Netherlands, where the drug is legal, to "allow people to explore the transformative potential of psychedelics in a safe and legal environment". This experience is extended to people from all ages and all backgrounds who come seeking their first psychedelic experience and they are "looked after with compassion and care," says Hulbert.

The psychedelic retreat is organised every month where groups up to 20 people can live the experience taking psilocybin-containing truffle (a safe and

"LSD use is on the rise in the UK"

legal drug in the Netherlands) under the supervision of a facilitator.

"I was in Amsterdam and I tried psychedelics, I was in the centre of the universe where I felt lifted and free from every constriction but at a certain point I felt very sad," says a Psychedelic Society member who wanted to be identified as "John Smith".

LSD - which is proven to not be addictive- has, in fact, some risks influenced by the environment where it's taken provoking a traumatic trip.

For this reason the organisation campaigns for the normalisation and legalization of psychedelics educating people about taking these drugs responsibly.

"After I took 200 grams of LSD my life changed and after two years I realized that everybody else had to know about it and I joined the Psychedelic Society," says Anya Spelt Oleksiuk, 35, co-director of the Psychedelic Society and filmmaker.

This organisation is not only about campaigning for psychedelics legalization but also for the wellbeing of the community. During every week the group organises talks with researchers and psychiatrists like Dr. Ben Sessa but also yoga classes, discussions about breaking taboos regarding sex or sessions of dance in the dark.

Each venue is a journey about self-consciousness and connections with other people, "we don't want to be limited to simple campaigning in living a better life we can already live better now connecting with other people," says Josh Hulbert.

The 2015-born society has important partners like the Beckley Foundation, DrugScience charity and the unit of Neuropsychopharmacology of Imperial College London.

The recent researches are showing the effects that LSD could give on the brain; they are partial but important, it reprints the levels of serotonin in the body, a hormone that maintains mood balance.

"We have to put our suits on, leave our hippy clothes and only approaching things from a scientific point of view and only, in that case, politicians will listen," says Oleksiuk.

The Psychedelic Society is also campaigning for the legalization of psilocybin. This compound helped 67% of patients suffering from treatment-resistant depression (Beckley Foundation).

"One of the causes of misunderstanding is people associating LSD, something so powerful with something that is completely harmful if compared to the widely known risks of nicotine addiction," says Hulbert.

Domestic abuse, has it really-changed?

The award-winning short film showing that not much has changed in 30 years in regards to domestic abuse

By rhea christopher

Relevo, directed by Yasmin Afifi, is a short-film based on the play written in 1984 by David Spencer. It has won Best International Director and Short Drama at the Cutting Room International Short Film Festival in New York at the end of 2018, including Best Short Film and Best Actress in a Leading Role at the International Short Film Festival (SFF), to name a few.

It follows Steven, played by Phil Snowden, and Julie, played by Samantha Seager, and it all takes place within their living room. We begin with a tear-ridden, pain killer addicted, smoking Julie in tears remembering the good times when Steven would come home and they would get drunk and dance together. One particular night he comes home with good news that he has invested money, along with his friend, and soon enough their situation will better itself.

Unfortunately, things take a nasty turn and Steven loses the money. That night he comes home and drinks himself to a stupor and punches a pregnant Julie, causing a miscarriage. From here on, she is subject to abuse, in particular psychological abuse, until one night she sneaks sleeping pills into his drink, killing Steven. However, instead of running, she continues as if he isn't dead and remains with his dead body because psychologically, over time, she has become addicted to this man.

It's not simply a film presenting an abuse case during the 70s but during the London International Film Festival "the guy who ran the festival came up to me at the end of it and had near tears in his eyes and said the film really affected him" said Afifi, as we discussed the film over a coffee on a cold, autumn night.

No matter the decade, the film shows that the sentiment of what it presents - psychological abuse - does not exist within the boundary of time. As Afifi said, "If you took away the wallpaper you'd have no reason to not believe that it's in modern

day."

According to the government's Crime Statistics department and a domestic abuse-related "flag" was only introduced into the Home Office in April 2015. In a report released on their website in November 2018, they stated that in the year ending March 2018, 50% of all domestic cases were recorded by police, compared to the 43% recorded in March 2017.

They have also stated that "Domestic abuse as a whole is not a specific criminal offence, and offences that are domestic abuse-related are recorded under the respective offence that has been committed, for example, assault with injury."

On January 17th, there was a protest in London's Southwark against evicting women who have suffered domestic abuse and in December last year the Guardian reported that on average, two women a week are murdered by a partner or ex-partner.

Every month there seems to be a new report on domestic abuse cases - it's almost as if this century is riddled with them. However, prior to April 2015, it is clear they were never really recognised or recorded.

Samantha Seager, who plays Julie and is currently Marlene in Only Fools and Horses the Musical at Theatre Royal Haymarket, said that the film is great at "gas-lighting things that actually come under the term of narcissistic abuse." According to Sandra L. Brown M.A, who is often referred to as the pioneer in the field of pathological love relationships, says that narcissistic abuse comes under relationships with inevitable harm category.

