

Tickets for the whole family to see The Lion King in London

November / December 2011

- Southampton
  Star shines brightly in
  the West End
- Through
  the Porthole
  with Holland
  America Cruises
- Making furry friends
  with Harrods

The fight against alzheimers

continues...

# PLUS GET YOUR KICKS On Route 66 with our

on Route 66 with our American Travel Expert

CELEBRITY CHAT! With Kate Garraway

**GREAT PRIZES AND GIVEAWAYS** 

www.thebuzzmagazine.co.uk



# Hastods

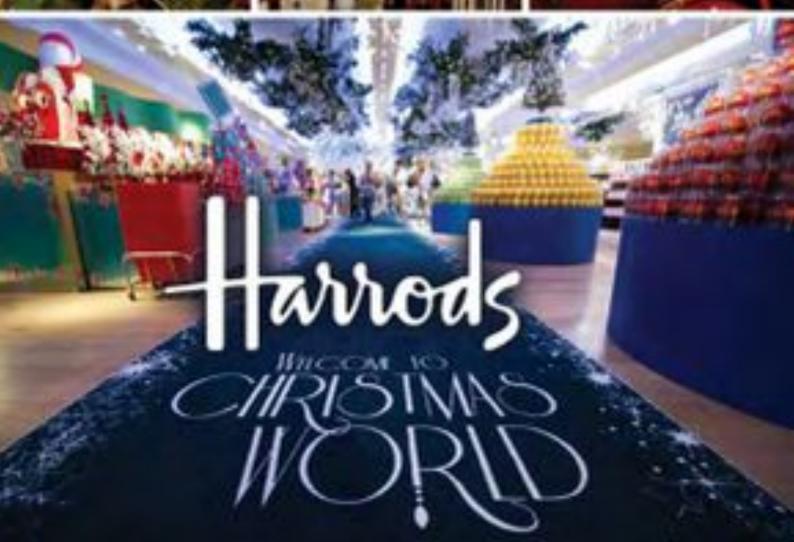
Tis the season to visit Harrods. Out into the l'entire Spirit by waters the mapic of Christman World at Harrods. Let the fun begin ....











# Offord & Sons

## Purveyors of Fine Jewellery & Watches









For the perfect Christmas present

86 High Street, Winchester. Tel - 01962/867772 3 Church Street, Romsey. Tel - 01794/512247 www.offordandsons.co.uk





#### **Editor In Chief**

Linda Carter editor@thebuzzmagazine.co.uk

#### Advertising

Danielle Bunting, Sales & Marketing Manager 01489 577837 sales@thebuzzmagazine.co.uk

#### **Editorial**

Sarah Rohn-Magee, Features Editor 01489 577837 editor@thebuzzmagazine.co.uk

#### **Copy Editor**

Karen Stoop

#### **Community Features**

Ann Younger

#### **Accounts**

01489 577837 info@thebuzzmagazine.co.uk

#### **Competition Entries**

Terms & Conditions see page 74 win@thebuzzmagazine.co.uk

To reach our:

- · Graphics & Printing Department
- Photographer
- Researcher
- Admin Department
- Community Features Department Email info@thebuzzmagazine.co.uk For further information, visit our website www.thebuzzmagazine.co.uk

Postal Address

96 Brook Lane, Warsash, Southampton SO31 9FD

Tel: 01489 577837

Fax: 08721157465

Email the

## Deadline for next edition: 10th December 2011

Published by Berwind Business Solutions

Design & layout: Karen Holloway Design, www.karenholloway.co.uk



#### **JOB VACANCY**

Due to the overwhelming success of The Buzz, we need to increase our team. If you are self-motivated, hard-working and lots of fun—we are looking for you!

We need passionate individuals with ad sales experience. Work from home — hours to suit! Join our sales team and let's get Buzzing!

Call 01489 577837 for details or send your CV & Cover Letter to the editor@thebuzzmagazine.co.uk

# Create a Buzz of your own – and get your business noticed!

ur community has many people who are knowledgeable and whose contributions of articles in their field are very beneficial to our readers and at the same time they give your business additional coverage. We encourage our readers, business people and professionals to help our community by sharing their knowledge and expertise with all of us. Call or email the Buzz team to find out how you can get involved.

# Advertise with The Buzz and we'll soon have the local area "buzzing" about you!

#### What will The Buzz do for you?

- Competitive rates affordable to everyone. Great editorial opportunities.
- Even the smallest business has the opportunity to promote themselves.
- Full colour, glossy format shows you at your best. Reader's feedback pages.
- Delivered free to a vast range of consumers, all demanding great quality.
- Bi-monthly which cuts your advertising costs in half straight away while still giving you great coverage!

## But don't take our word for it – here is what some Advertisers said about our preview edition:

Will continue advertising in The Buzz as I had a good response from the preview edition. Thanks

Much better than an advertising journal. Can't wait for the next issue!

My kids love it—the quirky little Buzz & the kid's pages with great competitions!

The Buzz Magazine caters to all the community—and all members of the family. This is a great idea to have all this information in one magazine!

I advertised in the preview edition of The Buzz Magazine and was extremely pleased with the response.

Fabulous magazine. Beautifully produced. And bi-monthly so we have time to enjoy it!

The team at The Buzz are so helpful and friendly. Nothing is too much trouble. I am delighted to be featured in the first edition and wish them every success!

With outstanding quality and very low advertising rates, it makes sense to create a Buzz for your Biz with The Buzz Magazine. Contact our Sales Team on 01489 577837 or email us sales@thebuzzmagazine.co.uk



## The BUZZ

# A magazine that is all about you!



elcome to the first edition of The Buzz Magazine
- featuring people, places and businesses in your
community with an extensive readership covering the
south coast of Hampshire from Southampton to Portsmouth
and Winchester to the Isle of Wight. The team at The Buzz are
dedicated to ensuring the best quality service to all our readers
and contributors. We are thrilled to have been able to collaborate
with a few elite businesses for our launch issue. Holland America
Cruise Lines are renowned for luxury cruising; Disney UK have been
most generous with their time and having a special relationship
with several theatres in the area means that we will always have up
to date coverage on local entertainment. And as a special treat,
The Buzz Magazine will feature a regular showcase of magnificent
products from Harrods, many of them appearing in our fabulous
prize giveaways! Keep an eye out in future issues.

The Buzz will not only entertain you, but offer you tips and advice from professionals in the community. We are delighted to have teamed up with local businesses to bring you expert advice on topics that interest you – Matthew James from Starbuck & Mack Solicitors offers invaluable advice when selling your home and our American Travel Expert, Alan Wilson of Bon Voyage Travel will be a regular contributor telling you all you need to know about travelling across the Pond!

We are committed to providing a magazine that is 'for you' and 'about you'. So please get involved and let's create a Buzz together. Anything you want to tell us – we are here for you. We are also keen for the children in our community to have their say and have created a forum where our Junior Buzz Reporters can test their writing skills and report on any kids-related topics.

**WIN! WIN!** Our connections with local and national businesses mean that we are able to offer fantastic prize giveaways to our lucky readers. There's a great assortment of competitions throughout the magazine, with lots of fabulous prizes to be won....

The Buzz supports many charities such as SOFT UK, and the Alzheimer's Society, by raising awareness and assisting with fundraising. Do you have a worthy cause to shout about? Let us know how we can help.

While it was wonderful to feel the sun on our backs a little longer than usual this year, it appears that winter is creeping up on us and Jack Frost will soon be 'nipping at our nose'. No doubt we shall soon be shivering in our shoes, fretting about the heating costs and battling a plague of colds and flu. However, one consolation is that The Buzz Magazine will be on hand to keep you company. Grab a cosy blanket and a mug of hot chocolate—and let us entertain you with 80 pages of incredible reading – for the whole family!

As our magazine leads you into Christmas, we hope you have a joyous holiday season and remember we are only a phone call away - if you have enquiries about The Buzz Magazine, or wish to advertise or have an event you'd like to promote. Our amazing team have literally been Buzzing for the last few months to bring you this fantastic magazine. Thanks for joining us – Enjoy! Best wishes,

Linda

Linda Carter Editor-in-Chief

## **Contents**

PAGE		
5	'Step' into lan	
	"H" Watkins world	
8	Tesco's Memory Walk	
17	Meet 'Clever Freddie'	
20	The Leek Season kicks off	
23	Celebrity Chat – Kate Garraway	
34	Southampton's American	
	connection	
37	Travel Stateside with Alan Wilson	
38	All Aboard with the Captain	

Hear the Lion King roar!Get cuddly with Harrods

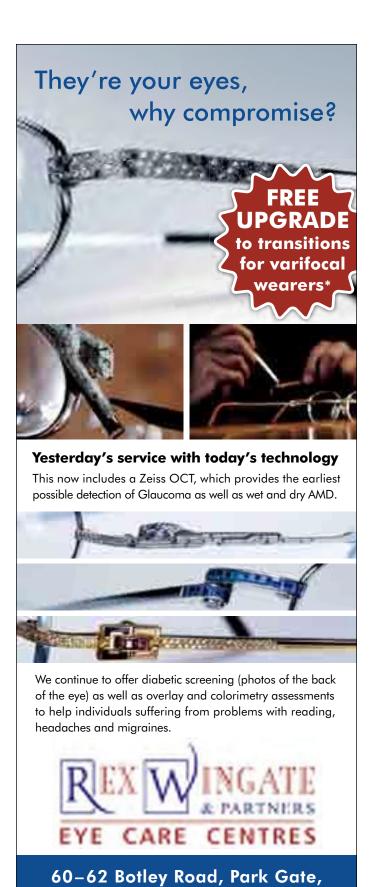
AND

62 12 pages of Christmas Fun

#### **PLUS OUR REGULAR FEATURES**

5	WHAT's THE BUZZ?	
6	OVER TO YOU	
7	LOCAL HERO	
16	THE BOOK BUZZ	
20	RECIPE IDEAS	
28	BUZZ KIDS CLUB	
38	THROUGH THE PORTHOLE	
49	HOROSCOPES	
51	THE BUZZ ON THE SOLENT	
54	GOLD STAR BUSINESS AWARD	





Southampton SO31 1BB

www.wingateopticians.co.uk

EMILIO PUCCI

# Alleviating Visual Stress in children

A pioneering service called colorimetry is now available for individuals suffering from Visual Stress (also known as Mears-Irlen syndrome).

Ithough more common in those diagnosed with dyslexia, the two conditions are distinct. The symptoms of visual stress include; letters or words appearing blurred or as if they are moving, finding the page too bright to look at, blotches of colour appearing on the page, tired eyes after short spells of reading, headaches and / or migraine.

This condition is caused by over stimulus of the visual cortex, the part of the brain responsible for processing data from our eyes. The use of colour can be of enormous benefit by calming this hyperexcitability and thus alleviating symptoms (with an overlay) or eradicating them altogether with precision tinted lenses.

Overlays (tinted transparent sheets of plastic) are designed for children under 7 or 8. Many schools and colleges are already aware of the benefit of using colour through overlays. However, few schools and colleges are aware that an overlay is simply a preliminary step towards colorimetry and, where overlays show an improvement to reading rate and fluency, specialised tinted lenses for spectacles should then be prescribed.

This involves a further test using the Intuitive Colorimeter, when a totally bespoke optimal colour and saturation is identified. Where an overlay is selected from twelve colours there are over seven thousand different colour combinations at differing saturation levels available for the precision tinted lenses. In turn this means the benefit experienced is more profound as the result from colorimetry is much more bespoke, tailored precisely to the individual's needs. In addition to this the spectacles offer help with the interactive whiteboard, overhead projector and with writing, none of which are helped with an overlay. If colour is found to help, the results are often spectacular. Children can typically gain over a year in reading age in the matter of days.

#### **Teona Wingate (Rex Wingate Opticians)**



\*Upgrade for back surface lenses only.

For a chance to win tickets to see "H" in Beauty and the Beast at the Ferneham Hall, go to Page 64

# A 5-minute chat with Ian "H" Watkins

Better known as "H" from chart-topping pop group Steps, Ian will soon be appearing in Panto at the Ferneham Hall in Fareham.

ver the five years they were together, Steps were staggeringly successful, achieving a string of Top Ten hits in the UK and Europe and the group sold over 10 million records and 2 million concert tickets worldwide. They reformed in May 2011 for a four-part documentary series on Sky Living titled **Steps: The Reunion** and their second Greatest Hits album **The Ultimate** 

**Collection**, released on 10 October went to number one in the UK Album Charts.

They have now announced that they will reform, kicking off with a 18 date 2012 arena tour, beginning in Belfasts' Odyssey Arena on April 2nd and concluding at the O2 in London on April 19th. The Welsh singer and one-time Butlin's Redcoat retrained as an actor after Steps split in 2001. He is still a high profile performer appearing in a variety of West End and touring shows, including Joseph and the Amazing Technicolour Dreamcoat, and as the child-catcher in Chitty Chitty Bang

lan – the "H" stands for hyperactive by the way – managed to sit still long enough for The Buzz to catch up with him for a 5 minute chat!

#### What period of time would you like to have been born in?

1920's... I love how elegantly everyone dressed

#### Where is your favourite holiday destination?

I have to say Wales... there really is no place like home

#### How do you like to relax?

I'm really lucky with where I live and so the best way to relax for me is riding my horses on the beach

#### What is your biggest regret?

The way that Steps ended

## Which person(s) apart from your family members have had the most influence on your life?

My Art teacher at school

#### What is your favourite book/film?

The Four Agreements

#### What irritates you?

Mobile phones in the quiet carriage on the train!!!!

#### What's your favourite food?

Crème brûlée

#### Describe yourself in 4 words

Loyal, Positive, Compassionate, Creative

### Who would be your ideal dinner party guests?

EF Benson, Julia Roberts, Dolly Parton, Elizabeth Taylor

#### What do you miss most about home when you're away?

Watching the sunrise with a coffee after we have let my chickens out

#### Who or what inspires you and why?

Spending time with my friends children ... It's amazing to see how wonderful small thing are to them!

Like the most amazing green leaf! Or a Red Car!

#### What were you doing the last time you had a really good laugh?

Working my way through a cocktail list with Faye Tozer... although I wasn't laughing the morning after!

#### When was the last time you cried?

On 16th October this year, when The Ultimate Collection went to No.1 in the UK Album Charts

### One thing The Buzz readers are unlikely to know about you

I can tightrope walk!







### The BUZZ

# What's the buzz? Tell us what's happening!

#### This page is for you and about you

If you have some buzz of your own you'd like to share with our readers, a story, photograph, helpful tip or suggestion, call the friendly team at The Buzz and let us know. Or email us at editor@thebuzzmagazine.co.uk As a thank you, we will send you a £10 High Street Shopping Voucher for anything that appears in the magazine.

#### The Buzz on the Bridge

Pear Editor,

I don't very often venture into

Southampton, particularly at night.

But when I did recently I was

thrilled to see the new lighting

on the Itchen Bridge. They

look wonderful and really lit up an

otherwise dreary part of the city.

Will they consider changing the colour

for different events? Like green for

St. Patricks Pay? Made me forget

for just a moment that we are still

paying the toil after all these years!

Mrs Kelsom, Eastleigh

Have an opinion about something you saw in the magazine or happenings in the community? If you want to make your voice heard by all our readers, submit your letter to the editor by email editor@thebuzzmagazine.co.uk or post it to The Buzz Magazine, 96 Brook Lane, Warsash, Southampton SO31 9FD. If your letter is printed you will receive a £10 High Street Shopping Voucher! Letters to the Editor are the opinions of the writers and not of The Buzz magazine or it's Publisher.



Remembrance Sunday is on 13th November. Please remember to wear your poppy with pride.

#### The Royal British Legion

Providing welfare, comradeship, representation and remembrance for the Armed Forces community. To donate: Go online to www.britishlegion.org.uk/support-us/how-to-give Or call 0845 845 1945

#### **Poppy Facts**

- November is poppy month, the time of the year when by the wearing of a simple emblem, a red poppy, we salute the memory of those who sacrificed their health, their strength, even their lives, that we might live in a free country.
- The first actual Poppy Day was held in Britain on November 11th, 1921.
- Some people choose to wear white poppies as a pacifist alternative to the red poppy.
- In 2010, the Poppy Appeal raised a record £35m – they hope to do even better this year.
- A team of about 50 people most of them disabled former British military personnel – work year round at a factory in Richmond, Surrey, to make 30m poppies, along with 5m petals, 100,000 wreaths and 750,000 crosses. They warmly welcome visitors on free, prearranged tours.

For information visit www.poppyfactory.org

## ANNOUNCEMENTS ABOUT YOU



#### **ENGAGEMENTS**

- Sandra Jones & Robert Kassin of Eastleigh
- Laura Bitton & Neal Levy of Havant



#### BIRTHS

 Nicki and Joe Blaine of Hedge End are the proud parents of a boy, Thomas born on 30 October. 8lbs 1oz. Little brother for Ellie

#### **ANNIVERSARIES**

 George and Rose Stubbs of Bitterne will celebrate their Ruby Wedding Anniversary on 5 November



To submit your announcement please call us on 01489 577837

#### Puppy Love

These gorgeous pups belong to proud new mother, Amber, a 5 year old Golden Retriever. Amber had a litter of 8 beautiful, healthy puppies which filled the home recently of Basia Howard-Harwood of Warsash. All 8 puppies will be causing havoc under the Christmas Tree this year in their new homes!







# Unsung Hero noted

A resident of Warsash contacted The Buzz to tell us of a local boy who became a national hero, when he received an award for outstanding bravery.

ohn was born in Southampton and attended St. George Catholic College before moving to Northern Ireland to become a fire fighter. He has always remained loyal to his Hampshire roots, but it was during his job in Lisnaskea, Co. Fermanagh that he encountered a road traffic collision that would dramatically test his skill and courage.