When asked she thinks much has changed since the 70s, Seager said, "The same things are going on now, people are still really affected by alcohol abuse. People are still really hooked on prescribed drugs and people are still hooked on cigarettes. So those things are still there but more

"The film is great at "gas-lighting things that actually come under the term of narcissistic abuse." "

importantly, people are still hooked into really toxic, damaging relationships."

To bring the film to reality, Zoe Holmes, who has been a social worker for the past 21 years said that "It's only recently, in my living memory, that it became an offence to rape your wife because that wasn't an offence until the 80s/90s."

As a social worker, she feels very limited with the help that she can offer women and, in very rare cases, men. Because of the cuts sanctioned by the government, she feels that she's "just not allowed to provide support."

What Holmes would like to see is "more time and working in an environment where you actually see the woman as a victim but also empower

them to get out of their situation. So, it's about having access to resources, having the time to really get to know the woman, work quite intensively with them and encourage, support and do whatever it takes to support them to get out of the abusive relationship."

Unfortunately, the reality is that things are still very limited when it comes to domestic abuse cases, especially when it comes to social work, but just as Seager stated, people are much more aware of abuse and are more willing to talk about it and help people that have suffered. It seems charities are currently the only way forward for domestic abuse cases, and as Holmes said, "I could never offer what charities offer."

A close-up, artistic photograph of a black vinyl record spinning on a turntable. The record's surface is blurred due to motion, creating a sense of speed. In the center, the lowercase letters 'hmv' are printed in a bold, bright pink font. To the right, a portion of the turntable's tonearm and stylus is visible, also in motion. On the left edge, a small portion of a red record label with gold lettering is visible. The overall lighting is dark, emphasizing the textures and motion of the vinyl.

hmv

home of vinyl since 1921

#lovevinyl



Photo: Ivan Neshev

Vinyls revival

Some things just refuse to die out

By Ivan Neshev

Neon signs, light jazz music and wicked cocktails, that were some of the things Giant Steps Record Fair offered to its visitors on February 3rd. With a big number of labels, collectors and vinyls, the fair most definitely left a mark at this amazing venue.

Hidden at the top of a small and quiet building, just a minutes away from West Ham stadium, the fair offers to its visitors great experience and even better music.

The fair is simply a vinyl revival. A place for all of the lovers of old and new music, played on one of the most classic invention - the vinyl.

With three listening station and a number of collectors, labels and fans, the venue offered an unfortunate experience. People were chatting and getting to know more about the music, over an amazing selection of classic cocktails, from England and Europe.

And the music, ahh, the music was simply incredible. Playing different sound, all of the labels and collectors took turn to entertain the visitors. And they did not disappoint. With a large range of sounds from all over the world, there was no possible way a person can be left disappointed.

Adrian Magrys, a co-owner of Lanquidity Records, who was showing his label collection of Eastern European vinyls said: "Those fairs are amazing. Perfect place for people to be reminded of what music is and should be. A literal travelling back into more simple times, where music was for people to enjoy it. Also it's a great place for us collectors to exchange experiences and make our collections

bigger."

The fair took place all day, offering not only a great experience for all the people visiting, but also some incredible deals for collectors and lovers of the music on vinyls. With its chilling area, people not only had the opportunity to pick up some vinyls, but also had the chance to relax under the sound of some of the sellers' pick ups. Exact this part of the venue, was

always full of people, enjoying an amazing beverage, who not only found out some treasures to add to their collections, but also found out some new friends, in between the crowd.

Simon Purnell, another of the festival' collector and general manager of Leng Records, also shared a piece of his mind about the event. "I love events like this one. It is amazing that even though platforms like Spotify or Apple music are big on the market, people are still buying and collecting vinyls. It's a great feeling."

As for the venue, Giant Steps is a amazing, music defecated complex, located in Hackney Wick. With an incredible open terrace and amazing view, looking into the passing canal, the place is hosting a full program of music events every Friday, Saturday and Sunday. Giant Steps also has a food space, which hosts a rotation of different chefs, who has their own menu.

For future events and to find out about the food, people can visit any of the venue's social media pages. Finding the perfect event is just the first step of having an unforgettable experience at this piece of heaven on Earth.

A life of art and passion

Art is undergoing the changes of a frenetic society. Some still find oil on canvas the most classic and iconic expression of art.

By maria volpe



So did Joanna Pilarczyk Radec-ka when she began her artistic career.

Joanna, 38, from North London, is one of those few people in the world who have the blessing to make a living off their passion. She is an established artist whose works are sold around the world for thousands of pounds.

Originally from Gubin, Poland, Joanna began her artistic career there in 2008, soon after she completed her master's degrees in art at the university of Zielona Gora. There she had a small company where she worked until she came to London around six years ago, following the love of her life, her husband Jared, who's an artist himself.

Since she was a child, Joanna knew her path was going to be the artistic one. She started painting when she was just in kindergarten, and her passion grew deeper as she grew older. She attended an artistic high school together with her twin sister, Anna, who's now an acclaimed tattoo artist in south London, and she kept studying for her dream until she attained her MA.

She is a freelance artist, who creates visual art bits for different companies, national and international, and her works which comprise oil paintings, water based, charcoal, ink pencil and portraits, are exhibited all over the world, like they were last year in Kuwait.