John, a Manual Technician and Crew Commander with the Northern Ireland Fire Service, was driving a fire engine from Londonderry to Enniskillen, when he came across a road traffic accident involving two lorries. Three people were trapped in their vehicles but tragically two of the occupants were killed on impact. The third occupant was seriously injured. Although alone on a rural road, John acted quickly to extinguish the fire and prevent it from reaching the trapped occupant, saving his life. Remarkably his thoughts

also went to the families of the deceased and he quickly extinguished the fire surrounding the other vehicle, which enabled the families of those tragic occupants to conduct a proper burial.

To recognise his bravery, John was awarded a Chief Fire Officer's Commendation Award for his swift action and courage. This award was presented in Belfast on 7th October 2010 by Dame Mary Peters, Alex Coleman (Chairman of the NIFS Board) and Acting Chief Fire Officer (NIFS) Peter Craig, who said: "I am delighted to present John with this award for the clear thinking, bravery and decisiveness he displayed at the incident. John's actions undoubtedly saved a life that day and he went above and beyond the call of duty to help others. John represents what

a ward
es es e

working for the Northern Ireland Fire Service is all about".

John said: "It is an honour to receive a Chief Fire Officer's Commendation. Sadly two people lost their lives in that incident but I am pleased I was able to help the third person survive. Responding to road traffic collisions is a daily part of a fire fighter's job but it's never easy, especially when people lose their lives."

This local hero has lived in Northern Ireland for 25 years with his wife and 3 daughters, but he still considers Southampton his home and is a devoted Saints fan. He returns home as often as he can to visit family, who are extremely proud of him for receiving this award for doing a job that he loves.

The Buzz Magazine was proud and honoured to deliver a bouquet of flowers to John on behalf of his sister, Sarah, and all of our readers. Well Done John!

# Do you have an unsung Hero?

While we don't always hear about it, there are amazing people right here in our community giving their time and talents to

others and expecting no thanks in

return. Do you know someone who goes that extra mile to help others who are less fortunate or less able? Let's create a Buzz and tell everyone how much we appreciate them! We would like to help you show your appreciation to a friend, family member, colleague or member of the community by surprising them with a bouquet of flowers on your behalf. We will then feature their story in the magazine. All you have to do is tell us who they are, where they live or work and why they deserve to be our local Hero (or Heroine).

Should there be several entries; The Buzz will carefully choose the winning candidate.

Call us on 01489 577837 or email us at editor@thebuzzmagazine.co.uk





# What is Dementia?

Dementia is a term used to describe various different brain disorders that have in common a loss of brain function that is usually progressive and eventually severe.



here are many types of dementia. The most common are Alzheimer's disease, vascular dementia and dementia with Lewy bodies. These cause problems with memory, thinking, speaking and doing. Physical changes in the structure of the brain cause dementia. You are not mentally ill and you are not going mad.

Out of around 750,000 people in the UK with some form of Dementia, around 465,000 people have Alzheimer's disease. During the course of the disease, protein 'plaques' or 'tangles' develop in the structure of the brain, leading to the death of brain cells. The brain also needs certain neurotransmitters (chemicals that help messages travel through the brain) to function properly. People with Alzheimer's have a shortage of some important chemicals in their brain. Alzheimer's is a progressive disease, which means that gradually, over time, more parts of the brain are damaged. As this happens, the symptoms become more severe.

A diagnosis of dementia can come as a shock and even if you have been half expecting it, this will be a worrying and upsetting time. It is important to remember that everyone is different, there is not a 'right' or 'wrong' way to feel. The Alzheimer's Society offer many suggestions, support and advice on ways of coping.

8

#### Feelings:

Shock, disbelief, denial—Shock, leading to disbelief or denial is a very common reaction. Sometimes denial can be a good thing, and can help you cope with the reality of your disease at your own pace. Fear—Often, the biggest fear is of a loss of control—over the future, and over one's own life. Not knowing what lies ahead can be very frightening indeed. Common fears include becoming a burden to one's family, becoming demanding and difficult, and generally being a nuisance. You may be frightened of passing your condition on to your children. Many fears relate to physical indignities such as becoming incontinent and dribbling.

Guilt—Guilt is a very common reaction. You may think that you have done something wrong or not tried hard enough to prevent the disease. You may even feel you're to blame. Be assured: this is an organic disease, whatever the type of dementia. It is not your fault.

Sense of loss—You may feel sad that perhaps you will not be able to do some of the things you'd planned.

Relief—This may seem strange to some, but you may feel relieved that you finally have a diagnosis. There may even be a sense of euphoria—now that you have a concrete diagnosis, you can do something about it.

**Acceptance**—You may never accept your illness. This is OK. You will find a way of living with it.

#### How to cope with the feelings

Talking with other people can help. You may find that you only want to talk to your husband or wife, or close family. Or it may be difficult talking to those closest to you. Think about joining a support group. Many people with dementia find it helpful to talk to other people in the same situation. Your local branch of the Alzheimer's Society will be able to help you. The Society works to improve the quality of life of people affected by dementia in England, Wales and Northern Ireland. Their number will be in the local phone book, or you can call the helpline on 0845 3000 336.

Think about what you may need in times ahead. Talk to your family about it. The Alzheimer's Society publishes many useful fact sheets that will help prepare you for your future health and finances. You need to think about these things now. It can take the fear away, knowing that you have control over future events.

Discuss your treatment with your doctor. Several types of treatment can make your dementia easier to live with. These include drugs, counselling, group support, occupational therapy and complementary therapies. Again, it helps to feel in control if you know what your treatment will be, and have a say in what you do. You may also find support is available from social services and other voluntary organisations such as MIND, Age Concern, the Samaritans, as well as the Alzheimer's Society.

A diagnosis of dementia can be hard to take in. You may feel frightened and apprehensive, and you may not feel like going out or making an effort to be with people or to do things—even things that you normally enjoy. But try to take part in activities, you may find that you enjoy them. It can be tough, but life will still go on and you can still do many things, but perhaps in a different way. Keep busy, keep fighting and keep positive.

For help locally contact these Alzheimer's Society offices:

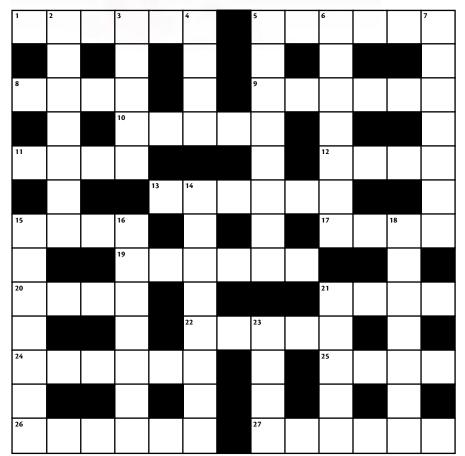
Eastleigh Office Tel: 02380 610159
Email: Southampton@alzheimers.org.uk
Southampton Office Tel: 02392 892035
Email: Portsmouth@alzheimers.org.uk
Winchester Office Tel: 01962 865585
Email: winchester@alzheimers.org.uk
Or contact www.alzheimers.org.uk

#### **PUZZLE**time

## The BUZZ

# Take a break...

Make yourself a nice cuppa and join us for a puzzle or two!



#### Across

- 1 Mission (6)
- 5 Twist and press out of shape (6)
- **8** Japenese form of wrestling, contested in a small ring (4)
- 9 Large shrimp sauteed in butter and garlic(6)
- **10** Express in speech (5)
- **11** Unit of money in Thailand (4)
- 12 Handle of a sword (4)
- 13 Orb (6)
- **15** Adept (4)
- 17 Horse colouring (4)
- **19** Family surname in *The*Darling Buds of May

  (6)
- **20** Strong restless desire (4)
- **21** Entice (4)
- **22** South American animal (5)
- **24** State of being under the control of another person (6)
- 25 Highway (4)
- **26** Breakfast food (6)
- **27** Pine leaf (6)

#### Down

- **2** Stick fruit (7)
- **3** In the vicinity (5)
- 4 Powdery dirt (4)
- **5** Former Prime Minister (8)
- **6** Plume (7)
- **7** Dampen (7)
- **14** Being everywhere equidistant (8)
- **15** Relating to or consisting of water (7)
- **16** Raise to a higher position (7)
- **18** Letters and packages transported by plane (7)
- **21** Above average in size (5)
- 23 Expression used at the end of a prayer (4)



TOTAL STATE OF THE SER AF GAEBS NNASS LEW ZR OTWEAAOIUEELSAU YIZTRPNIILGISXLEVPHWGUTTCNBKFDLIBLRRRDDAIAUSTHEVPHWGUTTCNBKFDLIBLRRRDDAIAUSTHETSEEERNDCDJTNTCCYDHAEPXAILAAXJUTRETTUBYDNARBLBSEMHIEELBCUTUJOHSTNESERPRMSUORPESGLADRMACIFGGFELESNITRTTUSPAZIHTQFOTTYATSMLITSEASONABRCJVJ

ACORN APPLIES BERRIES BROWN COLOURS CRISP FIREWORKS FOLIAGE HALLOWEEN HARVEST LEAVES MIGRATION NOVEMBER OCTOBER ORANGES PUMPKIN RAKING SCENIC SEPTEMBER SQUIRRELS How many words can you make out of

### Autumn Leaves

using each of the letters only once.
On Page 74 you will find some of the words we made!

#### **British Towns & Cities**

Solve each of these anagrams to give the name of a British Town or City:

ROVED	BROGAN	MARTIN
AWING	CARDER	WAGERED
COAST	CUPIDS	POSTERN
POEMS	DENUDE	LEACHED
RENAL	FLORID	LAUNDER
ANKLED	GHOULS	GRAINED

Answers to Crossword, Autumn Leaves and British Towns & Cities can be found on Page 74







#### Give Our Kids more credit

Youth nowadays get a bad rap in the press but, there is much more to our youngsters than the press give credit for, as the young volunteers at St John Ambulance constantly prove.

As a result of being members of the charity's youth groups, young people have gone on to achieve incredible things, from helping people needing first aid to saving lives, from getting involved in community projects to becoming achievers at national level.

The St John Ambulance Badgers cater for children between 5-10 years of age, and in these Setts the youngsters learn first aid skills and life skills such as communications, the environment, entertainment and health as well as enjoying creative pursuits and team games.

As a Cadet, youths between 11 and 18 years build upon their life and first aid skills, but also take in a range of subjects from fire prevention to photography, from sports to volunteering. It's all about fun, adventure and community.

Badger and Cadet meetings are held once a week during term-time by groups across Hampshire and all meetings are carried out in a fun and safe environment. More information on this and how to be the difference between a life lost and a life saved can be found on www.sja.org.uk or by calling 08700 104950.



# What does Azalea bereavement service offer?

upporting a bereaved person is at the heart of what I do, whether this is in the early days or many months later. Grief cannot be measured and is unique to all, and my service strives to reflect this.

I take the view that working with the 'whole person' is important in a life-changing experience. I offer time and space without any expectations and pressure. Being open and flexible are key aspects of my work.

My service captures the uniqueness of the 'grief experience'. Support in re-adjusting to a new life, without forgetting the old one, is one of the most powerful things that I can give you.

If you need some personal time and space to work through your grief, please do get in touch.

Vicky at Azalea Bereavement Care 02380 837110







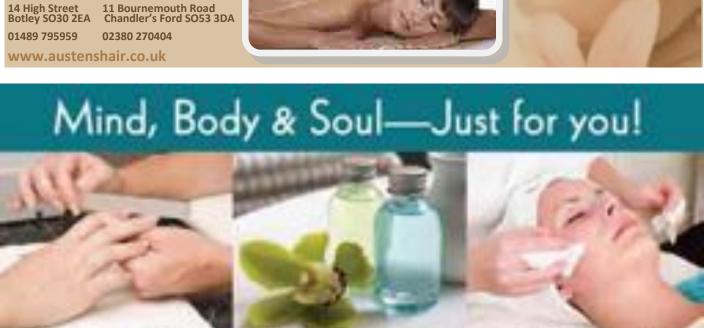


#### "Realise Your Potential"

Call One of Our Salons Botley: 01489 795959 Chandler's Ford: 02380 270404



11 Bournemouth Road Chandler's Ford SO53 3DA



I counted by the bestury indicates III pears ago wearing for the DAC (Day, coming electrospic). These years ago it could the planty and special ray pair uples. We offer a write earge of insurement from Fernale/Mule Working Red Determine, Epidath Enhancements, Navage, Rolls. forfeacings Connecting, representations to facility and even. The ratio for a very asset, friendly making arrangement and we enjoy given breatments as much as our clients origin morning them. Table I would be to briefly talk about Safe-solving for their who have rover tred it. Natheratogs is an ancient function through first analyses 4,000 pales ago. Total it has desemped a more scientific trainforcand and it, widely accepted to complement orthodox medicine. So allowalpting reflier pattern on the mate of the last we can help calesco strategy blacks, which cause distance, throoby beligning the touty to four starff. It is an interceily relating telestrans. Stop by to clief further. At the moment the salan is running a promotional facial offer for 645.00 (normally \$75.00) The includes a facilit choice, facilit street, extillation, colleges get male, scotting colleges up manteed, lumphate freeinge facial message, Reflectiving band and fact treatment, band & fast manage. The Perfect GHT

Find us in the Bitterne Precinct . Tel: 02380 442201 . www.mbssalon.co.uk





#### The ultimate MANicure

As male grooming continues to thrive, a new nail care and polish collection specifically for men is being launched in November.

volutionman, an American company selling male skincare and grooming products has developed a series of nail varnish available in three 'masculine' colours – grey 'Pavement', purple 'Alter Ego' and gunmetal 'Stand Out'.

The launch arrives in the wake of Hollywood actor Johnny Depp's decision to paint his nails blue for the New York premiere of The Rum Diary at New York's Museum of Modern Art on October 25th. Johnny's stylesavvy move to match his nails with his shirt saw him join the ranks of other famous males to have stepped out with coloured nails such as singer Seal, David Beckham and even Prince Harry. Marco Berardini of



Evolutionman said 'Men are becoming more aware that how their nails look can define them. If you're wearing a Rolex with chewed, scraggly nails,

it's a contradiction of sorts. It is definitely less permanent than a tattoo, and you can change the colour depending on your choice of mood or fashion."

The male cosmetics industry seems to be showing no signs of slowing down. Other companies are also introducing a variety of exciting shades for gents with names such as Bull Fighter and Cowboy!

Visit www.evolution-man.com for more information



#### Editor's Pick

# for Buzz Beauty

Exclusive Origins Youthtopia Lift Collection launches at John Lewis.



evive your skin after the festive season with Origins Youthtopia Lift Collection which launches exclusively at John Lewis on Boxing Day.

The new formulated moisturisers, Youthtopia Lift Firming Cream and Youthtopia Ultra-Rich Firming Cream, increase smoothness, help hydration and re-volumise for younger looking skin.

Containing the breakthrough ingredient Commiphora Mukal, a natural resource extracted from the root tree indigenous to India, the creams regenerate and plump deflated skin that has begun to crease and sag. The Youthtopia Lift Collection also includes Origins trademark elements like Rhodiola, soy protein and sweet almond extract for ultra-lifting and firming.

Available exclusively at John Lewis from 26th December the Youthtopia Lift Collection are £45.00 each for 50ml

John Lewis



# give origins





# Give your kids something to smile about .....



Top tips to keep your childs teeth and gums healthy

- Brush teeth twice a day using fluoride toothpaste
- Clean off harmful plaque using a soft to medium toothbrush making sure all surfaces of the teeth are brushed. Fluoride helps protect teeth from decay.
- Avoid sugary foods and drinks between meals
- Have healthy snacks such as celery, carrot, cucumber,

apples grapes and cheese. Drink only water and milk between meals.

Visit your dentist every six months

Your dentist will check the teeth, and the dental team will give advice to help your child to keep their teeth for life.

Call Titchfield Dental Health on 01489 581158





#### HAMPSHIRE FOOT CARE

If you find it difficult to cut your own toes nails, but you are in good health, and need general foot health advice, we may be able to help you. A service is available in the following locations for older people who do not meet the criteria for N.H.S. Chiropody.

Surgery

Burley, Myrtle Hall Denmead Health Centre Eastleigh Health Centre Gosport War Memorial Hospital Hamble, Blackthorn Health Centre

Havant Health Centre
Hayling Island Health Centre
Hedge End, St. Luke's Surgery
Lee on Solent Health Centre
Leigh Park, Malmesbury Lawn
Day Centre
Lordshill Health Centre

New Milton Health Centre Petersfield Hospital Portchester Health Centre Ringwood, Trinity Centre Sarisbury Green, Sylvan Clinic Winchester, Friarsgate Medical Centre Woolston, Old Fire Station

Age Concern Hampshire—To book an appointment please phone 01329 842481

Worried about catching a cold this season with all the sniffling and sneezing going on around you? Here are 10 things you can do to avoid getting sick.

#### 1. Keep your immune system healthy

Take a multi-vitamin and drinking plenty of Vitamin C will also help. Some immune boosting foods to consider are garlic, ginger, tomatoes and onions.

#### 2. Get plenty of sleep

Our bodies need rest to rejuvenate and stay healthy. Manage your time so you can get more sleep.

#### 3. Drink plenty of water

Water flushes out harmful toxins, hydrates you and helps relieve cold symptoms. Drink plenty – yes, even in winter.

#### 4. Wash your hands before eating

Germs spread the fastest through some kind of hand contact. Good hygiene is extremely important.

#### 5. Exercise

Try to get 30 minutes of physical exercise at least 3 times a week.

#### 6. Keep warm, but not too warm

Keep your house warm but not too warm as heat breeds germs.

#### 7. Take warm, relaxing baths or showers

The warm water will feel good and it will also clear your sinuses

#### 8. Keep your feet warm

You lose heat through your feet so it's important to keep them warm by wearing socks.

#### 9. Wear a hat when going out in the cold

Not only do you lose heat through your feet, but you also lose it through your head.

#### 10. Our favourite - Eat a little dark chocolate every day

Dark chocolate is a powerful antioxidant and can help strengthen your immune system.

# Great Offers @ Leisure Centre

In November:

A FREE 7 Day Pass

















A 12 Days of Fitness Pass For only £15

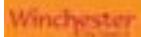


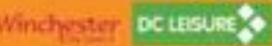




Both Passes include: -Unlimited use of the gym Free Workout Classes Free Off Peak Racket Sports

Whiteley Way, Whiteley, PO 15 7LJ, 01489 577 464











# Without Fail Author Lee Child Published by Bantam UK, RRP £7.99 Available from www.waterstones.com

Reader's Review, Susan Hall of Freshwater, Isle of Wight, was gripped by this Lee Child novel

never used to be a book reader; having the attention span of a gnat didn't help! Recently however, lives changed for us as all our children have flown the nest, so holidays took on a different air. We found we actually had time to spare a new feeling!!! So I started reading the books my husband had bought for our holiday. Some were good, some were very good, and some were riveting.

Through this I discovered Lee Child. He has a series of books based on the central character Jack Reacher. He is described as a formidable 6 foot 5 inches and in the early books he works in the US Military Police.

As soon as you read the first sentence of the first paragraph, you are hooked. The book I have just read begins: "They found out about him in July and stayed angry all through August. They tried to kill him in September. It was too soon. They weren't ready. The attempt was a failure. It could have been a disaster, but it was actually a miracle. Because nobody noticed."

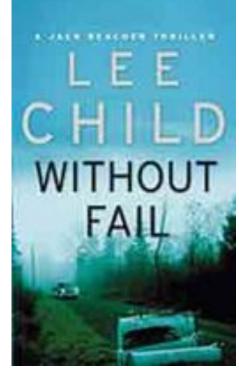
So POW! Right into it. Instead of pages and pages of dialogue detailing who all the characters are and where they fit into the story, you are right into the action. Oh, he does have other characters, but the way he brings it all together is gripping. You

can't speed read a paragraph to try and get through quickly, because in the middle of those paragraphs, Child slips in little gripping titbits, so you have to stay with the book word for word, page by page, otherwise you will miss that important piece of information, crucial to the narrative.

This story is about a female secret service agent charged with the protection of the Vice President. Jack is brought in to audit that protection and finds a lot of holes in their work. An assassination threat has to be investigated as to whom, why and most importantly, when. Jack is a very witty and thorough guy and once you have read one of these books you will become a fan.

As the main character, Jack is a loner usually, although in this book he does have an assistant. The attention to detail is a crucial part of these books. As he describes the surrounding scenery, you get a real feel for the beauty of the places he is dealing with. There is a bit of rough and tumble but not the excess violence that seems to be so popular these days. You won't find pages of foul language either so you can sit back and enjoy being taken on a roller coaster ride.

When you get towards an 8th from the end of the book, then hold on, because



that is when the real action starts and the story comes together. You're aware of something serious going down, and once finished you can't read another book for a few days because it's still there, in your head as you sit and remember all the twists and turns. Lee Child cleverly grabs and keeps your attention, right until that very last word of the very last paragraph.

I would highly recommend this book and I am sure that men and women alike will find it an excellent and riveting read.

# Thank you Susan – great review. A Waterstone's Book Token is on its way to you!

Would you like to review a book for the next issue of The Buzz Magazine? If so call us on 01489 577837 and we will give you details.

Don't forget, anyone who reviews a book or movie for us will recieve a £10 Waterstone's
Book Token

# Poetry Corner

### written by an 8 year girl from India

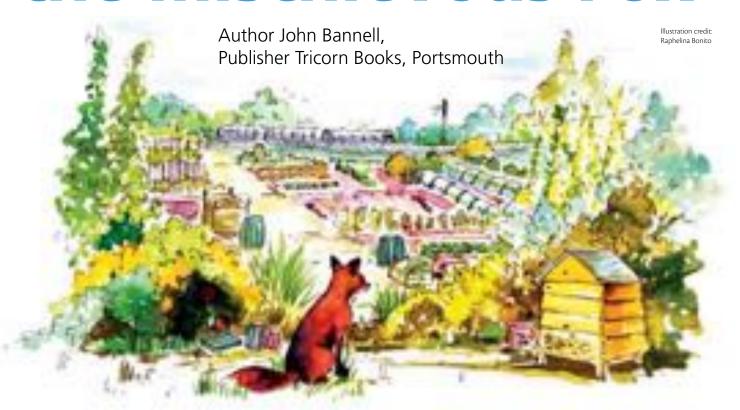
Oh! look- beyond the oceans,
Over the hills,
The golden sun is smiling over,
The blooming roses,
Sleeping sunflowers,
And the purity of lily,
All touched by the grace of sun,
With the added delight of dew,
Making a beautiful morning,
For another day to go by.

The colourful birds,
Flashing flame across the sky,
Adding colour to the paradise,
Flying through the skies of the early sun.
The clear, ringing tone of their song,
Heard across a million seas,
Cutting through the brilliant dawn,
Making a beautiful wake up call,
Throughout my dreams, it rang in my ears,
And before I woke up I heard it for real,
A song of eternity, for another day to go by

waterstone's



# Clever Freddie the Mischievous Fox



series of 6 fully illustrated books telling stories, based on true events about a family of foxes that lived at the allotment gardens in Portsmouth. They tell about an extraordinary relationship between a fox and the gardeners. The adventures that actually happened were so magical they simply had to be told, for you to enjoy.

Enchanted as the author was with 'Freddie' the young fox and his family, John set out to recount the games and antics that he and his fellow gardeners witnessed, whilst also developing characters and story lines. In addition to each beautifully told and illustrated story, there is a gardening tip and a recipe in each book.

### Reading with your children is one of the greatest joys of parenthood.

Thankfully we are blessed to live in a time and place where there is never a shortage of good books.

Daniel Rohn & Lailah Bishop, both aged 8 of Warsash & Whiteley have read and reviewed Clever Freddie the

Mischievous Fox - Freddie's Adventures.

Freddie's mum asks him to find various things for their den. Freddie takes the gardeners' special belongings and this leads him into adventures and trouble.

Daniel said "I read the book in one go because I couldn't wait to find out what Freddie did next. I enjoyed the cartoon type pictures in the book". He continued "I thought it was adorable that Freddie buried a gardener's shoe so he could use it later as a cot for the new fox cubs. Sometimes I see a fox in my back garden but I bet he's not as clever or mischievous as Freddie!"

Lailah said "I like it when Freddie steals the lady's handbag. That was funny. His mum had given him a list of things they needed for their den and Freddie went off to find things. It is a great story". Freddie is very clever and likes being at the allotment as he likes seeing the people grow their vegetables. He is very cheeky and gets up to lots of mischief. Lailah said "I like this book because it is real life, Freddie is a real fox and the stories really happened".

Both children found the book very engaging and the fact that Freddie's adventures had taken place locally made it very appealing to them. They both gave the book 10 out of 10 and can't wait to read the others in the series.

Calling all Junior Readers! A £10 Book Token will be sent to Daniel & Lailah for this book review. If you would like to review a book and get a £10 book token, give The Buzz Magazine a call today.

#### Clever Freddie the Mischievous Fox

Six Terrific New Children's Books By John Bannell

Illustrated by Raphelina Bonito Published by Tricorn Books

John Bannell will be signing copies at Waterstones Book Stores from 10am as follows:

5 November - Petersfield.

19 November - Alton.

26 November - Portsmouth.

3 December - Fareham.

10 December - Chichester.

Box set £25; individual books £5.99

## The BUZZ

# The Allotment Patch not all, of the vegetables and fruit that the state have



During the autumn months, allotment gardeners are busy tidying up and, also, planning and preparing for next year.

he freezers and the store room (that used to be called the garage!) are full of the vegetables and fruit which have been harvested. The parsnips, Brussels

sprouts, leeks, swede and cabbages are still in the ground to be lifted and picked on the day they are needed.

It is a real pleasure to know that most, if

not all, of the vegetables and fruit that will be on the Christmas dinner table have been home grown – and how good they will taste!

The planning and preparation that we do now can determine how successful our crops will be next year.

If you have not already done so in October, you should sow your broad bean seeds as soon as possible in November. Make sure that you dig in plenty of well rotted manure before sowing. Timing is important to ensure that your plants will be no higher than about 15cm when any severe weather sets in. Otherwise, they can collapse under the weight of snow and ice which happened, last winter, on a nearby allotment to mine. You can sow broad beans in February but the plants tend to be less resistant to blackfly.

Now is also the time to plant most types of garlic. The cold winter months definitely improve the flavour of the crop.

In the store, keep an eye on your sacks of potatoes, your apples (which should be singly wrapped in newspaper in single layer trays) and your onions, discarding any that are turning rotten.

Back on the allotment, the main activities at the moment are digging over the ground, pruning the fruit trees and bushes when the leaves have died off (taking any fruit bush cuttings that you need to perpetuate your stock) and making sure

that the brassicas are supported against high winds and protected by netting from pigeons.

When tidying up, spare a thought for the wildlife. Last winter, there was a hibernating hedgehog underneath a pile of leaves in my garden. By leaving that pile alone, the hedgehog was able to help me to control the slug population this year.

#### Happy gardening!

John Bannell Member of the Cosham and District Allotments and Gardens Association



Mists and mellow fruitfulness

utumn is the season of "mists and mellow fruitfulness" and nature's bounty is everywhere. The trees are laden with traditional English fruits and the root veg and tasty greens are on their way in from the fields. Soon we'll be enjoying the rich earthy flavours of parsnips, swede, celeriac and beetroot and crunching into those wonderful winter greens.

The soup and casserole season is now upon us, keeping us warm and ready to cope with the colder weather and there are tempting smells coming from kitchens everywhere.

You can't beat the taste and flavours of traditional organic veg, grown slowly and naturally in season the old fashioned way and, what's more, it's actually good for you too!

So why not try a seasonal organic fruit and veg order for a change? Organic food contains more of the good stuff we need like vitamins and minerals and less of the bad stuff we don't such as pesticides, additives and drugs and, best of all, the taste is amazing!

Organic food is no longer an expensive luxury as you can now have a wide range of organic fruit, veg, meat, dairy, eggs and bread delivered free to your door from Riverford's local farm in Hampshire at very competitive prices.

Riverford's home delivery service is consistently cheaper than supermarkets and there is no commitment or contract involved.

Seasonal recipes arrive with every box to help and inspire you and you get the opportunity to try some of the more unusual, less readily available vegetables which often become firm family favourites.

Unlike most other box schemes, Riverford are growers and everything is 100% organic and soil association certified, so why not order a box today and see if seasonal organic veg really does taste better.

the easy way delivered free to your door

your 5-a-day organic veg, meat, dairy + more fresh from our farm



- √ 100% organic and certified by the Soil Association
- ethical we work closely with our local growers to give everyone a fair deal
- outstanding flavour we trial and choose varieties for flavour, not the ones with the biggest yield
- great value consistently cheaper than supermarkets and our boxes start at just £9.85
- award-winning we're reigning champions at the Observer Ethical Awards two years running
- free delivery from your friendly local vegman



or call us on 01962 763928



## Kick off the British Leek season with some delicious recipes.

s we head into colder months, the Leek Grower's Association is urging people not to forget the benefits of the British leek as the fat-free, nutrient rich answer to staying healthy and helping combat colds this winter. From keeping sore throats at bay to improving the quality of the



singing voice, this 'upmarket onion' or 'poor man's asparagus' is a must-have on shopping lists across the country as the British leek season kicks off from 1 November and runs through to April. Leeks make a fantastically flavoursome vegetable side dish. Equally, they work wonderfully in a wide variety of recipes such as casseroles, omelettes and frittatas, risottos, quiches, pasta sauces and soups.

Check out the British leek website www.british-leeks.co.uk for mouth-watering, seasonal recipes, developed for The Leek Grower's Association by leading UK chef and food consultant, Rob Rees, MBE.

#### Did you know?

The French call the leek, 'poireau' which also means 'simpleton' in Europe.

Agatha Christie named one of her most famous characters, the French detective Poirot, after the leek.

St David, the Patron Saint of Wales, ordered his soldiers to wear leeks on their helmets in battle to differentiate themselves from the invading enemy, the Saxons.

The leek is widely recognised as the national symbol of Wales.

A means of foretelling the future and keeping away evil spirits, the leek was also placed under a pillow at night so young maidens could see the features of their future husbands.

#### Feed Your Family For Under (And Just Over!) A Fiver

#### **Recommended Wine**

The Cork & Cheese Company of Park Gate recommends this lovely white wine 2000 Fumé, produced locally at the Titchfield Vineyard.

This gently oaked wine basec upon the Faber grape has a smoky, smooth texture and attractive tropical fruit and spiced vanilla flavour.

The Cork & Cheese Company 01489 588255



# Spaghetti with Leeks, Peas, Bacon and Lemon



Serves 4
Prep 15 minutes
Cook 15 minutes
Approximate Cost £4.50

#### Ingredients

400g dried spaghetti
40g butter
150g bacon cubes
200g leeks finely chopped
400ml crème fraise
100g cooked peas
Juice and zest of one lemon
Salt and cracked black pepper
Small bunch of chopped flat leaf parsley
50g Parmesan for grating

#### Method

Bring a medium pan of salted water to the boil, add the spaghetti and cook accordingly to the packet instructions

In the meantime, fry the bacon in a medium sized pan over a low heat until the fat releases from the bacon. Turn up the heat so that the bacon starts to colour, about 5 minutes. Then add the leeks and cook for a further 5 minutes

Add the crème fraise and cook until it starts to bubble and reduce slightly

By now your pasta should be cooked. Drain and set aside

Add the lemon juice and zest to your sauce

Season with salt and pepper and add the chopped parsley

Toss the pasta in the sauce, serve in bowls and sprinkle with Parmesan

Recipes courtesy of The Leek Grower's Association



#### Sausage and Leek **Casserole with Chive Mash**



Serves 4 Prep 10 minutes Cook 30 minutes Approximate Cost £6

#### **Ingredients**

3 tbsp olive oil 8 pork sausages 1 Spanish onion sliced 200g sliced leeks 4 cloves garlic sliced 2 sticks celery sliced Small bunch of sage leaves, picked 200ml white wine

400ml chicken 2 bay leaves Salt and cracked black Small bunch flat leaf parsley, chopped

#### For the mash...

800g potatoes peeled and cut into 4 100g butter 300ml full fat milk Salt and cracked white pepper 1 bunch of chives finely chopped

#### Method

400ml passata

Preheat oven to 180°C / 350°F

Fry the sausages in a casserole dish until golden brown, remove with a slotted spoon. You may need to do this in two batches

Add the onions, leeks, garlic, celery and sage and cook until the mix starts to brown slightly

Add the wine, stock, passata and bay leaves and then season with salt and pepper

Add the sausages back in

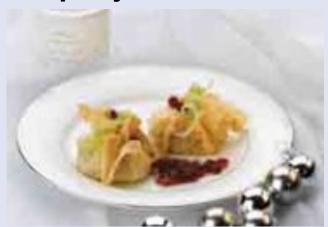
Put the lid on and cook in the oven for 20 minutes

Meanwhile, place your potatoes in a medium sized pan, cover with water and bring to the boil. Simmer gently until cooked. About 20 minutes

Once cooked, drain and mash the potatoes and add the butter and milk. Stir over a low heat until the butter has melted and the mash is piping hot. Season and add the chives. Set aside

Remove the casserole from oven, stir in chopped parsley and serve with the mash

#### And for Christmas ...... a **Festive Leek and Cranberry Caerphilly Strudel**



Serves 4 as main, 8 as starter Prep 30 minutes Cook 20 - 25 minutes Oven Temperature 220°C/200°C Fan/425°F/Gas Mark 7

#### **Ingredients**

250g/9oz Fresh filo pastry 50g/2oz Butter, melted

#### For the filling

Leeks, trimmed, washed and shredded 25g/1oz Butter Orange, zest & juice 75g/3oz Dried cranberries 50g/2oz Brazil nuts, roughly chopped 75g/3oz Caerphilly cheese, roughly diced Generous sprinkling Ground sea salt and black pepper

#### Method

Lightly sweat the leeks with the butter for 2 - 3 minutes to soften. Add remaining filling ingredients and set aside to cool.

When the mixture is cold prepare parcels. Brush a sheet of filo with melted butter and top with another filo layer. Repeat to give 3 layers in total. Brush the top surface and then fold over along the long side to give 6 layers. Cut in half to give 2 rectangles.

Place a spoonful of filling in the centre of each layered rectangle and then scrunch up pastry to give a parcel. Brush with remaining butter.

For a larger parcel for a main course follow above but omit cutting the folded filo sheets in half. Place two spoonfuls of filling into the centre of each rectangle and then bring opposite corners towards the centre and pinch filo together. Brush with remaining melted butter.

Rest prepared parcels onto a baking sheet and oven cook until the pastry is crisp and golden.

Decorate parcels with twists of lightly simmered leek strips and cranberries.

Serve warm or cold.



## **Chesapeake Mill**

Have you been to Chesapeake Mill yet?

n the Heart of Hampshire, the Chesapeake Mill is a Grade II listed building with a fascinating history, offering you a unique shopping experience. Find all your decorative inspirations all under one roof. Amaze yourself with the mass of antiques, home furnishings, garden accessories, Jewellery, gifts and bric a brac.

- New in! Fish Pedicures to leave your feet feeling soft and revitalised.
- Le Chic Dress Agency for all the must haves in fashion and designer wear,
- Drift wood art especially sourced from local beaches and wall art to astound you.

Our fabulous tearooms as always offering light snacks to home cooked food, and their famous High Teas. Yes the chesapeake mill really does have something for everybody, the huge array of stock changes weekly. So why not come in and see for yourself, we look forward to welcoming you.

Opening times Tuesday - Saturday 10-5 pm, Sunday and Bank Holidays 11 - 4pm Closed Monday 01329 834078 www.chesapeakemill.co.uk



### Welcome to Le Chic Dress Agency

You will find Le Chic in the historic Chesapeake Mill in the village of Wickham near Fareham in the heart of Hampshire.

e Chic Dress Agency is a unique boutique specializing in preloved ladies fashion and designer wear.