Doing a painting for Joanna doesn't usually take more than two days: "It depends on the size obviously but also on the kind of picture I am doing, but usually if it's a small one it only takes me one day, it takes longer the bigger it is". She always tries to give her paintings a meaning, trying to

provoke some kind of feelings in the hearts of the observers.

Among her customers there's an actor from the American drama tv series "The Alienist" who goes by the name "Queen Aubreyjean" (also a drag queen). "I painted some ink sketches of him based on the theme of the tv show, posted them on Instagram and tagged his account, he then saw the tag and came to the exhibition and ended up buying them, since then we stayed friend"

The talented artist, says she finds inspiration in everything she sees: "I love people and faces, I am usually inspired by the most unique subjects" she added: "One of my best paintings is the product of a night out, that night one of my closest friends brought me to a men's nightclub and there I got inspiration"

"Usually when I am out with my husband, we just see people in the street or in pubs and we start painting them" she said, "it's like our thing, something that we love to do"

Two days a week she teaches at the Engine room in Tottenham Hale: "I teach two days a week, usually on Wednesday evening when I have a big influx of young people and on Thursday morning when my students are more mature" According to Joanna there's no age to start learning how to draw or paint: "everyone can always learn how to paint, it's not an innate skill, it doesn't really matter how old you are, you need to have the will"

For the people who know her, she is an inspiration. Aleksandra Bigus, 29 from Melton, who has known Joanna for over two years describes her as a very open minded and warm person, who "gives you advice

and support no matter who you are" she said: "The first time I saw her artworks I was amazed by the vibrancy, the colours and the atmosphere they set. I was engulfed by the mood that the artwork reflects, which I think is a great achievement for someone to create"

Her art is also appreciated by other experts of the field, like Akhila Krishnan, a visual artist filmmaker and designer who graduated from the Royal College of Art: "I met Joanna some years ago through her husband, as we were working for the same company at the time and that's how we became friends, for me Joanna's art is very fine art based, she does her job really well!"

She added: "Her work is connected to an older way of making pictures, I think her style is more classic, while I focus more on abstracts and ideas she focuses more on medium and material."

Akhila and Joanna who have known each other for years, have also given one another career advices, as Akhila said: "me and Joanna talk a lot about art, lately we've been discussing how she wants to develop portraiture, I'm interested to see how this is will go".

Joanna's life is an artwork itself, her twin sister is an artist, her husband is an artist and her job, is art. She loves surrounding herself with artists like Akhila, and in her spare time she loves attending exhibitions and art shows, where she can take further inspiration from: "I would love to find more time for exhibitions, you never see enough".

Her artworks are also available online at: www.joannapilarczyk.com



Cosplay, Comic Con, Competitions & Confidence

Aleena Brooke Webster is one of the millions who takes Cosplay as a serious hobby and tells us that it's not just about the aesthetic.

By rhea christopher



Photos: This page, Above: as Ashley Graham from Resident Evil 4 by Dr Whereo Photography & Cosplay. Below: Navi the Fairy from Legend of Zelda: Ocarina of Time by Let the Geek Out Photography. Opposite page, Left: True Form Midna from Legend of Zelda: Twilight Princess by Kabbij Patch Photography. Right: Hestu (Human Ver.) from Legend of Zelda: Breath of the Wild by Donald Manning Photography

Did you ever have a favourite character growing up, and pretended you were them? Did you ever play dress up as that character, shouting phrases made famous by them?

For many, we grow out of this phase, or at least move on from it. But for some, dressing up and encapsulating everything that makes a character is their passion and greatest hobby. Aleena Brooke Webster, 21, who works within a security firm's administration department, is one of these people.

She engages in Cosplay which is the infamous dressing up in character at conventions such as Comic Con. Comic Cons are conventions that happen all over the world and are "geek" fests of sci-fi, fantasy movies and television, comic books, artists and cosplayers.

The definition of Cosplay, according to the Oxford Dictionary, is: "The practice of dressing up as a character from a film, book, or video game, especially one from the Japanese genres of manga or anime."

Webster was first introduced to Cosplay when she watched a video online of two girls dressed up as her favourite anime character from the series Tokyo Miu Miu, at a convention in America. Growing up she loved dressing up and "It was something that I really loved doing and to find out that it was a genuine thing that other people had a hobby in was absolutely amazing."

Originally from Mansfield, England, she travelled to Las Vegas last year and finally met one of the girls she saw in the video, with whom she'd developed an online friendship with over six years. "I have this one girl to thank for the last six years of absolute stress, blood and tears all for the happiest times of my life, all thanks to that one person."

What makes Cosplay unique are the number of people who make and customise their own costumes. "For me it's important to make my own because I enjoy the actual craft side of it," said Webster. She has made costumes such as: True Form Midna from Legend of Zelda: Twilight Princess, Hestu from Legend of Zelda: Breath of the Wild, and Ashley Graham from Resident Evil 4, to name a few.

Paolino Inzalaco, 25, an optician from London who has travelled around England attending these conventions, usually dressed as a dinosaur, said: "Cosplayers like Aleena make the event a real spectacle to behold...It definitely enhances the experience as it's such a big part of Comic Con and

"A lot of time and money is spent making a costume perfect." I couldn't imagine it without the Cosplay." Cosplay is a very niche market but

many people do it. A lot of time and money is spent making a costume perfect. "Customising probably takes about half as long as making from scratch... between 40 and 60 hours, if you put it all together to make it all." Said Aleena. Is it really worth it?

Dilhan Erozkal, 25, a game developer from London, said: "We have cosplay competitions now. People love making their own costumes as best as they can to win and have photos taken. But also, it can be enjoyed as a casual hobby. Cosplayers in general always love sharing their creations with others. It's also a great conversation starter for people who may be shy in these gatherings. So yes it is worth it."

Cosplay also helped Aleena with her confidence. She said: "I've never been the most social of people but around those people, even though we're dressed up as different characters and this kind of defeats the object, I can be myself. I don't feel



The Life and times of a communist upbringing

A history of Rosa's Branson's life – growing with socialist values out of an aristocratic ancestry

By Johnathan Elderfield

Photo: Pexel

For today's millennials, the notion of disapproval regarding marriage, or the notion of communism, and even aristocracy might be viewed as something of a thing of the past.

But for Rosa Branson's parents, it certainly wasn't.

Branson MBE has lived in Highgate for the best part of 70 years and is an artist who has completed over 600 paintings, raising millions for charitable organisations like that of the Red Cross, Cancer Research, Help the Aged, and the Salvation Army.

Walking around Branson's house is like a delightful step back in time - now at eighty-six years of age, her house has three floors and a basement, all of which is covered in artwork, literature and neat pieces of history; that at first glance, the later become clear they've been handed down through generations and generations.

All of Branson's work is conducted in her basement – accessible through a door to a steep staircase leading downwards, there, what can be found is something no one would conceive of an eighty-six-year-old woman using - sharp instruments to cut frames using a foot pedal, an old

hack-saw, hammers, nails and screwdrivers, all kept in immaculate and an organised condition.

Inside her house, you can find some of the most amazing pieces of history documented on paint in both her and her fathers work. Bookshelves are condensed with books; most of which feature socialist opinions from the early 1930s. The dated red carpet that is consistent on every floor leads you through what could only be perceived as a genuine, warm and welcoming household.

Branson's style is forged out of a desire to paint like painters did during the Renaissance. She employs techniques such as blurring or softening of sharp outlines, using a subtle and gradual blending of one tone into another through the use of thin glazes.

The result: the illusion of depth, or three dimension - and a unique style that has allowed some of her pieces to be sold for up to £1 million at auction, all of which she gives to charity.

Trained under Professor Helmut Ruhemann – a Jew who left Germany in 1933 and eventually became the Chief Restorer of the National Gallery. His techniques employed the utilisation of X-rays as an art historical tool.

Rosa would spend six years under Ruhemann's immense knowledge and tuition, copying works by old masters, forging her style, technique and aptitude for her craft; even though the later she might strongly contest.

"Of course, you need talent, but you cannot become really good unless you practice," she said. "I spend seven hours a day – waking up at 6 AM, painting."

Why donate all of the money her paintings raised – didn't she want to become rich?

Branson's parents – Clive Ali Chimmo Branson and Noreen Branson, nee Browne – were both brought up in aristocratic families. Her father was born in India, while her mother is from London.

Clive was born into "new wealth" and incidentally; you might be wondering, yes, his nephew is that of Richard Branson – Virgin Inc. He was the grandson of the head of the Shanghai Bank. Noreen was considered one of the richest heiresses in Europe; the daughter of Lord Alfred Browne, son of Henry Ulick Browne, fifth Marquess of Sligo, and a direct descendant to the British Royal family.

Rosa Branson – who was named after Rosa Luxemburg, a Polish Marxist theorist – speaks about her family history with both humour and admiration.

"At a dinner party, my father's family were horrified to hear that their clever son had met a young bohemian lady by the family name of Browne," she recalls.

"When asked whether Browne was spelt with an 'e' on the end, they were reassured that they were not to worry – she's the richest heiress in the whole of Europe."

It was when her maternal grandparents heard of their daughters' interest in a young artist and poet that they disparaged his wealth, saying: "It's trading, how vulgar".

Suffice to say, Branson's mother, Noreen, achieved Debutante; whereby a young lady upon becoming an adult in aristocracy, comes out into society with the ambition of marriage into the circle. Noreen – "without a second thought" expressed by her daughter, denied this formality on the grounds that, "it's boring". This small mishap allowed her to marry Clive Branson, neither in her aristocratical circle, nor grade of Upper-Class.

Today you might think that 'money is money', but there were degrees to wealth in the early

20th century that become obvious throughout Branson's story, which isn't necessarily determined by how much money a family has, but rather how long it's been flowing through their family tree.

Within just 10 days of meeting in a coffee shop in Battersea – over the discussion of the poor and left-wing political positions, Branson's parents were married. She describes it as a "shared love of equality, intellect and the communist party".

Branson's love of art and ambition to paint was born out of her father's talent, as he had a number of his paintings in the Tate Gallery. Branson was told by her father in early 1944, through a letter, "that he would come back to Britain and teach his daughter to paint".