Le Chic has everything to satisfy your fashion needs from dresses, suits, hats, handbags, shoes and accessories - many from top designers.

Whether you are going to the races, cruising, attending a ball, prom or wedding or for any other special occasion Le Chic could have that outfit you are looking for.

Le Chic also holds high quality smart casual wear for all ages so make sure you visit us on the ground floor at Chesapeake Mill, Wickham.

**Our Opening Times.** 

Tuesday – Saturday 10.00 a.m. – 5.00 p.m. Sunday's & Bank Holidays 11.00 a.m. – 4.00 p.m. Tel: 01329 830020 We look forward to seeing you



The Chesapeake Mill is a feast for the eyes and great for Christmas shopping. You could easily spend an afternoon browsing. Then have a beauty treatment and treat yourself to lunch in the delightful tearoom, all in one place. Perfect!

CELEBRITYchat





When The Buzz Magazine caught up with Kate Garraway she had been on the go since 2:30am, and with a full day ahead of her before she got home to her children, she showed no signs of slowing down.



ow with her new business venture as an internet entrepreneur, her days are about to get increasingly busier. Having presented GMTV for 10 years, and in her current role as Entertainment Editor for ITV1's breakfast show Daybreak, Kate Garraway is one of the most familiar faces on television. But it's a new website called Goodypass.com that is keeping her especially busy these days. So what is Goodypass? Kate tells us "I've always known that I am incredibly lucky to get gifts and discounts just because I'm on TV. But thanks to my new website I now have the chance to share a slice of the celebrity lifestyle with the general public". So Goodypass.com was born and launched to a fanfare of press attention. It is a discount website that anyone can join and it gives you the chance to get exclusive offers like 1/3rd off top restaurants, half price beauty treatments and up to 75% off a whole range

of other top quality products and services that different celebrities have arranged. "I have clubbed my friends together and asked them to pull in their perks and treats."

The use of celebrities to promote the site is a clever move and its strong celebrity endorsement gives Goodypass.com its own unique selling point. Kate and 11 of her celebrity pals including Angela Griffin and Lynda Bellingham are all involved in promoting the site. "We're keen to work with a range of people, celebrities who are well-known, trusted and well-liked." she adds. As Entertainment Editor of breakfast show Daybreak and presenter on its follow-on show Lorraine, Kate is in a prime position to achieve her goal. "TV is a brutal market. If people don't like what they see, they'll just reach for the remote and change the channel. So you have to be confident in what you are delivering and you have to be quick to react. It's the same in business. We

have to give people what they want." Off screen, Kate is a mother of two young children. We ask her where she finds the time to fit everything in? "The online business works around my lifestyle nicely," Kate explains. "I have an office in London with a team of 10 people working together on the website, and when I finish presenting work in the morning, I head to the office." The nature of the business also gives Kate the opportunity to spend time with her children – collect them from school and prepare them for bed at night. "Then I can work online from home if I like," she says. But Kate doesn't deny that she leads a hectic lifestyle. "Nobody starting a business would tell you that it isn't hectic. But it's a very rewarding experience. Even though I don't get a lot of sleep," she says. "Unfortunately I can't seem to get off morning television. I am up most days at 2.30am to be at the studio by 3am to prepare for the show. And I have been known to nod off while reading the children their bedtime story!" "The Daybreak hours are rubbish for young, single people who want to go out and party but they are quite useful for being a mum. I can pick my little girl up from school so it works well. At the moment there is no mum that is not juggling a million things."

As successful as she is in her TV career and with a string of enviable credits to her name, Kate is understandably nervous about dipping her toe into the competitive world of internet business. She tells The Buzz "It's really scary but it's working well, especially considering 18 months ago, I didn't even know how to turn a computer on. Sometimes I feel like a fraud. I'm still learning ... I now have to be rather grown up and go to business meetings! It is lovely to have my own project though and I've had to have confidence and employ faith in my own idea."

When asked if she would consider giving up the presenting job to concentrate on Goodypass full time, Kate told The Buzz "At the moment the two are working very well together and I love my job. It's brilliant. Who could ever complain about going into work and chatting to Justin Timberlake and Tom Cruise –it's preposterous that I get paid money to do it."

The Buzz Magazine wishes Kate every

Register for free with www.goodypass. com and start enjoying some fantastic deals.

Kate Garraway chatted to The Buzz Magazine in Brighton's Thistle Hotel



# Your Local Professional Bathroom Installer

oes your family bathroom or en-suite need a fantastic and fresh new look but you don't have the time or maybe the inspiration to know where to start? Are you concerned about finding trustworthy and skilled tradesmen?

Drop into Taps and Tubs, have a browse around our showroom and discuss your requirements with our knowledgeable staff. We can supply everything you need and even install it too. No job is too big or small, we undertake both residential and commercial work, from a simple tap fitting up to a total redesign.

We are a family-run bathroom showroom established for

over 6 years in Park Gate with over 20 years' experience in plumbing and bathroom installations. Our success and growth has been due to the fantastic support from the local community. The sheer number of recommendations and repeat business we receive means that our knowledge of the products combined with our planning and attention to detail has been rewarded and our installation business and collaborations with local trades people has enabled the business to go from strength to strength.

For more information please visit the Taps and Tubs website at www.tapsandtubs.co.uk.











## Pressing Needs... much much more than just an Ironing Service

ver 23 years of trading has seen a local business grow extensively to offer a huge range of services in addition to their iroing service where it all began some 23 years ago.

A massive 6,500 sq ft open plan factory unit on Duncan Road at Park GAte is the main processing site where customers are very welcome to call to drop off or collect work. Extended opening hours from 7-6pm Monday to Friday and 9-5pm on Saturday and with a large car park, almost makes this site a convenient "out of town dry cleaners". The ironing service is certainly still available and remains very popular, but in addition, there is now a vast

in-house dry cleaning and laundry service and there really is not very much they can't process - from a standard 2pc suit, a delicate evening gown or a duvet cover and sheet to a feather or polyester filled duvet, horse rugs, off shore sailing gear to the cleaning and preservation of wedding dresses. With 2 dry cleaning machines and the new addition of a huge 40 kilo washing machine to support the 4 smaller 17 kilo machines, the dry cleaning and laundry service part of the business is growing rapidly.

Pressing Needs Tel: 01489 582095 www.pressingneeds.co.uk



# Realise your perfect bathroom

#### FREE DESIGN SERVICE - PROFESSIONAL INSTALLATION TEAMS

If, like a lot of our customers, you need a new bathroom or cloakroom but don't have the time to deal with all the tradesmen yourself, why not let us take control and use our



100% recommended, fully insured, professional design and installation service. Visit our ever-changing showroom - we have something for every taste, size and budget.

Free planning service < 

Installations < Designer fittings < Tiles & lighting ✓ Accessories <

Qualified plumbers < Fully insured <

## TAPS AND TUBS

30 Bridge Road, Park Gate, Southampton, SO31 7GF

# 10% OFF WITH THIS ADVERT





HUGE RANGE OF TOP BRANDED PRODUCTS INCLUDING
Metal Beds • Bedsteads • Divans • Children's Beds • Mattresses • Adjustable Beds



Call now for free friendly advice **01489 578289** 

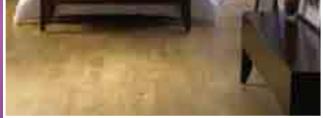
Mitchell House, Brook Avenue, Warsash, SO31 9HP Open Monday to Saturday 8.30am to 5pm & until 7pm on Thursdays

www.sweetdreamsheds.com

\*You must mention this advert when placing your order to redeem the 10% saving. Valid until 24th December 2011. Discount voucher can not be used with any other special offers.

# 10% OFF WITH THIS ADVERT





**HUGE RANGE OF STOCK • FREE HOME ESTIMATES**All carpets and flooring are fitted by our approved installers.



Call now for free friendly advice 01489 578289

Mitchell House, Brook Avenue, Warsash, S031 9HP Open Monday to Saturday 8.30am to 5pm & until 7pm on Thursdays

\*You must mention this advert when placing your order to redeem the 10% saving. Valid until 24th December 2011. Discount voucher can not be used with any other special offers.



## Sweet Dreams are Made of These

n the Sweet Dreams showroom in Brook Avenue, Warsash, there is an air of calm and tranquillity, exactly the sort of place that you would want to buy a bed. Their light and airy showroom is stocked with some beautiful examples of the types of beds and bedding that Sweet Dreams offer and caters for every taste and style. From the practical divan, with a range of headboards suitable for both fans of the contemporary, or the traditionalists amongst us; to some innovative bed frames that offer great space saving benefits, there is a bed ready to take its place in your bedroom.

With their popular speedy delivery service, customers needn't wait long for their beds to arrive, many customers have their items delivered the next day where this is possible and the team at Sweet Dreams take great pride in their commitment to customer service and customer satisfaction which is demonstrated in their high level of customer referrals and repeat business.

And in these times of making every penny count, their range starts at very competitive and affordable prices.

To find out more, to try out a bed, to get style inspiration or just advice, pop along to the showroom in Brook Lane which is open 7 days a week, with a late night opening on Thursdays.

# Major Flooring retailer opens in Warsash.

ith so much choice of flooring these days, it is sometimes difficult to know where to start. Now, your starting point is much closer with the opening of Carpet Dreams in Brook Lane, Warsash.

The company is sister company to the well-established Sweet Dreams bed and bedding store at the same location, but its name doesn't tell the whole story.

The owners of the company have worked hard to set up accounts with the major brands that customers ask for when choosing flooring, including names like Axminster, Penthouse, Victoria, and Cormar. They are also the major dealer in the area for what they believe is the the best vinyl flooring in the business, Amtico International, supplying their entire range at great prices with super quick delivery and fitting by our own qualified fitters.

With solid woods and laminates still increasing in popularity, brands such as Pergo, Forbo Nairn, Leo Line and Beauflor are also in stock.

The team also offer a large range of underlays and sub floor systems, and also undertake commercial work for offices, hotels, landlords and letting agents.

Carpet Dreams provides a top class service backed by sound friendly advice and big name brands at very competitive prices with something for every room, and every budget.

Pop in to talk to the team, browse the wide and comprehensive samples and swatches and start planning your next flooring project at our flooring department with Sweet Dreams on Brook Lane, Warsash.



#### **Six Second Quiz**

- 1 What goes up but never comes down?
- 2 What do you throw out when you want to use it, but take in when you don't want to use it?
- 3 I live where light is but die if light touches me. What am I?
- 4 What loses its head every morning; but gets it back every night?
- 5 What has rivers but no water, forests but no trees, and cities but no people?
- 6 You can feel it, but you can't touch it. You can hear it, but you can't see it. What is it?

#### What am I?

He who builds me doesn't want me, he who buys me doesn't use me, he that uses me doesn't know he's got me. What am I?

(Answers on Page 74)



# KIDS CLUB

Starting in the next issue, this section of the magazine is for you to have a say on topics that interest ..... kids!

# Would you like to be a Buzz Kids Reporter?

Would you like to report on something in your community – tell us what's happening at your school, gym club, football training and more - and get your story printed in The Buzz, along with your photo! You can either write the report and send it to us, or tell us your story and we'll write it for you.

Each Junior Reporter will get a Certificate, Badge and Reporter's Notebook – and a £10 gift token for a store of your choice.

Contact The Buzz Magazine and let's get buzzing! Tel: 01489 577837 editor@thebuzzmagazine.co.uk



# Giggle Buzz

# Why didn't the skeleton jump out of the plane?

Because he had no guts

#### **Knock Knock!**

Who's there?
Irish Stew
Irish Stew Who?
Irish Stew in the name
of the law!

## What city cheats at exams?

Peking!

#### Teacher: Who can tell me where Hadrian's Wall is?

Pupil: I expect it's around Hadrian's garden Miss!

## What cheese is 'made' backwards?

Fdam?

## What do elves do after school?

Gnomework!

If Ireland sank into the sea, what county wouldn't sink?

Cork

## Where do tadpoles get changed?

In a croakroom!

What does this say? esgg sgeg gegs gsge

Scrambled eggs!

#### **Children Learn What They Live**

If a child lives with criticism, they learn to condemn.

If a child lives with hostility, they learn to fight.

If a child lives with ridicule, they learn to be shy.

If a child lives with shame, they learn to feel guilty.

If a child lives with tolerance, they learn to be patient.

If a child lives with encouragement,

they learn to be confident.

If a child lives with praise, they learn to appreciate.

If a child lives with fairness, they learn justice.

If a child lives with security, they learn to have faith.

If a child lives with approval, they learn to like themself.

If a child lives with acceptance and friendship,

they learn to find love in the world.



# Kip McGrath Education Centres Giving children a brighter future

#### Who is Kip McGrath

Many parents are worried about how their children are progressing in school. Are they keeping up with their peers? Do they have special needs? Is the work challenging them? Will they succeed in their exams? Recent reports suggest that an increasing number of parents are looking for after school tuition to support their children.

Recognising these concerns,
Australian teacher Kip
McGrath developed a
programme of after school
tuition designed to meet
the needs of children as
individuals. So successful was his
approach, it resulted in the creation
of a worldwide network of Kip McGrath
Centres. There are now over 200 centres in
the UK, with more due to open soon.



Unlike some other extra tuition services, Kip McGrath Education Centres guarantee to use fully qualified, experienced teachers rather than instructors. First, a free educational assessment is offered so that the needs of

your child can be identified. The results of this are discussed with you confidentially. If tuition is required an appropriate individual programme of study is devised using the tried and tested Kip McGrath materials. Your child's weekly session is 80 minutes long and typically includes six different activities, prepared from written curriculum resources

and carefully developed educational computer exercises. The individually structured programme, including homework is designed to teach, revise and extend, depending on the needs of the child. It promotes success and builds on achievement.

#### **Winning Combination:**

The winning combination of computer activities, CDs and books for reading, equipment to explain maths concepts, written and creative activities in English and encouragement to become a self-organised and independent learner,

together with on-hand help and teaching from experienced and qualified teachers, makes Kip McGrath the first choice for professional tuition.

Southampton 02380 235756 Eastleigh 02380 643006





# Why learn to play the piakeyboard?

Research in the UK, Japan has shown that musical travery important part in a ch

hildren who play an instrument, e instruments, often do better in sc Encouragement, a friendly atmost excellent teaching all play their part in en people to reach their potential.

#### The benefits to young people and

#### **Young People**

- · increased co-ordination
- · increased concentration
- brain function used to understand mat engineering increased by 34% over tho: an instrument
- · boosts confidence
- · can make it easier to learn a second ins
- exposed to classical music which mightheard
- the associated board of the royal school are accredited by the national qualification
- scores of grade 6 8 are considered in t universities and colleges admissions
- many and varied career opportunities

#### **Adults**

- · piano playing is the ideal brain fodder
- · learning to play is for all ages
- · keeps fingers nimble and hand muscles
- · music is relaxing
- · increased co-ordination
- increased concentration
- · practise takes your mind off the stress of life
- · playing an instrument brings pleasure to others
- · it is an ideal retirement hobby

Parents should not worry if they cannot read music. Again research has shown that children who receive encouragement from 'non-musical' parents often do better than children from 'musical' families where the expectations of parents can be unrealistically high.

Discover the joy of music with the Carpenter School of Music 01489 789541

# Hampshire County Council needs more adoptive families.

We particularly need families who can open their hearts and their home to children aged 2+, sibling groups of 3 or more and children of any age who may have additional support needs, such as a disability, learning difficulty or medical condition.



Call us today to find out more about adopting with Hampshire and being an adoptive parent.

Adoption 0845 6035620 www.adoption.hampshire.gov.uk





# Colouring Competition!

# For our little Readers! 4 Colouring Sets to be Won!!

The winner's artwork will appear in the next issue! There are 4 age categories. See details below.



There are four colouring sets to be won for four age groups (3-4 years, 5-6 years, 7-8 years, 9-10 years). When you've finished, cut it out and send your masterpiece to The Buzz Magazine, 96 Brook Lane, Warsash, Southampton SO31 9FD. Don't forget to write your name, age and address on a separate piece of paper. All entries must be received by Friday 9th December when the judging will take place. Good Luck, but most importantly, have fun!! Terms & Conditions are on Page 74.

## The BUZZ

## A Dog is for Life, Not just for Christmas

This famous slogan was created by Clarissa Baldwin (pictured right) Chief Executive of The Dogs Trust in 1978 but is still as relevant today.

he longstanding campaign aims to raise awareness of the consequences of treating dogs as gifts or toys. Every year hundreds of thousands of children plead for the latest fad or top toy on the market, only to discard them a few weeks after Christmas when novelty wears off. Unfortuna the same perception is also apparent with dogs. The Do

or top toy on the market, only to discard them a few weeks after Christmas when the novelty wears off. Unfortunately, the same perception is also apparent with dogs. The Dogs Trust is continually seeking to change this. Dogs Trust has revealed that 1 in 5 parents would still consider buying their child a dog for Christmas. However, with the average Christmas present lasting just four weeks before being discarded by its bored recipient, the charity fears that puppies bought for Christmas will experience a similar fate and is urging people to 'think life' when taking on a dog.

One-year-old Jack Russell Terrier, Tiny Tim, was lucky to survive after he was tossed aside and left to fend for himself in sub-zero temperatures last December. He was brought back to health by staff at Dogs Trust Leeds and this year will be spending his first Christmas in a loving home. This year Dogs Trust has cared for over 16,000 stray, unwanted and abandoned dogs. Every year hundreds of Christmas present pups and older dogs are abandoned. Some, like Tiny Tim, are taken to rehoming organisations such as Dogs Trust and go on to find loving new homes, but many others are not as lucky. Founded in 1891, Dogs Trust is the largest dog welfare charity in the UK that helps give a happy home to thousands of stray and abandoned dogs



If you have been giving some thought to making an addition of the four-legged variety to the family, please consider these two lovely dogs looking to be rehomed from the Dogs Trust Centre in Salisbury. For further information on these dogs, others that also need rehoming or the wonderful work the Dogs Trust does, please visit their website www.dogstrust.org.uk



Tarka is a gorgeous four year old Border Collie who came to Dogs Trust when her owners felt they could no longer care for her. Tarka can be reserved with people she doesn't know, but once you get to know her, she is loving and affectionate

and you will be her friend for life. Tarka loves to go for long walks and also play fetch with her toys. She loves to be sung to and her favourite song is



'You Are My Sunshine'. If you're lucky she'll even join in for a duet! Tarka would like a quiet and calm adult home where she'll have time to get to know her new owners. She adores being the centre of attention so would need to be the only pet in the home.