But this was not to be, just a few weeks later, while in Burma, serving as a Sergeant in the British Army, as part of the 54th Training regiment of the Royal Armoured Corps, he was killed in action. He died on the 25th of February 1944.

Her account of her father is nothing less than touching. She has great admiration for everything he sacrificed for her mother and her. He was

"While in a Spanish prison, the head warden caught wind of Clive's relationship to the king of Spain."

an active Communist throughout the 30s, going off to fight in the Spanish Civil in a rebellion of Franco.

While in a Spanish prison, the head warden caught wind of Clive's relationship to the king of Spain. Borne out of a fear of the King's retribution, a guard got sent to Madrid to buy, "two blue and one yellow", said Branson. This referred to oil paint for canvas. Clive created four paintings, all of which is the style of Post-Impressionist; like that of Van Gogh.

Clive Branson is admired throughout the art world. "His works enthrall me, I really do find it riveting, just the use of these two colours shows what art is really about," said Ena Avery, a London artist who is now 82.

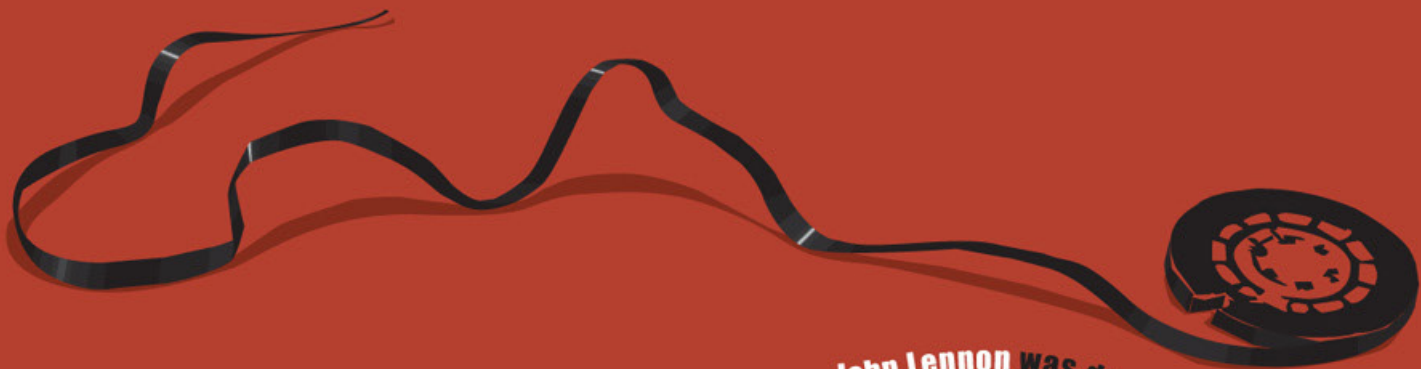
"Creativity, having a vision and adapting what you have to create that vision."

Both of Branson's parents were remarkable figures, her mother donated £100,000 to the British Communist party in 1930 – an estimated £6M today. She also helped write the 'History of the Communist Party in Britain'. Sadly, she died in 2003.

Noreen and Clive stood up for what they believed in – a passion for fairness, equality and socialism. Something that has resonated through to their only child, and still living to tell the tale, Rosa.



**“You may say
I’m a Dreamer”**



John Lennon was dyslexic as a child.



Photo: Pexel

BYE, BYE COMPACT DISCS

CDs are now becoming an old memory but there are many factors compromising their sales

By francesca mazzola

Compact discs were that new discovery that simplified the way music was listened. It was a “tiny” version of the vinyl and something that required fewer skills to adjust the tape of music cassettes – a real struggle –.

This novelty was born in 1983 and it was publicized as something “durable and perfect” but the reality was that it wasn’t the truth.

Each piece is produced with an aluminium layer that holds the data and covered by polycarbonate and a protective lacquer.

On the other hand, compact discs are often damaged, and manufacturers say that bad handling is the main cause of the problem.

“If there’s a problem on a track you can’t skip on the next one and that means that the whole thing won’t work, differently from records,” says Shakil Ahmed, owner of Shaks’ and Stax of Wax.

According to a survey by YouGov UK, 42% of people access music through CDs and 41% of the population say that they are their favourite devices.

Despite these reassuring statistics, compact discs have a major problem that originates from the failed sales.

Only 18% of consumers buy new CDs even because of the “rising star” called digital music.

“The record companies are still trying to sell CDs, but the audience has changed,” says Shaks’ and Stax of Wax’s owner.

According to The Guardian digital music has helped the music industry and increased sales by 51.5% to just over 68 million albums and “helped

offset falling sales of digital downloads and CDs”.

“I collect CDs and vinyl, I will often buy both versions of the same title, Cds are more durable than most other types of media, they are compact and don’t take up too much space,” says Walter Joseph, 56 and sales trainer.

The big rise in UK music is also helped by the revival of vinyl which boosted in 2017 but what will happen to the compact discs?

“CDs will become a niche product as it happens in fashion, music is fan related and they will come back as they always do,” says Ahmed.

The fastest growing market remain streaming services like Spotify, Deezer and Apple Music with unlimited music at only £10 a month.

“Spotify is the true future of music because it makes possible for so many people listening to music at an affordable price,” says Georgy Guiot, Spotify office coordinator.

Their shiny and futuristic look though does not make possible “for the consumer having a large and beautiful design to look at,” says Stax of Wax’s owner.

In fact, vinyl albums increase their sales year after year after achieving £4.1, the biggest success since 1991.

“The issue with CDs is that producing them is very expensive and even reducing prices is not convenient” says Shakil Ahmed.

Here to stay

Sometimes nothing beats the smell of a new book or being able to fold a page as a marker.

By Ivan Neshev

Books has always been around us. They've entertained us, teach us and take us to another reality. Books are a way to escape and a way to travel without moving. But are books going to be replaced by one of the modern versions of them, like Kindle or Audible?

"There is literally nothing better than, the smell of a book, either old or new. Books are escape and I really don't like how nowadays people are listening to those audio books, instead of getting into a hardcopy," said Luisa Tarna, a former teacher.

According to a statistic made by Publish Weekly, the sales of print books actually grew with 2.5% more sales for year 2018, than the sales from 2017. The largest sector of books being sold, is that of adult nonfiction, with units up to 5.7%. These statistics are proof that, hard copies are not about to disappear, but just the opposite.

Other people, however, like Daniela Maria Tarna, prefer the alternatives. "I find e-books and audio ones better. You can basically carry a whole bunch of books in you purse. With the modern technology, you can access them from everywhere at any time," Tarna said.

Forbes' magazine article about audiobooks vs print copies, show that the interest for audiobooks rose with 32.1% in the first quarter of 2018. This shows us, that people like Maria Tarna, who prefer alternative ways of reading, helps the sales of e-books and audiobooks, with up around 20%.

As those statistics shows, different people prefer different types of reading/ listening to books. Being up and down, however, the numbers are showing, that people are still reading traditional books and they are still buying them.

Guardians statistic, from 2018, shows that the year 2017 was good for publishers, as the sales went up. According to it the book marked hit one of his highest numbers with £5.7 billion pounds of sales. That marks 5% more sales of books, from the previous year.

"Books are not just something you put on a shelf in your house. They are there always and forever, and people can reopen them as many times as they want. And e-books can be nice, but what if tomorrow something happens with the battery? You basically lose everything. That's why I will always prefer print copies," Luisa adds.

According to another source, INC.com, during 2017 the sales of e-books plunged with around 17%, while people, who said they prefer a hard copy rose with 5%. According to the website, one of the reasons why people prefer print books, is because they are easy to share. Seen books on shelves at homes and bookshops, invites people to borrow, read and potentially buy. This also means, that people are engaging more between each other, making new partnerships and potential deals in the future.

As there will always be people like Luisa Tarna, books won't disappear. They will always be here ready to help us. Stored in a library, bookshot or a shelf in our houses, books won't let us down. Moreover as the statistics shows, sales goes up and down, but people will never stop buying books.

"In the case of good books, the point is not to see how many of them you can get through, but rather how many can get through to you." – Mortimer J. Adler



A re-proposal of pop art

A trip into Andy Warhol's controversial world, through pictures that made history.

By maria volpe

An exhibition of some of Andy Warhol's most acclaimed masterpieces is ongoing until February 16th at the Halcyon Gallery on 144 New Bond Street.

Among all the pictures shown, the most noticeable are the artist's tribute to Muhammad Ali, and the "Truck" which is a portfolio of four truck images each signed by the artist, picture that was only made two years prior his death.

Warhol is the major exponent of "Pop art", the American artist began his career creating visual art for commercial purposes and advertising, until around the 1950s he started exhibiting his works at galleries across the United States from east to west coast.

His most famous exhibition is most likely the one at the Ferus Gallery in Los Angeles, 1962, where he exposed the Campbell's soup can, probably his artwork that defies him the most.

The London exhibition is also showing "Hammer and Sickle" from 1977, which is probably the artist's most politically provocative work: "Whatever the intention of these work is", says the description, "they introduce anti-capitalism into Pop art, giving rise to questions as to how one might interpret the artist's seemingly frank visual language"

A substantial number of people showed up on Sunday February 2nd, at the Halcyon Gallery to admire the artist's masterworks, all with different opinions.

Damaris, 23 from East London, described Warhol's art as "repetitive and chaotic":

"I don't really understand this kind of art, to me it all looks so repetitive and chaotic, he is always using the same range of colours, like, where is the pink? Where are the mild colours this is giving

me headache!" she added: "the picture with Muhammad Ali, to be honest I think it looks more sad than anything else, and what about the superman? It does not make me feel anything at all. These paintings all look the same"

But despite the critiques some seemed to really appreciate it.

Charlotte Brown, 35, said she came into town appositely to see the exhibition: "I am not here casually, I came on purpose to see this".

She said: "I think his art is very different from the typical concept of art one has in mind, it's unusual. I like to look at his works they're very colourful and lively".

She has seen many exhibitions of Warhol's

"To this day, Warhol remains one of the most important artists of the twentieth century"

art, but some of the paintings at the gallery were totally new to her.

If Warhol was alive critiques wouldn't

have probably concerned him, as his paintings include some of the most expensive pieces of art ever sold, in fact the artist was described by "The Economist" in 2009 as the "bellwether of the art market".