Sam is a six year old Staffordshire Bull Terrier who came to Dogs Trust when his owners could no longer care for him. Sam is a lovely boy who loves people and can't get enough fuss and cuddles. He enjoys playing ball and having lots of one-on-one attention. Sam does suffer from allergies and will need to continue his current treatment once he is in his new home. The cost of this on-going treatment will be covered by the Dogs Trust Part Foster Scheme. Sam can live with older sensible children and prefer to be the only pet in the





# Happy Thanksgiving!

Southampton's connection to this very American celebration.



appy Thanksgiving to our American friends, whether they be home with their families or gracing our British shores, we wish all of them many blessings on this most traditional of American holidays. If there is one day each year when food and family take center stage, it is Thanksgiving. No doubt on Thursday, 24th November there will be much feasting on copious amounts of delicious food, being thankful for spending time with the people they hold close and enjoying all sorts of traditions. It is a holiday about "going home". But 'home' to those early American settlers was none other that our fair British shores with the start of their journey being firmly rooted in Southampton.

The Sunday following Thanksgiving is always the busiest travel day of the year in the United States. Each day of the long

Thanksgiving weekend, more than 10 million people take to the skies. Another 40 million Americans drive 100 miles or more to have Thanksgiving dinner, gathering together in grateful appreciation for a Thanksgiving celebration with friends and family. The need to connect with loved ones and to express our gratitude is at the heart of all this feasting, prayerful thanks, recreation, and nostalgia for a simpler time. And somewhere in the bustling activity of every November's Thanksgiving is the abiding memory of a moment in Plymouth, Massachusetts, nearly 400 years ago, when two distinct cultures, on the brink of profound and irrevocable change, shared an autumn feast. So how did it all begin?

On August 15th 1620, a small ship called the Mayflower left from the West Quay in Southampton, England, carrying 102 passengers—an assortment of religious separatists seeking a new home where they could freely practice their faith, lured by the promise of prosperity and land ownership in the New World. They had tried to depart twice before in the previous month, setting sail from Southampton in company with the Speedwell. The second time they failed, they limped into Plymouth, where the Speedwell was deemed unseaworthy and on 6th September 1620 the Mayflower, carrying the Pilgrim Fathers, continued the voyage and set sail for the New World. This is perhaps the reason that Plymouth is usually given credit with being the departure port of the Mayflower; however it was Southampton that had that pleasure and the city is now dotted with many memorials of the event. After a treacherous and uncomfortable crossing that lasted 66 days, they dropped anchor

The BUZZ

on Plymouth Rock, near the tip of Cape Cod, where the Pilgrims, as they are now commonly known, began the work of establishing a village at Plymouth.

Throughout that first brutal winter, most of the colonists suffered from exposure, scurvy and outbreaks of contagious diseases. Only half of the Mayflower's original passengers and crew lived to see their first New England spring. In March, 1621 the remaining settlers received a visit from the Abenaki & Squanto Indians who taught the Pilgrims, weakened by malnutrition and illness, how to cultivate corn, extract sap from maple trees, catch fish in the rivers and avoid poisonous plants. They also helped the settlers forge an alliance with the Wampanoag, a local tribe, which would endure for more than 50 years and tragically remains one of the sole examples of harmony between European colonists

and Native Americans. In November 1621, the Pilgrims' first corn harvest proved successful and to give thanks to God for a bountiful crop, they shared an autumn feast with the Wampanoag Indians where the guests dined on wild turkey, geese, duck, venison, lobster, oysters and fish. This is acknowledged today as America's first Thanksgiving. (picture left)

In 1817, New York became the first of several states to officially adopt an annual Thanksgiving holiday and for more than two centuries, days of thanksgiving were celebrated by individual colonies and states. After requests to establish Thanksgiving as a national holiday, in 1863 at the height of the Civil War, Abraham Lincoln proclaimed a national Thanksgiving Day to be held each November.

### **Thanksgiving Traditions**

For many American households today, the Thanksgiving celebration has lost much of its original religious significance; instead, it now evokes images of American football games, reunions with loved ones, cooking and sharing a bountiful meal with family and friends. Parades have also become an integral part of the holiday in cities and



towns across the United States. Presented by Macy's department store since 1924, New York City's Thanksgiving Day parade is the largest and most famous, attracting some 2 to 3 million spectators along its 2.5-mile route.

Turkey, a Thanksgiving staple so ubiquitous it has become all but synonymous with the holiday, may or may not have been on offer when the Pilgrims hosted the inaugural feast in 1621. Today, however, nearly 90% of Americans eat the bird—whether roasted, baked or deep-fried on Thanksgiving. Other traditional foods including stuffing, mashed potatoes, cranberry sauce and pumpkin pie are accompanied by local variations such as Florida Key Lime Pie, sweet potatoes, ham and cornbread. Whatever is served on the Thanksgiving table, across the vast expanse of the country the families of America will join together for a deeply meaningful and

most comforting annual ritual, all based around a sailing ship that left the Port of Southampton nearly 400 years ago.

### **Southampton and the Mayflower**

Southampton's old town has many landmarks commemorating this historic voyage. The Mayflower Memorial opposite the Mayflower Park is one of the most prominent. Unveiled in 1913, it features a copper replica of the Mayflower plus plaques commemorating both the pilgrims and the 2 million US troops who left Southampton during World War II more than 300 years later. A Pilgrim Fathers Memorial Plaque erected by the Mayflower descendants, Mayflower Park and the Mayflower Theatre are just a few more signs that the city is proud to commemorate this historic event.



### Try this traditional and warming Thanksgiving dish



## Pumpkin Soup, served in a Pumpkin

A very original and delicious recipe that is perfect for autumn evenings.

Ingredients

a 1.75-2.25kg pumpkin

15g butter

50g long-grained rice

2 shallots, finely chopped

2 cloves garlic, peeled and finely

chopped

600-900ml milk

2 sprigs fresh thyme

1 sprig fresh rosemary

1 tablespoon finely chopped fresh parsley

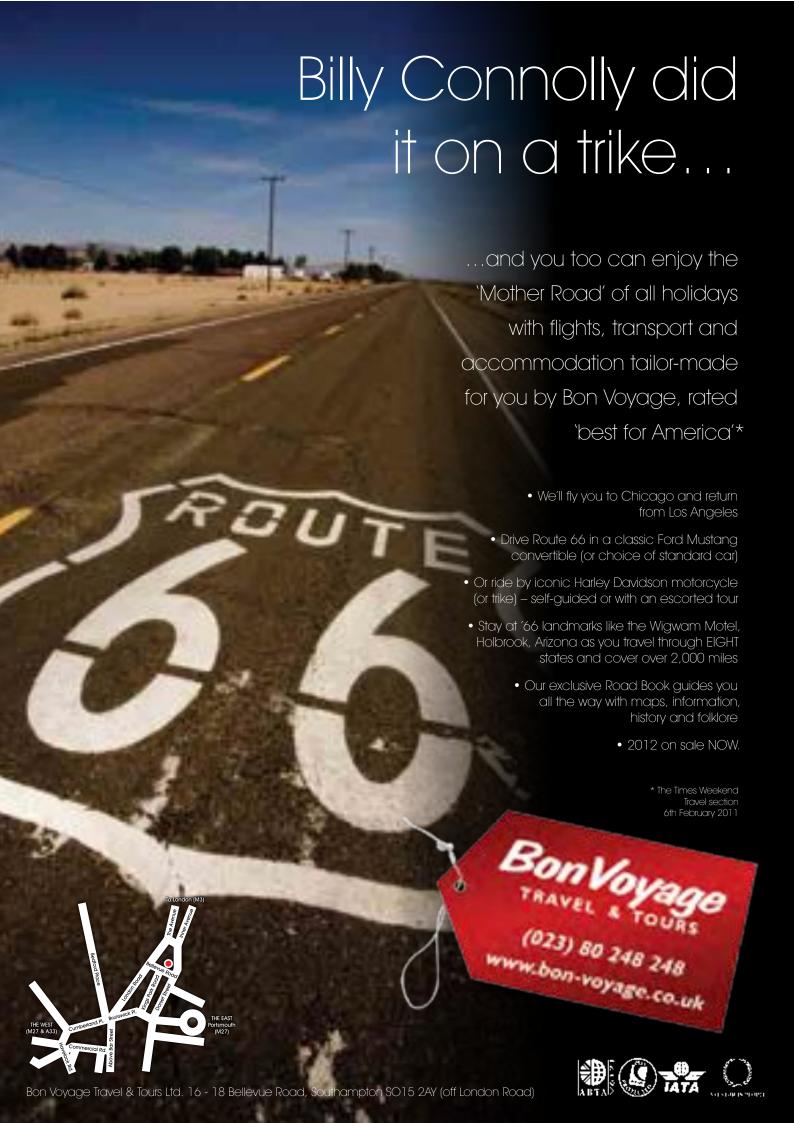
25g freshly grated Parmesan crisp croutons to serve

Pre-heat the oven to 180°C/Gas Mark 4. Using a sharp knife, cut a lid off the pumpkin. Scrape out the seeds and threads inside and discard. Rub the butter around the inside of the pumpkin and season generously with salt and pepper. Place the rice, shallots and garlic in the pumpkin. Add the thyme, rosemary, and parsley.

Bring the milk to the boil, and pour enough into the pumpkin to almost fill it. Cover with its lid, then wrap foil loosely around it, taking care not to spill the contents. Stand in a roasting tin and bake for 13/4-21/2 hours until the inside is tender.

If you can find them, fish out the herb twigs, then stir in the Parmesan, taste and adjust the seasoning. As you serve the soup, scrape out some of the softened pumpkin with each spoonful. Pass croutons around separately.

Recipe provided by Riverford **Organic Veg Home Delivery** 





# The TEN things you must know when planning a trip to America

PART ONE

As Managing Director of Bon Voyage Travel and Tours, Alan Wilson has spent 30 years creating tailor-made holidays to the States and Canada.

he company has arranged over 300,000 trips in that time and the Bon Voyage team have made 1,500 visits of their own to check hotels, negotiate prices and familiarise themselves with all things America on behalf of their clients. Alan divides his time between Winchester, Hampshire and Naples, Florida and is married......to an American.

So you've decided to travel west, young man or woman, to the Land of the Free, the US of A. 'Nothing to it,' I hear you say, 'millions do it every year. Buy a cheap ticket online, pick up a car when you get there and hit the open road.'

Well, yes and no. Or to be more accurate no, no, no! For this Transatlantic travel malarkey may appear to be a piece of cake but a little thought, research and preparation will make sure the experience is enjoyable, fulfilling and cost efficient...

#### Consult an expert.

Well we would say that, wouldn't we? But in dozens of ways, from where to sit on the aircraft, to which direction to drive the Pacific Coast Highway, you will obtain priceless insights and information from a US travel professional. And you know the best thing? Unlike consulting a lawyer, an accountant or your mortgage broker it doesn't cost you a penny. In fact companies like ours can put the holiday arrangement together as cheaply as you can do it yourself.

### Take care of the paperwork

The green 194 form you used to complete on the aircraft to the US has been replaced by the ESTA (Electronic System for Travel Authorisation) and you have to apply online no less than 72 hours before departure. You complete your answers and in 99 cases out of 100, are pre-approved in seconds. You will of course need a full British Citizen (or most EU nationalities) passport for the journey.

More security comes in the form of APIS (Advance Passenger Information System) and Secure Flight Passenger Data (SFPD) which your airline has to submit to the United States government before you fly. They ask

some of the same questions as the other forms and also where you'll be staying. Oops, there goes that 'get there and hit the open road' idea.

#### The best time of year

Florida is incredibly hot and humid in the summer although this doesn't deter hundreds of thousands of Brits from descending on Walt Disney World in Orlando each July and August. Actually, Florida is nearly always perfect in November and December which happens to be when the air fares and accommodation prices are at their lowest and hardly any visitors are there.

Everybody thinks that California enjoys year round warmth and sunshine, until they realise that the state stretches 800 miles from north to south, and has elevations from below sea level (Death Valley) to 14,000 feet at the peaks of the Sierra Nevada Mountains. Here you can sunbathe on a beach in the morning and ski in the afternoon.

Broadly speaking you might want to think of Spring, Summer or Autumn for the Atlantic coast from New England to the Carolinas, and Spring, Autumn and Winter when you venture further south. Moving inland; be aware that changes of elevation can have a big effect on temperature. South of the Mason Dixon line, (see Wikipedia for the interesting story of this division, which separated the free states of the North from the slave states of the South), it gets a little steamy in the summer.

The south west is hot but desert dry in the summer but further north, the Rocky Mountains give relief from the summer heat and boast excellent skiing in the winter. The Pacific North West comes closest to a UK type of climate although the summers are somewhat more reliable.

#### How to get a deal

Don't expect a great deal and the place to yourself during US public holiday weekends. Our friends across the pond are granted precious little holiday time, and tend to add hard won days to public holidays to eke out annual leave. Look out for Memorial

Day weekend at the end of May, 4th July celebrations and the Labor Day weekend in early September. Thanksgiving (4th Thursday in November) and Christmas are huge too but as people tend to travel to friends and family at those times, it's really only air travel you need to avoid.

Popular destinations that are themselves close to major centres of population, offer better value and availability during the week rather than at weekends. Las Vegas is a prime example where accommodation rates are around half when you stay Sunday to Thursday night. By the same token the beaches of Southern California and Southern Florida are busy at the weekend. However, big cities like Boston, New York and Chicago are quieter at the weekend, when business people have gone home to their families.

When to Book

Time was when tour operators, airlines, hoteliers and the other ne'er do wells of the travel industry, would tell you to book as early as possible for the best deals. Then they would turn around and sell holidays off cheaply at the last minute. Not surprisingly the travelling public cottoned on to what was happening and began to book later and later. This led to head scratching and navel gazing in the travel business.

Eventually, someone (Southwest Airlines in the States were the first as far as we know), came up with the idea of selling at the lowest cost to those who booked the earliest. The novel thing was they actually meant it and didn't subsequently reduce the price if things got a bit sticky close to departure. And in all honesty by this time computer models had been developed that were so clever that demand could be anticipated almost to the last aircraft seat a year in advance.

Bright ideas are usually copied and the Southwest model was soon adopted with similar success by the rest of the travel industry. It is pretty much the rule these days that the earlier you book, the better the deal.

## You can contact Bon Voyage on 02380 248 248 and at www.bon-voyage.co.uk

PART TWO will be in the next edition of the Buzz when Alan will reveal the truth about paying top dollar for hotel rooms, staying in private homes, the low down on car hire and more.

**TRAVEL**cruising

## The BUZZ

## BUZZ! JCH THE PORTATOLA HE PORT Holland **America Line**

With almost 140 years of experience, Holland America Line is recognised as the undisputed leader in the cruise industry's premium segment, and is renowned for its gracious service, spacious cabins and quality dining.

ith the introduction of the 2,106-passenger vessel, the ms Nieuw Amsterdam in July 2010, Holland America Line's fleet has grown to 15 ships, offering over 500 cruises from more than 38 home ports. Itineraries range from 2 to 108 days and visit all seven continents, taking in Australia/New Zealand and Asia, a World Cruise and popular sailings to several ports in the Caribbean, Alaska, Mexico and Europe.

Recognizing the potential of the ever growing British clientele, Holland America Line will base the ms Rotterdam in Europe year-round, starting in January 2012, on a series of extended sailings from Rotterdam, the Netherlands, with the option of embarking the following day in Southampton. The company has also announced several round-trip sailings from Dover and Tilbury (London) for 2012.

Ever since Holland America Line launched its first ship, the 1684 ton Rotterdam in 1873, the company has had one of the most recognisable names for quality. When the company assembled its first purpose built "cruise ship" in 1973, it quickly learned that the one thing it had going for itself was reputation, thus the Holland America Motto "Tradition of Excellence" was born, and continues to be embraced to this day.

### Captain Mark Rowden

Holland America Line prides itself on the quality of its people and, as Master of the ms Ryndam, Captain Mark Rowden is validation of that. I was fortunate to catch up with the Master of the Vessel during a recent voyage to the Norwegian Fjords aboard the ms Ryndam. Born in Hull, East Yorkshire, his father and brother were both sea captains so it was inevitable that he would follow in their seafaring footsteps.



What's the Buzz!

After feeling the call of the sea at a very early age, he spent many childhood hours accompanying his father as he piloted ships up and down the River Humber in East Yorkshire.

In 1987, Captain Rowden joined the British Merchant Navy as a junior seaman with the Blue Star Line of London. After spending six years with the Chevron Shipping Company, and looking for a new challenge, he began his Holland America Line career in 1998, as a 2nd officer onboard the ms Veendam. In that same year, he obtained his masters license and was promoted to Chief Officer. One of the highlights of Captain Rowden's career include the nautical supervision of the building of the ms Westerdam III in 2004, including the naming ceremony and sea trials of the 82,000-ton / 1,916-passenger Vista-Class ship. In 2007 he was involved in the building of the Royal yacht for the Sultan of Oman and in 2008 he stepped briefly onto dry land, where he set up a very successful nautical deck officer training programme, based out of the Holland America Line's Seattle Head Office. Later that year he was appointed Captain of the ms Ryndam; a grandly proportioned ship and one of the wonderful S-Class vessels which combines beautiful decor and

features evoking memories of the grand old liners of yesterday.

PCPUISE SHIP CAPTRIS

On the 4th July 2010, Captain Rowden was one of 15 Captains from the fleet asked to be present for the official naming ceremony of the newest Holland America Line ship, the ms Nieuw Amsterdam. Its stunning décor, with its inspired interior design and art work, celebrates the glamour and history of New York City, formerly called New Amsterdam. The event took place in Venice, Italy and was a truly memorable occasion, and a spectacular representation of some of the finest Masters of the fleet. They saw their newest ship christened by Her Royal Highness, the Princess Maxima of the Netherlands. (pictured right).

Of course life at sea is not always smooth sailing and there are often difficult and challenging times. On June 6th 2006, Captain Rowden, then Chief Officer aboard the ms Noordam, was instrumental in the rescue of 22 people from the Aegean Sea in the waters between Turkey and Greece. The individuals, believed to be refugees from a number of countries, had been sailing on a boat which had capsized. One fast rescue boat and two tenders were lowered and the 22 people were brought to the safety of the ship within two hours and

Living your life on a luxury cruise liner with all its benefits, you'd be forgiven for thinking it couldn't get any better. However, it is a very demanding job - not a holiday. It also requires extensive amounts of time at sea which leads to missing many important holidays, milestones and family events; especially hard where children are involved. However, being the Master of a cruise ship can also be a very satisfying role that requires tremendous teamwork,







respect, empowerment, delegation, and constant vigilance to ensure that the guests are having the best cruise experience possible, in the safest and most enriching way. A cruise ship captain wears many hats. Unlike everyday jobs, their workday is quite unique and constantly varied. Beyond the social aspect of entertaining passengers at the Captain's Table, attending cocktail parties and endless photo requests, Captain Rowden is more importantly responsible, as the Master of the vessel, for the overall safety of the ship, the guests and the crew; taking full control and responsibility of all operations. He must make sure that all safety standards and regulations are properly adhered to and with such a big responsibility on hand, a cruise ship Captain must undergo rigorous training and have an extensive nautical background with multiple skills. Captains may also have previous experience within the Royal or Merchant Navy. Above all, they need a passion for the sea and the compelling desire to know, feel, and understand what lies beyond the next horizon.

The ms Ryndam appears to be a very happy ship with a good cohesive group of crew members. Captain Rowland works hard to keep everyone motivated and he is greatly respected by his crew and fellow colleagues and quite clearly possesses the charm and personal touch needed for a cruise ship Captain. Passengers and crew alike find him approachable, kind and considerate.

When not at sea, Captain Rowden resides in Washington State, in the picturesque Pacific Northwest corner of America. In his spare time he enjoys mountain biking, and sailing the beautiful waters of Puget Sound. But inevitably during his shore leave he ends up with a list of chores, including decorating and painting his new home on the shores of Lake Whatcom. Captain Mark Rowden was a joy to meet and I felt very reassured that my fellow passengers on the ms Ryndam were in the hands of such a capable and amiable man.

I was also fortunate while on board, to meet Captain Rowden's father. Retired Captain Fred Rowden is enchanting; a true gentleman who needed no prompting to stop and chat. A former Humber Pilot, he regaled us with stories of his days at sea - all peppered with the knowledge and infinite wisdom he has so obviously gained during his long and varied career, although he now enjoys taking a back seat while his son is at the helm. Fred's two other sons have also felt the call of the sea. Paul is currently a Security Officer with Holland America Line aboard the ms Eurodam, while Andrew, formerly a Captain on the supertankers, is now also a ship's pilot like his father.

Sarah Rohn-Magee, Features Editor

## Five Star Premium Cruising



Experience the spectacular scenery of the Baltic or Norwegian Fjords in premium style with Holland America Line.

Our spacious, mid-sized ships accommodate far fewer guests than most. Step onboard and you'll find elegant lounges adorned with fine art and antiques; large, comfortable staterooms, most with ocean views, and many with private balconies; restaurants that sparkle with chandeliers, crystal and conversation - including the intimate "Pinnacle Grill".

Traditional features such as polished brassware and the wrap-around teak promenade deck, all create the ambience of a gracious hotel at sea, and featuring Holland America Line's special "Signature of Excellence".

- FREE parking on ex-Dover cruises for ocean view and above
- FREE upgrade from inside to ocean-view on select sailings<sup>+</sup>
- Spacious staterooms, many with private balcony
- Nearly one crew member for every two guests
- Fine dining with casual to formal options
- Culinary Arts Centre, presented by Food & Wine magazine
- Greenhouse Spa and Salon
- Enrichment at sea and explorations ashore
- Full days ashore and overnights in some ports

### 7-Night Norwegian Fjords

ms Ryndam 6\*, 13\*# May; 23, 30# Jun 2012 Roundrip Dover

- 7-night value Spring or Summer break
- FREE upgrade from inside to ocean view
   3rd/4th travel from just £21pp per day
- . FREE parking in Dover for ocean view and above



NO FLYING EARLY SAVER	R FARE PP
Interior Stateroom	£699
Ocean-view Stateroom	£699
Verandah Suite	£1,199
3rd/4th sharing with 2 full fare guests	£149
*Lead in fares based on 6 & 13 May, 23 June	е
# Northern Fjords itinerary	

#### 13-Night Fjords & **North Cape**

ms Ryndam 20 May 2012 Roundrip Dover

- Cruise beyond the Arctic Circle!
- 3rd/4th travel from just £23pp per day Upgrade to ocean view from £8pp per day
- . FREE parking in Dover for ocean view and above



NO FLYING	EARLY SAVER FARE PP
Interior Stateroom	£1,199
Ocean-view Stateroom	£1,299
Verandah Suite	£2,399
2rd/Ath charing with 2 full f	are mineste £299

## 14-Night Scandinavia & Russia

ms Ryndam 9 Jun\*; 7 Jul 2012 Roundtrip Dover

- Overnight and two days in St Petersburg!
- 3rd/4th travel from just £29pp per day Upgrade to ocean view from £8pp per day
- . FREE parking in Dover for ocean view and above



NO FLYING	EARLY SAVER FARE PE
Interior Stateroom	£1,499
Ocean-view Stateroom	£1,599
Verandah Suite	£2,799
3rd/4th sharing with 2 full 1	fare guests £399
*Lead in fares based on 9 J	une

#### 21-Night Scandinavia & Fjords Collectors' Voyage

ms Ryndam 9 Jun 2012 Roundtrip Dover

- Overnight and two days in St Petersburg!
- Northern Europe in one leisurely holiday
   Upgrade to ocean view from £10pp per day
- FREE parking in Dover for ocean view and above



NO FLYING	EARLY SAVER FARE PP
Interior Stateroom	£1,999
Ocean-view Stateroom	£2,199
Verandah Suite	£3,899
3rd/4th sharing with 2 full fa	re guests £699









## Call 020 7940 4485 or contact your Travel Professional today. www.hollandamerica.co.uk



Fares are listed in GBP Sterling and are per person cruise only, double occupancy and include non discountable amounts and taxes. New bookings only. 3rd.4th offer based on sharing a stateroom with first and second guests. Free parking at the port of Dover offer available on request for ocean view and suite bookings on ms Ryndam ex-Dover cruises. Offers are capacity controlled and may be modified or withdrawn or sailing/departure dates may be substituted without prior notice. Subject to availability. Certain restrictions apply. It is the responsibility of guests to ensure they have a full passport valid at least six months beyond the date of travel. Please refer to the current Holland America Line Worldwide Cruise Holidays brochure for full UK terms and conditions. Visit www.hollandamerica.co.uk for updated timeraries. Ships' registry: The Netherlands. +Subject to availability



## Cruise News from

## The BUZZ

For the first time, British guests can experience the luxury of HOLLAND AMERICA LINE right from their doorstep, with two exotic round trip cruises from Southampton. Holland America Line continues to be the industry's premium cruise leader, delivering unsurpassed value, industry leading itineraries and world-renowned service.

n a move that is a first for the premium cruise line, Holland America Line is set to make a big impact on our city, when the ms Rotterdam departs from here, for two leisurely "no fly" voyages to the Caribbean and Asia, during winter 2012/13. Longer cruises and extended port stays are just two of the highlights of these new round trip Southampton itineraries.

Departing 3rd November 2012, ms Rotterdam will set sail from the port of Southampton on a 32-night Caribbean Odyssey adventure, that will cross the Atlantic Ocean to the Caribbean and back. After calling at the Azores, the ship will depart for the Caribbean ports of Tortola, St. Maarten, St. Lucia, Trinidad, Barbados, as well as all three "ABC" islands: Aruba, Bonaire and Curaçao. The Ship will then make her return journey back to Southampton on 5th December via a call into Funchal, Madeira. Guests wishing to join the ship in Rotterdam, The Netherlands may do so on 2nd November, and disembark in the city on 6th December. Cruise fares start from £2,399 per person

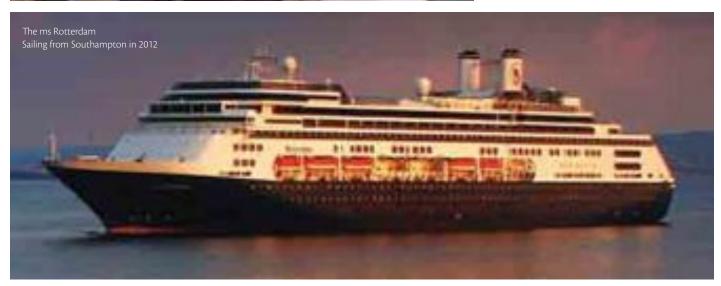
sharing a twin inside stateroom.

Those looking for a unique adventure can embark on the ms Rotterdam's 88-night Passage to the Far East, departing from Southampton on 10th January 2013. This roundtrip voyage takes an easterly route to Asia, passing through the Suez Canal and calling at ports in Spain, Greece and India, after a far-reaching journey to the Far East. Guests will enjoy several overnight stays and extended time in port during calls throughout Dubai, Malaysia and Singapore. Another cruise highlight includes an indepth, two-week exploration of Indonesia, home to many Holland America Line crew. In addition to the full 88 night voyage, segments ranging from 37 to 52 nights are available, with flights on request. Guests may disembark in Southampton on 8th April 2013. Full cruise fares start from £7,299 per person sharing a twin inside stateroom.

Said Lynn Narraway, Holland America Line's Managing Director for the UK & Ireland: "We are delighted to be able to offer these two spectacular inaugural voyages from Southampton during the winter of 2012/13. Holland America Line has always been a leader in Grand Voyages, offering as many as four of these extended sailings in one year, including the 114-night annual Grand World Voyage, however full voyage departures have always been from USA ports. Now for the first time, we can offer British guests the opportunity to take a no-fly voyage with us."

For more information and cruise fares, contact a professional travel agent, call 0845 351 0557 or visit www.hollandamerica.co.uk.

Holland America Line For the best in luxury cruising



## The BUZZ

## **Cruise ship** schedule - November-December 2011



<b>Arrival Date</b> 26/10/2011	<b>Ship Name</b> OCEANA	<b>Cruise Line</b> CARNIVAL UK	Arrival Time 06:30	Sailing Time 16:30		
28/10/2011	AZURA	CARNIVAL UK	06:30	16:30		
28/10/2011	BALMORAL	DENHOLM BARWIL LTD	06:30	16:30		
28/10/2011	QUEEN ELIZABETH	CARNIVAL UK	06:30	16:30		
29/10/2011	ARCADIA	CARNIVAL UK	06:30	16:30		
29/10/2011	ADONIA	CARNIVAL UK	06:30	16:30		
30/10/2011	CELEBRITY ECLIPSE	INTERCRUISES	05:30	16:30		
30/10/2011	QUEEN MARY 2	CARNIVAL UK	06:30	16:30		
31/10/2011	INDEPENDENCE OF THE SEAS	INTERCRUISES	05:15	16:30		
31/10/2011	ORIANA	CARNIVAL UK	06:30	16:30		
01/11/2011	SAGA RUBY	DENHOLM BARWIL LTD	06:30	16:30		
01/11/2011	AURORA	CARNIVAL UK	06:30	16:30		
04/11/2011	GRAND PRINCESS	CARNIVAL UK	06:30	16:00		
05/11/2011	SAGA PEARL II	DENHOLM BARWIL LTD	06:30	16:30		
09/11/2011	OCEANA	CARNIVAL UK	06:30	16:30		
10/11/2011	QUEEN MARY 2	CARNIVAL UK	06:30	16:30		
10/11/2011	BALMORAL	DENHOLM BARWIL LTD	06:30	16:30		
11/11/2011	INDEPENDENCE OF THE SEAS	INTERCRUISES	05:15	16:30		
12/11/2011	AURORA	CARNIVAL UK	06:30	16:30		
14/11/2011	AURORA	CARNIVAL UK	06:30	16:30		
15/11/2011	ORIANA	CARNIVAL UK	06:30	16:30		
16/11/2011	QUEEN ELIZABETH	CARNIVAL UK	06:30	16:30		
17/11/2011	BALMORAL	DENHOLM BARWIL LTD	06:30	16:30		
21/11/2011	ARCADIA	CARNIVAL UK	06:30	16:30		
21/11/2011	OCEANA	CARNIVAL UK	06:30	16:30		
23/11/2011	SAGA PEARL II	DENHOLM BARWIL LTD	06:30	16:30		
24/11/2011	QUEEN MARY 2	CARNIVAL UK	06:30	12:00		
26/11/2011	BLACK WATCH	DENHOLM BARWIL LTD	07:00	17:00		
27/11/2011	QUEEN ELIZABETH	CARNIVAL UK	06:30	16:30		
29/11/2011	INDEPENDENCE OF THE SEAS	INTERCRUISES	05:15	16:30		
30/11/2011	BALMORAL	DENHOLM BARWIL LTD	06:30	16:30		
02/12/2011	SAGA RUBY	DENHOLM BARWIL LTD	06:30	16:30		
02/12/2011	AMADEA	CORY BROS SHIPPING LTD	06:30	17:00		
03/12/2011	ARCADIA	CARNIVAL UK	06:30	16:30		
06/12/2011	ARCADIA	CARNIVAL UK	08:00	16:30		
07/12/2011	SAGA PEARL II	DENHOLM BARWIL LTD	06:30	16:30		
08/12/2011	QUEEN MARY 2	CARNIVAL UK	06:30	16:30		
08/12/2011	BALMORAL	DENHOLM BARWIL LTD	06:30	16:30		
09/12/2011	ARCADIA	CARNIVAL UK	08:00	16:30		
12/12/2011	QUEEN MARY 2	CARNIVAL UK	06:30	16:30		
12/12/2011	ARCADIA	CARNIVAL UK	08:00	16:30		
14/12/2011	BALMORAL	DENHOLM BARWIL LTD	06:30	16:30		
15/12/2011	OCEANA	CARNIVAL UK	06:30	16:30		
15/12/2011	SAGA PEARL II	DENHOLM BARWIL LTD	06:30	16:30		
15/12/2011	ARCADIA	CARNIVAL UK	08:00	16:30		
17/12/2011	INDEPENDENCE OF THE SEAS	INTERCRUISES	05:15	16:30		
17/12/2011	ARCADIA	CARNIVAL UK	06:30	16:30		
17/12/2011	BLACK WATCH	DENHOLM BARWIL LTD	07:00	16:30		
18/12/2011	SAGA RUBY	DENHOLM BARWIL LTD	06:30	16:30		
18/12/2011	ORIANA	CARNIVAL UK	PM	16:30		
20/12/2011	QUEEN ELIZABETH	CARNIVAL UK	06:30	16:30		
20/12/2011	AURORA	CARNIVAL UK	06:30	16:30		
21/12/2011	BALMORAL	DENHOLM BARWIL LTD	06:30	16:30		
27/12/2011	OCEANA	CARNIVAL UK	AM	PM		
29/12/2011	INDEPENDENCE OF THE SEAS	INTERCRUISES	AM	PM		

Dining with the Captain?

Step out in style

For many passengers, cruise ship formal nights are an elegant highlight of the voyage. On these special nights, the true splendour of the sea glitters along with the gleaming jewellery and fabulous gowns.

ormal nights are reminiscent of the golden age of transatlantic cruises, when ladies and gentlemen were required to dress formally each evening. While more relaxed these days, it is still a wonderful opportunity for passengers to dress in their finest attire. However, to truly enjoy the best of cruise ship formal nights, it is vital that guests be prepared for the event.

Regardless of whether you hire or buy your Cruise dress, we have a team of experienced seamstress's on hand to create the perfect fit for your event. If you can't find what you're looking for, we also provide a dress search facility, where we can find you the perfect dress for your special occasion. We have a

range of sizes in flattering styles to suit all from size 0-32.

We operate by appointment in order to give you the best possible service: we will assist you in finding the right colour & style, whilst taking in to account your budget. With the help of our friendly staff, we will make sure that you look great in your dress at your special function.

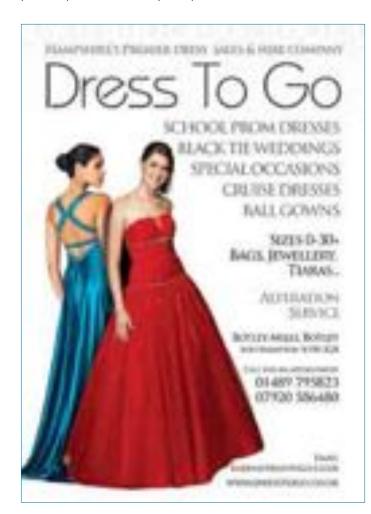
We have a comprehensive range of accessories including wraps, bags and jewellery to complete your outfit, adding that finishing touch.

We will shortly be expanding our Bridal Wear Collection. Please call us for details or follow us on our website

www.dresstogo.co.uk

Call us now to arrange an appointment on 01489 795823 or 07920 586480

Dress To Go "is proud to introduce THE BRIDAL MILL, a fantastic range of wedding gowns from £300 to £1300, sizes 0 to 32, Delivery 24 hours to 16 weeks Call for appointment 01489 795823 /07920586480

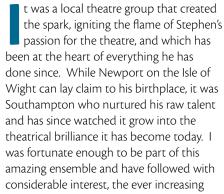




# Stephen Matthews, currently starring as Zazu in The Lion King.

This Star shines very brightly in the West End, but still manages to "twinkle" a little in Southampton!





success of this talented actor and performer.