According to the gallery's staff, despite the gallery does not keep an attendance record they're aware there has been a "good turnout" of audience.

When asked why would the gallery propose Andy Warhol's artwork at this period in time, the Halcyon Gallery Team answered: "To this day, Warhol remains one of the most important artists of the twentieth century and continues to influence contemporary art and culture. Halcyon Gallery has been a long standing exhibitor of Warhol and holds a substantial collection of his works."



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Could alcohol be interrupting your life?

New alternatives to alcohol, that keep the flavour and social occasion are becoming very popular

By Johnathan Elderfield

Club Soda's – Mindful Drinking Festival gives East London an insight into the vast and available options on offer.

The New Year is now well and truly underway, and for many, that means some sort of resolution. For most, giving up chocolate seems to take centre stage - at least up until Easter.

Dry January might be over, but Sober-October is not far away.

These new months dedicated to being alcohol-free have become very popular across the nation, prompting drinkers to simply give their bodies a rest from the bottle.

All that excessive drinking might feel most natural in the winter months when the evenings are dark and cold. What could be better than being tucked up in a cosy local, sitting before a fire with a hot toddy in one hand, chatting away your week in good company?

But is that really a great idea? Perhaps not.

The Office for National Statistics says that "24% of adults in England and Scotland regularly drink over the Chief Medical Officer's low-risk guidelines, and 27% of drinkers in Great Britain binge drink on their heaviest drinking days (over 8 units for men and over 6 units for women)."

So, it's no bad thing that the surge in popularity for low and non-alcoholic beers in the UK has seen pubs and bars stocking an array of different non-alcohol alternatives, that allow people to enjoy a good time without either getting drunk or ironically - offending their friends by not drinking. That's a step in the right direction from the usual offence bred in pubs across the country, all of which probably involves three or four pints and an argument over Brexit.

Club Soda is an organisation dedicated to the 'mindful drinking' movement. Its forward approach takes each step little by little and doesn't disregard Britain's 'very British' culture surrounding alcohol consumption. In other words, they focus on getting people to reduce the amount of alcohol they drink, and not flippantly advocating complete

abstinence of alcohol.

It's no wonder Club Soda is becoming so popular. Last month they had a 'Mindful Drinking Festival', in Shoreditch, with lots of micro low-alcohol breweries showcasing their alcohol-free and low-alcohol products. This included wines, beers, spirits and Champagnes.

Woodstar is a 1% ABV red wine alternative, made up of 'a crafted blend of natural ingredients full of goodness. No added sugar, no artificial colours or flavours, no sulphites and only 25 calories per 125ml'.

"Our ambition was to make something you could sit down at a nice restaurant with and enjoy a nice glass or two with some good food and still receive the same pleasure you'd get from some of the pricier bottles you'd buy in those very same restaurants," said vintner Simon Baldry, 52, who lives in Cognac, France.

Drinking rates among adults have shrunk to their lowest in 18 years since the turn of the century. According to the Office for National Statistics, the group of adults that drank alcohol at least once per week has dropped from 64% to 56% last year.

"I gave up drinking last year and at first it wasn't easy, but once you give yourself a month with a good choice of alternatives, it becomes one of those easy routines you forget you've adopted," said Hugh Jones, 32, from London, who works as a sales manager for Lucky Saint – an unfiltered craft beer from Germany that is deemed non-alcoholic, with only .5 percent alcohol.

With a 400-year heritage, Lucky Saint might be gaining in popularity, thanks to the non-alcohol craze taking hold. As alcohol gets the sort of press that smoking and mobile phones receive in terms of cancer indicators, more and more people will be in search of these alternatives to going out and having a good time.



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Christopher Froome is a Yellow Jersey winner at Tour de France 2013.

The sound of the 40s hits

North London

Music can become a connection between nationalities and the songs of Greek singer Sophia Vembo showed just how you can do this in the 21st Century.

By rhea christopher

It's the 1940s and you are in a dimly lit taverna in Greece. It's World War Two and your brother, possibly father, cousin, partner or friend, is away fighting the fascist armies in the Balkans. Then the oriental, tinny sound of the bouzouki hits its first note and all the sudden you are thrown into the echo that resonated around Greece and her islands throughout these days of struggles.

Vembo, the Voice of Greece took place at Balabam, in Tottenham, North London. It is a bar-come-restaurant with a very bohemian atmosphere; stripped walls, a just about there ceiling and furniture that looks like it has travelled around the world for eighty days. With the lights on full it looks very derelict but as they prepared for the evening it was like anything inanimate came alive and what was once an empty space comes to life with shadows.

Sophia Vembo was the Vera Lynn of Greece. She travelled around singing songs to troops to encourage them in their fight. She sang in tavernas and many theatres to encourage positivity in a nation that was struggling and slowly losing its power to the Nazis.

Vembo famously said that "where there is one Greek, there is Greece!" and that truly was the case here at Balabam. With Katerina Clambaneva on vocals, Theodoris Ziarkas on the double bass, Pavlos Carvalho on the cello and bouzouki, and George Stamatis on guitar, the Hellenic sound of the 40s was brought to life.