Stephen Matthews made his debut as Young Patrick, in the Southampton Musical Society's 1977 production of **Mame** on the stage of The Mayflower Theatre, formerly known as The Gaumont. Aged just 11, he stood alongside the magnificent Josie Morris in the title role, and learned the basics of the craft that was to carry him all the way to the West End many years later.

The Southampton Musical Society was home, not only to Stephen, but also his

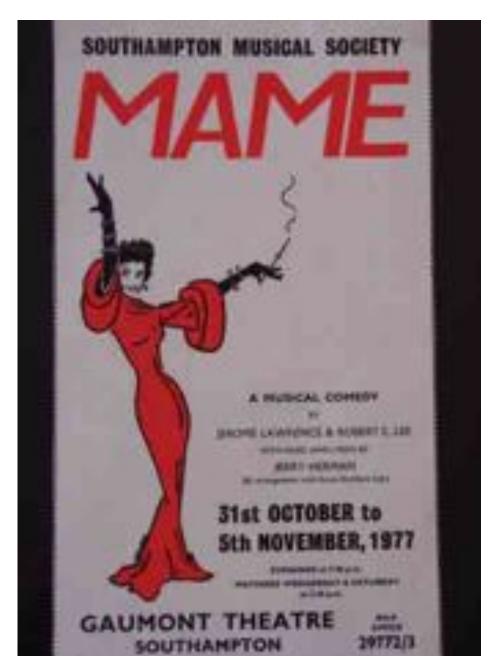




parents Ray and Brenda, and his younger brother Richard, who were all very active behind the scenes in backstage roles. This amateur theatrical group in its heyday was unlike any other and had a reputation along the South coast for being the most professional, non-professional group around. The company moved into the Mayflower Theatre twice a year, producing two musicals with a huge company of singers, dancers, technical crew and supporters. It was professional in all but name and each performance played to full houses of more than 2,000 people; a huge accomplishment when even the big professional shows have a hard time filling the venue today.

Stephen tells The Buzz what an impact it had on him: "Mame was such a great experience for me. The show was massive; sets and costumes were brought down from London, and a huge cast played to packed houses and were supported by a live orchestra of more than 60 professional musicians. Our Musical Director was a member of Her Majesty's Royal Marine





Band - it doesn't get any better than that!" In 1983 Stephen delighted audiences with his humorous portrayal of Barnaby Tucker in **Hello Dolly**, again starring alongside Josie Morris, all the while learning and soaking up the atmosphere of performing at one of the country's best-loved theatres.

Stephen's fondness for the Society is obvious and he is happy to continue talking about it: "No amateur company then or now would be able to afford to mount such a production. I learnt from some of the very best. Josie Morris had a powerhouse voice that would have knocked the roof off any West End theatre and was a consummate professional. There were many superb performers within the Society but there was one person above all that paved the way for the job I'm doing today – Ricky Price. A professional producer, who directed shows

up and down the country, he had the biggest and most lasting effect on me. I definitely would not be doing what I'm doing now without the Southampton Musical Society and Ricky Price."

However, the brighter lights soon beckoned and it became time for Stephen's talents to be finely tuned for a much wider audience. After a brief stay of less than a week at the Arts Educational School in London, Stephen knew that he would learn more by treading the boards, supported by all that he had learnt while performing in Southampton. So in 1985 he made his professional debut in Summer Season in Scarborough. "It was during my time in repertory theatre that I received my real training; we all worked so hard for very little money, but the experience was invaluable and it gave me my Equity Card."



Stephen then went on to play the role of Lumiere in the international touring company of Disney's Beauty and the **Beast** which visited the Mayflower Theatre in 2002, much to his delighted friends and family. It also reunited him with the legendary Producer Ricky Price, who had not seen Stephen perform since working with the fledgling actor many years before, on the same stage. Performances in Les Misérables at the Palace Theatre, and Oliver at the London Palladium followed and put Stephen firmly on the West End map. He then starred as Kenneth Williams, (a huge comic inspiration) in Round The Horne .... Revisited, as well as appearing in the stage version of Terry Johnson's Carry On biopic, Cleo, Camping, Emmanuelle & Dick. Hugely versatile, Stephen was also seen on television, in the BBC drama adaptation of Sarah Walter's award-winning novel, The Night Watch, and in more regional theatre productions of Grease, Little Shop of Horrors, Kiss Me, Kate! and Show Boat. He also appeared in the **Les Misérables 10th Anniversary Concert** at the Royal Albert Hall.

Very much in demand and with a varied career already behind him, Stephen was to join the cast of a show that was to become a personal favourite. Mel Brook's **The Producers** is one of the funniest musicals about musicals ever written, and provides an evening of almost relentless laughter. In Susan Stroman's magnificent production at the Theatre Royal, Drury Lane, Stephen brought the character of Carmen Ghia to hilarious comic life, delighting audiences and bringing the house down night after night, with his performances attracting positive feedback from Mel Brooks himself.



Now starring in the jaw-dropping, theatrical spectacle that is **The Lion King**, the Lyceum Theatre transports its audience thousands of miles away from London, to the African Savannah, through powerfully rhythmic African-style singing, outstanding puppetry and stunning sets. Stephen's skillful and compelling manipulation of the bird Zazu has brought him excellent reviews, and speaking of his current role in this Disney stage musical, Stephen told The Buzz Magazine "This is one of the hardest roles I've ever played; the multi-tasking involved is immense but it is an extremely rewarding and enjoyable role to play."

Stephen has achieved all that a drama student dreams of...and more. Yet, ever humble, he is the first person to call it as it is: "I am just a normal person. I do an unusual

job, but at the end of the day I wipe off the blue greasepaint, go home and spend time with my partner (Drew) and my dog. In that world, I'm not a star or a celebrity; I'm just me"

Due to hard work and an undeniable talent, combined with the ability to play many different roles, Stephen has been fortunate to have remained in steady work for the last 25 years; whether in repertory theatre, touring companies, pantomimes, TV work or having a steady base in the West End. He also enjoys teaching youngsters some of the craft he has learnt along the way; sharing valuable knowledge and wisdom. Stephen told The Buzz: "Theatre has changed so much since I began chasing my dream. With so many 'celebrities' taking lead roles to bring audiences in, the whole dynamic has changed. The recession has hit even our magical little world of theatre, and I am so fortunate to have been in steady work in such an amazing production for some time now. Musical Theatre is the hardest

discipline of all as you have to be able to sing, dance and act – the so-called 'triple threat'. Then you have to battle the challenges that come with live theatre; the lights and sets, the ever changing audiences. While it still fills some seasoned actors with the dreaded stage fright, I get a buzz from it and really enjoy tapping into the audience's reaction. As for the future ...... to continue doing what I'm doing and possibly think about directing at some point."

Stephen recently attended a luncheon with all past members of the Southampton Musical Society, who will attest to the fact that no matter how brightly his star continues to shine, Stephen has never changed or forgotten where he came from. Yet I can't help thinking that if he had taken the job at the Midland Bank after his work experience at the age of 16, the bright lights of the West End would perhaps be shining a little less brightly today.

Sarah Rohn-Magee Features Editor

In the theatre a Ghost Light is a light left on when the theatre is closed for the night. It is based on the superstition that most theatres have ghosts and this light is to keep the theatre ghosts happy.



## WIN!

Tickets for four to see the award-winning musical The Lion King in London, dinner and an overnight stay in a four-star hotel.

We're giving away four tickets to one lucky reader to see The Lion King at the Lyceum Theatre, London. The winner and their guests will enjoy dinner on us and an overnight stay in a London hotel.

### To try to win these tickets, answer the following question:

With which local theatre group did Stephen Matthews get his start?

- a) The Southampton Players
- b) The Southampton Drama Club
- c) The Southampton Musical Society

Send your answer to win@thebuzzmagazine, including your name, address and contact number. Closing date is Friday 9th December 2011 The winner's name will be chosen by an independent judge after the closing date. All winners will be notified within 14 days. The judge's decision is final and no correspondence will be entered into. For full Terms & Conditions, see page 74.





## Attention Theatre Buffs - test your knowledge here

- 1 What word is bad luck to say in a theatre?
- Which show features the song "Blow, Gabriel, Blow"?
- Who starred as 'Albin' in the original Broadway production of 'La Cage Aux Folles'?
- Which club is most of the musical 'Cabaret' set
- 5 What show is "There's no business like show business" from?
- 6 What show, set in Scotland, features the song "The heather on the hill"?
- What show features Laurie's Dream Ballet?
- What show is "Broadway Melody" from?
- Whatever Lola Wants is from what show?

- 10 What play was the inspiration for West Side Story?
- 11 The composer for West Side Story?
- 12 If you're "Gonna Wash That Man Right out of Your Hair" you'd be in what show?
- 13 The character Billy Bigelow is from what show?
- 14 Who was the choreographer for the original production of Oklahoma?
- 15 Who was the Composer/lyricist team for Brigadoon?
- 16 Musical based on the diaries of Anna Leonowens? I
- 17 Who wrote the book, lyrics and music for The Music Man?

- 18 The musical based on the lives of the Trapp Family Singers?
- 19 Who played Nellie Forbush in the original South Pacific?
- 20 "I Hate Men" is from what show?
- 21 What classic musical features the characters Billy and Julie?
- 22 What is the longest running show in Broadway history?
- 23 Five actresses have received Tony nominations for playing Mama Rose in the Broadway musical Gypsy. How many can you name?
- 24 What musical starring Nathan Lane and Matthew Broderick won the most Tonys in

- History?
- 25 What is "Priscilla" in Priscilla Queen of the Desert?
- 26 This 1950 musical comedy is based on Damon Runyon's short stories about gangsters, showgirls and good Samaritans.
- 27 What musical begins on the 4th of July, 1912 in River City, Iowa?
- 28 What musical is an adaptation of the fairytale The Princess and The Pea?
- 29 Lerner and Loewe were the composer/lyricist team for "Paint Your
- 30 Sweet Charity's Director/ Choreographer?

#### ANSWERS

- Macbeth
- **Anything Goes**
- George Hearn
- The Kit Kat Club **Annie Get Your Gun**
- Brigadoon
- Oklahoma
- Singing in the Rain
- 10 Romeo & Juliet
- Leonard Bernstein
- 12 South Pacific
- 13 Carousel
- 14 Agnes de Mille
- Frederick Loewe and Alan Jay Lerner
- The King and I
- 17 Meredith Wilson
- The Sound of Music
- 19 Mary Martin
- 20 Kiss Me, Kate
- 21 Carousel
- 22 Phantom of the Opera
- Ethel Merman, Angela Landsbury, Tyne Daly, Bernadette Peters, Patti LuPone
- 24 The Producers
- 25 The Bus
- Guys and Dolls The Music Man 26
- 28 Once Upon a Mattress
- 29
- 30 Bob Fosse



# Festive Crossword—just for fun and the chance to win a Box Set of Yankee Candles

Experience the fragrance of Christmas with a gift set of festive candles. Fill your home with traditional holiday scents. So real you can almost hear sleigh bells!



1		2	3													
											4	]				
				5	6											
													7		8	
									9							
10																
							11									
				12								J				
					40	1										
					13											
		14														
									J		15			16		
	17	I														
							-	17								
							mil			18						
							130	9								
							19									

2 box sets of beautiful Yankee Candles to give away.

Send your name and contact details to

win@thebuzzmagazine.co.uk before 10th December 2011.

2 Winners will be chosen at random after the closing date.

**Terms & Conditions on Page 74** 

#### Across

- 2) Special Christmas songs
- 5) You hang this by the fireplace
- 9) Christmas season
- 10) Exchanged at Christmas
- 12) Santa's vehicle
- 14) Boys and girls kiss under this
- 15) Circular decoration for front door.
- 17) Santa enters through here
- 18) Traditionally eaten at Christmas
- 19) Popular Christmas plant

#### Down

- 1) Famous reindeer
- 2) Decorated cardboard tube containing a gift
- 3) Santa's animals
- 4) Festive Christmas drink
- 6) Glittering decorative strips
- 7) What people do at Christmas
- 8) Illuminate the tree
- 11) Tied around presents
- 13) Christmas adjective
- 16) Period before Christmas





## What's the Buzz in your stars?

### **Aquarius**

January 21 – February 19

A romantic disappointment tempts you to go on a shopping spree. Resist the urge, as this will only compound your problems. Find inexpensive ways to pamper yourself. Give yourself time to heal and to put your situation in its proper perspective.

### **Pisces**

February 20 – March 20
You have arranged more things than you can possibly do, so if you have to let friends down, do it sooner rather than later. Learning from past experiences will allow an opportunity to present itself to let you overcome a very big hurdle. You could be aiming for perfection in romance which clearly is not going to be possible.

### **Aries**

March 21 – April 20

Just as soon as you taste success, something comes along to make you feel badly about it. Perhaps another person is jealous of you, and that makes you feel uncertain. Perhaps the doubt comes from your own insecurities. Don't be thrown off course by this. Move forward with your plans.

### **Taurus**

April 21 – May 21

You may feel like you're doing all the work in a project or relationship and if you pull out for even a minute, the whole thing will fall apart. Be careful of putting so great a burden on yourself that you grow resentful of everyone else. Anything which feels too clashing, difficult or harassing will not suit your quiet mood.

### Gemini

May 22 – June 21

Your sensitive nature is attractive. People who come to you for advice and guidance aren't disappointed. You have a solid, practical perspective, yet you're also receptive and understanding. Don't see this as a burden; instead welcome the view others have of you.

### **Cancer**

June 22 – July 23

You have not been as honest as you should be with those closest to you but it has been hard for you to tell the complete truth. Now is the time to put the record straight. Give something or someone a chance. You will soon see how different things are this time.

### Leo

July 24 – August 23

'Distance' is in your charts now. Might there be someone you have grown 'distant' from? Perhaps there's someone who lives at a distance that is preoccupying your thoughts. Try to close the distance between this person whether physically or emotionally. But you may be too starry eyed about certain friends.

## Virgo

August 24 – September 23

you do not quite understand.

There will be muddles at home with some disappointments since not everything will go as you planned. Try to be forgiving and move on. Happily, one close partnership will be going from strength to strength. Avoid being directly confrontational at this time. You may end up in discussions

### Libra

September 24-October 23

You are going to have to slow down and take your life at a slower pace. You have been behaving lately as if you are in a race. You won't be able to over push your body at the moment by overwork, or excess of any kind. You need to treat yourself with kindness and delicacy.

### Scorpio

October 24-November 22
There are more options
than you may think in
financial matters. Exciting contracts
and deals are on the horizon. Romance
and passion may be yours - if you
listen. You'll be more sensitive at this
time though you won't always be able
to trust what your hunches tell you.

## **Sagittarius**

November 23-December 21

If you are looking for advice and guidance then ask someone outside of the family. You will keep an important friendship this way. You just have to watch that you pay attention to everyday details. New faces you meet now could well turn out to be the perfect love match, so pay attention.

## **Capricorn**

December 22 – January 20

Take special care of your appearance, as you will run into somebody whom you wish to impress. If it's been a long time since you've bought anything new, ask a stylish Libra to accompany you on a shopping trip. There could be an absolutely charming message coming your way.





## **Dynamo School of Gymnastics**

Dynamo is one of the top gymnastic schools in the country and has a team member in both the men's and women's Great Britain squads. Both are currently candidates for the Beijing Olympics and will be eligible for London 2012. Both have medalled at the British championships. Their state of the art facility has led to



Dynamo School of Gymnastics being one of the leading clubs and training centres in the country and it has the British gymnastics stamp of approval having gained the Gym Mark accreditation. The facility has been used on occasions for GB team training.

- Come and try out at the Dynamo School of Gymnastics centre.
- Gymnastic Classes for all. Girls and boys from 1year old to 18years old.
- Fun sessions, competitions, squads and tumbling club.

Visit our web site www.dynogym.co.uk or call 02380455007 for more information.



## Dynamo Shines on for 2010.

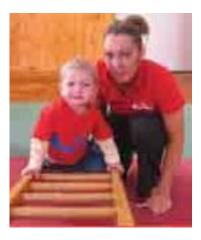


**L**ocal Gymnastics Club Dynamo is a shining example of our young people achieving excellence.

he Hamble club boasts County, Regional and National performance gymnasts. 17 year old star Laura Edwards has just returned from Tokyo and the World championships where she helped the GB team qualify for the 2012 London Olympics. Dynamo will be offering opportunities for all local youngsters to share in the preparations and celebrations for the London Olympics. There is also a very popular class for adults to have a go on a Thursday evening.

## IS Your Child a Gym-Tot? If Not, Why Not?

Pre-school children of all abilities are welcome. Established in 1986 the "Learning to Move" programme run by fully British Gymnastics qualified coaches. This is a fun learning experience. The youngsters learn to jump, hang, swing and frolic in the foam safety pits at the centre whilst developing social skills.



Dynamo, in partnership with Hamble community Sports College, Eastleigh Borough Council and Gymnastics England, are in the process of building an extension on to the existing gymnastics centre which will be a dedicated Pre-school Learning to move centre. This will further enhance the already superb facilities.