It wasn't a night solely for Greeks though; I bumped into Danes, English and Spanish people. Many members of the audience knew one, or a couple, of the musicians, and they came from all different ages and backgrounds. Even though there were probably thirty people max there, it felt like there were even more people and this is very much reminiscent of how tavernas in the 40s in Greece 32 felt.

Katherine Rees, 28, who is half-Greek, half-English, said that "I don't speak Greek well but you don't need to with these kind of songs. They speak Greece even if you don't understand what is being said."

In a way, today's society is a reflection of what was happening to Greeks during the great war. Instead of war forcing you out of your country for work it is the recession and the numerous cuts Greece has faced. Ultimately, London has a new found population of new Greeks that have come here to work.

With them though they have brought many musicians that have staged a number of gigs, such as this one. There is a certain endurance to the music of the 40s and bordering eras. For example, we have Imelda May with her wacky 50s songs and in 2018 we had the centenary of the First World War. Whether you don't like the music that came from that era, it's almost become untouchable. Who's really going to fight with musicians such as Elvis or Little Richard?

Niki Konissis, 58, who is Greek-Cypriot and was at the gig said "experiencing the Turkish invasion of Cyprus during the 70s and hearing my father say he would never sing again, which he never did, it's great to hear these songs. They really are the sound of Greece and many memories are brought alive with them."

That is the beauty of music. It doesn't matter what era you are in, location you are at, or what age you are, music resonates a certain mentality. Some call it being sentimental but either way old songs don't die easily and these musicians at Balabam are living proof of that.



Photos: RheaChristopher





A LIFE WITHOUT FILTERS

Being a working woman is quite normal today but what was being the only woman boss in a newsroom in the '80s? Patricia Elkins, ex picture editor of the Daily Star, talks about it.

By francesca mazzola

Everyone is turning their heads looking at her, she fiercely walks in the newsroom, but her presence is a rare event: she is a woman, the first woman to be entitled as picture editor in a national newspaper in the UK.

Patricia Elkins worked at Daily Star from 1987 until 1991 pursuing a career that was utopian at the time.

Her life was about searching, digging and finding the best photo under a pile of hundreds of photographs describing hundreds of stories.

Nudity, defects, beauty, ugliness, and secrets once hidden were discovered by readers turning a page.

"I remember when I used to enter the newsroom, they had a chalk notice board with all sort of initials and figures, a few days later somebody told me they were trying to see who was going to shag me first," firmly says Elkins.

She is 76 and she retired in Spain living day by day under a sunny sky. Her life now is different from what it used to be before leaving the rainy and steamy London.

"Difficult days," says Elkins, days different

from the #metoo movement or women fighting for gender pay gap today.

Her eyes are looking somewhere, somewhere far away from the present, as if she is seeing the headlines that made her life so peculiar again.

Her career begun quite by chance, in fact, her job was assisting and organizing interviews and important affairs for the editor of The Weekend Telegraph during its launch in 1964.

"I was a really bad secretary, so I was sent into the picture department to help there, and so

my career started," she says.

She didn't have a clue on how to take a picture neither

recognising a clear, vivid and interesting shot but that didn't stop her learning and working for some of the best publications such as Women Magazine, New Magazine, The Sunday Mirror, and The Telegraph Magazine.

Each photo would have been manually analysed and each choice was crucially important for the final result.

The Daily Star was at its best with an unthinkable circulation compared to 2019, "My first impression of Patricia was good, she had an air of

"There were no second chances to rescue a bad photo"

confidence about her without coming across as cocky," says Mark Bourdillon, Times Inc. photographer and friend.

The atmosphere at Fleet street was impregnated by cigarettes, alcohol, and misogyny, "however in all the years I worked with Patricia, her gender was never an issue with any of her photographers, it was just that secretly we all loved her," adds Bourdillon.

Being a good picture editor is also supporting, enhancing and reinforcing the context in which the article is written, "nowadays everyone has a camera and I imagine magazine receive tons of pictures, everything is so celebrity driven and the quality of photography has decreased," says Elkins.

Back in the days Twitter, Facebook, and Instagram didn't exist and there were no filters that could make a photo look better, "there were no second chances to rescue a bad photo, the picture had to be properly exposed and composed," says Jim Taylor, Patricia Elkins's friend from 25 years and freelance picture editor.

Social media though are not only changing

the way photography is perceived but it is also a source of fake news – which half of the population regularly see on Facebook- but most importantly a proof of women's voices, "It's still a man's world and women must be tough," says Daily Star's picture editor.

Patricia Elkins remembers the first time she saw an Apple Mac in the office but "photoshopping wasn't still there and it was very easy spotting a manipulated picture".

Even if she was unknown in Fleet street, Patricia was appointed by a very experienced editor and picture editor. Mark Bourdillon, in fact, remarks: "I and my colleagues knew she would have to be talented and this wasn't a selection made on looks, despite Patricia's very classy demeanour,".

Eighteen staff photographers would work hard next to Patricia Elkins and "at the end I realized I was the boss," says her while laughing recalling those moments.

After her career she moved to Catalonia because of the sunny weather, "I am glad to be in Spain now and not in Brexit Britain"



Photos supplied by Patricia Elkins, lady in front row on the left