For more information telephone the gymnastics centre on 02380455007

Dynamo School of Gymnastics Hamble Community Sports College, Satchell Lane, Hamble, Southampton Hampshire SO31 4NE



## **Welcome Aboard!**

With things quiet on the Solent, lets Cross the Atlantic with the ARC (The Atlantic Rally for Cruisers) Beginning in 1986 and running every year since, this fun rally starts each November in Las Palmas de Gran Canaria and has now become the most popular way to cross the Atlantic.

the ARC brings together over 200 yachts from all over the world. The Caribbean destination is Rodney Bay in Saint Lucia, one of the most beautiful islands in the Lesser Antilles. The

2700 nautical mile passage on the NE tradewind route takes on average between 14 and 21 days. This friendly race successfully combines racers with cruisers, old with young, and provides entertainment for all both before the start and after the finish. Every year around 1,500 people from over 20 different nationalities come together in Las Palmas for the start of the ARC. They will be aged from babies of a few months to almost 80. Some will be crossing the Atlantic for the first time; others will be repeating a favourite adventure. Some will be enjoying their retirement, others taking a sabbatical from work. The ARC offers lots of opportunities to make new friends, swap stories and exchange ideas about boats and boat kit. In Las Palmas family boats are always moored together on the same pontoons, and a special programme of events is arranged for families sailing with children. For more information or to track the boats and read the blogs, visit www.worldcruising.com/arc



## Learn to sail!

With over 30 years of expert tuition, the Hamble School of Yachting is one of the leading RYA power and sailing schools in the UK, specialising in RYA Sailing courses, RYA Motor courses and RYA Powerboat courses.

hey have been helping people who want to learn to sail for over 30 years by providing a full range of sailing courses and lessons as well as courses for professionals. They have experienced RYA instructors who will make your sailing lessons both fun and memorable with an unrivalled range of modern yachts. All at great value too - they don't believe in charging you extra for wet weather gear, mooring fees or extra meals. There is plenty of scope to consolidate the lessons learnt on sailing courses through distance cruises, discounted bareboat yacht charter or of course you can just come back for a refresher week or weekend sailing course at any time. They also have 2 purpose built teaching blocks for all shore based courses. Whether a complete novice starting out with a sailing taster weekend or a more experienced sailor looking to increase skills they guarantee that you will thoroughly enjoy your courses and sailing lessons. There is a wide choice of sailing schools in the area but you can be assured of a very warm welcome from everyone here.

www.hamble.co.uk Tel: 02380 452668





## **Winter Motoring Checklist**

Prepare for the worst and hope for the best.

he last two winters have seen widespread snow and ice for weeks on end with temperatures regularly falling below -10C.

You're more likely to break down in a bad winter - the AA had its busiest day ever on Monday 20 December 2010 when AA patrols handled more than 28,000 breakdowns.

Here's what you need to do this winter to reduce the risk of a breakdown and make sure that you are equipped to deal with the conditions:

- Antifreeze keep coolant level toppedup with a mixture of the correct type of antifreeze.
- Battery the most common cause of winter breakdowns. A battery more than five years old may struggle in the cold get it checked and replaced if necessary.
- Fuel keep at least a quarter of a tank in case of unexpected delay.
- Lights check and clean all lights regularly to make sure you can see and be seen clearly.
- $\cdot\;$  Tyres should have at least 3mm of tread



for winter motoring. Consider winter tyres for improved safety. Check pressures at least every fortnight.

- Windscreen reduce dazzle from the low sun by keeping the screen clean inside and out.
- Screen wash use a 50% mix of a good quality screen wash to reduce the chance of freezing in frosty weather.
- Locks and door seals stop doors freezing shut with a thin coat of polish or Vaseline on rubber door seals. A squirt of water dispersant (WD-40) in locks will help stop them freezing.

## **CAR MOT'S - WHAT YOU NEED TO KNOW**

ars in the UK, which are three or more years old, need to pass an MOT test. At the same time, the test assesses whether or not the car meets road safety and minimum environmental standards. The test does not include assessing the condition of the engine, clutch and gearbox, nor does it mean that the vehicle is roadworthy for the duration of the certificate.

### Where are MOT tests done?

MOT's are performed at authorised test stations. These stations are identified by a sign, displayed outside their premises, which is blue with three white triangles. To become a test station, garages must meet specific criteria. This includes using equipment which meets the required standard specification for MOT testing and having designated test bays.

### What happens during the MOT test?

There is a wide variety of important items which are checked during the MOT test, to see whether they meet the key legal

requirements at the time of the test. This includes external elements such as: body and vehicle structure, doors, mirrors, lights, bonnet, tyres, wheels, wipers, washers and registrations plates. Internally the seat belts, load security, brakes, horn, steering and suspensions are reviewed. For environmental reasons the exhaust emissions are checked too. The test station must provide a designated area for you to observe the test being carried out. However, during the test, you are not allowed to interrupt the MOT tester.

## What happens once the MOT test is completed?

The result is entered into a central database and an MOT certificate is issued to cars that have passed. The computer record itself is the actual proof of a valid MOT, with the certificate simply being a receipt for the test itself. Cars that have failed are issued a red 'refusal to issue an MOT certificate'. Any recommended repairs, or items that need checking in the near future, are sometimes listed on an

Advisory Notice. If your car has passed, you can simply drive away. Your MOT will be valid for one year from the test date. Should you lose the certificate, a replacement can be issued by the test centre for a fee nor greater than £10.

Cars which have failed need to be retested once any necessary work has been completed. Although it is common for the remedial work to be completed at the test garage, it does not have to be, and can actually be done at any garage. Without a valid MOT, driving to and from the garage for the repair work is allowed, as is driving to the test centre. However, although it is legal, it is advisable to contact your insurance provider to check such journeys are covered. The car cannot be driven in any other circumstances.

It is possible to challenge a failed test result. This will involve discussing the result with the test centre before any repair work is undertaken. Appealing against a failed result is done by completing a VT17 appeal form (from any test station), online or by phoning VOSA.

### Winter Emergency kit

- · Blanket, or sleeping bag and spare clothes
- · Shovel, Ice Scraper & De-icer
- Bits of carpet or thick cardboard to place under driven wheels to help regain traction on ice or snow
- Salt, sand or cat litter to help clear snow and ice
- · Reflective jacket(s)
- · Torch and batteries
- · Tow rope
- Snow chains (if you live in a



remote or rural area)

- · Battery jump leads
- · Bottled water
- · Snacks chocolate or cereal bars
- · Extra screen wash
- · Fully-charged mobile phone and in-car charger
- · First aid kit

## When bad weather is forecast pack the following:

- · Warm winter coat, scarf, hat, gloves and warm clothes
- · Waterproofs
- · Sturdy boots
- · Flask of hot drink

Hopefully you won't need any of the above, but you will be very glad it's there if you do. This information was kindly supplied by the AA www.theAA.com





## The BUZZ

## Gold Star

## **Business Award**

**BUSINESS**buzz

In each issue we will feature a business that comes highly recommended ... by our readers! The chosen business will receive special recognition in The Buzz and a trophy to display in their shop, pub, office, etc. So please do encourage any devoted clients to call or email us and we will share the good news.

Magazine is proud to announce that The Jolly **Farmer Country Inn & Restaurant** in Warsash is the Winner of the Gold Star Business Award for November/ December 2011 Run by Martin & Cilla O'Grady, it has a wonderful country atmosphere, although it is not far from the beautiful banks of the River Hamble. Quaint and inviting, the walls and ceilings, are full to bursting with old farming equipment, photographs and memorabilia, much of it from Ireland - Martin hails from the Emerald Isle and evidence of this permeates

#### Answer this question to WIN Dinner for Two (to the value of £60) at The Jolly Farmer

Which famous river runs through Dublin?

- a) The Shannon
- b) The Boyne
- c) The Liffey

Email your answer to win@ thebuzzmagazine.co.uk before 9th December 2011. Please include a contact phone number. The winner must be over 18 and will be selected at random and notified after the closing date Terms and Conditions page 74

throughout the pub, not least in the classic car on display outside, painted in the colours of green, white and gold! You will find a superb menu every lunchtime and evening. Not sure what to order? Just ask one of the regular visitors of which you'll find many. They may recommend a succulent steak, a 'catch of the day' seafood dish, a hearty homemade soup or something equally scrumptious from the daily specials' board.

This cosy pub has been awarded our Gold Star because it has come so highly recommended by the people who know it best – its customers. So step into The Jolly Farmer – for this is the place for you!

The Jolly Farmer also offers

accommodation and a large beer

people, families - and even dogs.

garden with children's play area

making everybody welcome

from local residents, business

See their Christmas advert on Page 64 Fleet End Road, Warsash Hampshire, SO31 9JH Tel: 01489 572500 www.thejollyfarmer.uk.com

# Create a Buzz of your own – and get your business noticed!

ur community has many people who are knowledgeable and whose contributions of articles in their field could be very beneficial to our readers and at the same time giving your business additional coverage. We encourage our readers, businesses people and professionals to help our community by sharing their knowledge and expertise with all of us. Call or email the Buzz team for more information.

Dear Friends and Neighbours, advertise with The Buzz and we'll soon have the local area "buzzing" about you!

## What will The Buzz do for you?

- Competitive rates affordable to everyone.
- Great editorial opportunities.
- Even the smallest business has the opportunity to promote themselves.
- Full colour, glossy format shows you at your best.
- Reader's feedback pages.
- Delivered free to a vast range of consumers, all demanding great quality.
- Bi-monthly which cuts your advertising costs in half straight away while still giving you great coverage!

But don't take our word for it – here is what some Advertisers said about our preview edition:

Will continue advertising in The Buzz as I had a good response from the preview edition. Thanks

Much better than an advertising journal. Can't wait for the next issue!

My kids love it—the quirky little Buzz & the kid's pages with great competitions!

The Buzz Magazine caters to all the community—and all members of the family. This is a great idea to have all this information in one magazine!

I advertised in the preview edition of The Buzz Magazine and was extremely pleased with the response.

Fabulous magazine.
Beautifully produced. And bi-monthly so we have time to enjoy it!

The team at The Buzz are so helpful and friendly. Nothing is too much trouble. I am delighted to be featured in the first edition and wish them every success!

With outstanding quality and very low advertising rates, it makes sense to create a Buzz for your Biz with The Buzz Magazine. Contact our Sales Team on 01489 577837 or email us sales@thebuzzmagazine. co.uk

### Help Wanted



sales team and let's get Buzzing! Call 01489 577837 for details or send your CV & Cover Letter to editor@thebuzzmagazine.co.uk





## An Introduction to Self-Assessment

As the deadline for filing 2010/11 tax returns comes ever closer here are some top tips to ensure you do not get caught out if you need to complete a tax return.

The following people usually have to complete one:

- · Anyone who is self-employed or in partnership
- A company director
- · A trustee
- Pensioners with an annual income of £100,000 or more
- Employees or pensioners with an annual income from savings or investments of £10,000 or more
- An employee or pensioner with untaxed annual income of £2,500 or more
- · A landlord who rents out property or land

Paper returns have to be filed by 31 October following the end of the tax year and HMRC will calculate your liability for you. For online returns you have until 31 January following the end of the tax year to file the return. If you file the tax return online through the HMRC website the software will calculate your tax liability for you. Tax due for 2010/11 must be paid by the 31st January 2012.

If the return isn't filed by the due date, there is an automatic fine of £100 even if you had no tax to pay and if it is still outstanding 3 months later the fine increase by £10 a day.

For more information or advice please call Accountably Limited.
Tel: 02380 453907 Mob: 07962 185168 www.accountably.co.uk
1st Floor, Unit 12, Compass Point, Ensign Way, Hamble, Southampton SO31 4RF Registered in England, Company Number 4729528





## **Business solutions**

Berwind Business Solutions provides all the services of an "in office" secretary on an "as needed basis", keeping your employee costs down, whilst still enabling you to have the best support possible.

hey work with small & large businesses, entrepreneurs, sole traders and individuals to assist with administrative needs. This allows you more time to focus on the most important aspects of your business - generating income and keeping your customers happy. They only bill for the hours worked and their services can be tailored to fit your needs. They provide their services on a "virtual basis" meaning that all services are provided from their office to yours, regardless of where you are located. This allows them to work with clients in the same town, or all over the world.

Berwind works with a variety of successful people including; sales people, home-based businesses, tradesmen, teachers, students, beauticians, executives, small business owners, contractors, builders, landscapers, medical professionals, authors, artists, marinas, entrepreneurs, non-profit organisations, charities, fundraising groups, individuals and anyone else who needs help and wants a job done professionally.

They serve clients around the world, but operate a free pick-up/drop-off service for any documents not sent via email, in the surrounding areas of Southampton & Portsmouth.

## For all your business & personal needs, the solution is Berwind!

#### What is Virtual Assistance?

## Quite simply, it offers all the benefits of a secretary - without hiring one!

Virtual Assistants offer administrative support to a wide variety of business people and individuals. You can use their services on an "as needed basis", eliminating the burden of paying a full time secretary. A Virtual Assistant can step in to provide high quality professional support - for a fraction of the price. They work remotely from their own office, saving you many costs associated with hiring an "in house"

employee. With just an email, fax or phone call, all of your administrative work can be done with no stress or overhead costs. Imagine being ahead of schedule - all the time. What would this mean to your business, your customers, and your stress levels?

### What "virtual" services does Berwind Business Solutions offer?

Berwind provides a wide range of services including Typing, Book-Keeping, Secretarial/Administrative, Telephone Service, Data Entry, and Executive Assistance. They specialise in CV/Resume Preparation and provide fast, professional, and confidential work at very reasonable rates. In some cases, they will work in the client's local office. However, most of their work is done virtually and delivered online.

## Why should you give Berwind your project?

Their time is 100% productive. With employees you pay for down time, lunch & coffee breaks, and for time spent socializing. With Berwind you don't have to provide space, equipment, a guarantee of hours, or benefits. You don't have the employee hassles, or pay employment taxes or additional insurance. With Berwind, you only pay for time spent working. It just makes sense!

### How to get the work to them?

Berwind puts you firmly in control. You pass the tasks to them either by dropping off projects, sending them via email, courier, fax, post or even text. In some cases they can pick up the projects from you.

## If your business is specialist, they will still be able to help.

Berwind works with a wide range of businesses, some more unusual or specialist than others. Because they deal with a strictly limited number of clients they're able to build up their knowledge about what you do and how you work.

#### What does it cost?

Rates are very reasonable and are based on your individual requirements, depending on type and length of project.

## Still unsure? Here are some more reasons why Berwind Business Solutions can work for you -

- No overhead costs, office space, insurance, employee parking, etc.
- No hiring expenses, such as advertising and interviewing.
- No costly employee Benefits Package to pay (pension plans, maternity benefits, medical insurance, etc.)
- · No payroll taxes
- No "office hours". They work 7 days a week so they are here when YOU need them!
- No overtime. You only pay for the time they work
- No need to pay for downtime. Lunch breaks, coffee breaks, employee chit-chat and idle time.
- No need to worry about finding cover for holidays or sick days
- Don't worry if your employee is running late – your virtual assistant is already in their home office ready to work for you!
- No equipment costs as they use our own.
- No need to invest in expensive equipment and programs or employee training.
- No guilt for not being able to give employees enough hours when things are slow.
- No management or personnel issues no employee appraisals or personality conflicts.
- It is estimated that there are as many as 35,000 Virtual Assistants worldwide.

Convenient, efficient and reliable assistance where and when you need it.

www.berwindbusinesssolutions.co.uk 01489 577837 info@berwind-business.co.uk



Don't have the need or budget for a full-time employee but still need administrative assistance? We provide full service support for a fraction of the price with no agency or employee costs.

> All the benefits of a secretary - without hiring one!

From a one-off document to regular assistance, we are here for you on an as-needed basis.

Small businesses, Sole Traders, Large Companies & Individuals we are committed to your success!



www.berwindbusinesssolutions.co.uk

01489 577837

info@berwind-business.co.uk





www.leaders.co.uk

## Keep it local...Keep it Leaders



## Are you thinking of buying to let?

The buy-to-let market has changed substantially over the last 5 years with highs and lows, but with rental demand at an all-time high and lending is becoming easier for landlords many people are turning to bricks and mortar as a good investment once again. To help those landlords who are looking to buy-to-let, Leaders the letting specialists, offer the following advice:

Location, Location, Location; this doesn't mean just buying in the most popular areas (which are often the most expensive). It is about researching potential areas and finding out what the current and on-going demand is for both the rental and sales market. The basics of a good investment are to buy low, sell high and to get the best rental possible in the meantime, but the reality is that there are far more variables to consider, so research and expert advice are the key.

**Identify the best type of property**; the easiest way to find out which is the best type of property

for letting in a given area is to talk to a lettings specialist. Many investors are caught-out by high-balled rental estimates from sales agents keen to close a deal, so independent advice is a must.

Tenants take their choice of property seriously; despite demand being high, tenants are very savvy and if they plan to rent for an extended period of time they will want something well-presented and well maintained, so be prepared to make cosmetic updates to a property to ensure a fast let and the highest rental income.

Secure the right mortgage and be realistic about the rental income. Mortgage rates vary from product to product, as do the fees charged by the lenders, so you need to consider the overall cost for comparison of any mortgage as well as ensuring that the mortgage fits with the rental income and purchase price. Free mortgage comparison sites, such as www.leadersmortgages.co.uk will make this task much easier and show you all the available products from all lenders in one place.

**Don't be over ambitious**; property is a medium to long term investment. Your biggest profits will come from capital growth and this takes time, so if you are expecting to buy an investment property and retire on the profits a year later you will be sorely disappointed.

Use an Expert; lettings is a highly legislated industry with many legal pitfalls that can catch out new and experienced landlords alike and with many penalties including imprisonment it's not worth trying to 'wing it'. The easiest solution is to use a qualified, experienced and ARLA registered lettings specialist to either manage the property, or at the very least negotiate the tenancy terms and prepare an inventory, then collect the rental throughout the tenancy.

For more advice on buying to let contact Leaders in Winchester on **01962 867415** 







## Starbuck & Mack



tarbuck and Mack is a solicitors' practice that has been established in Fareham for over 20 years. The firm specialises in dealing with all types of property, wills, probate, and small business sales and purchases, amongst other things. With the impact of the recession the past few years have proved to be a challenging time in the property market. Conveyancing Partner Matthew James states, "One of the keys to surviving these turbulent times is to encourage people to think locally, and in particular to use local independent estate agents and solicitors. Having been established in Fareham and the wider 'M27 Corridor' for many years now, we pride ourselves on providing a service to clients that is professional, friendly and based on sound experience and personal knowledge of the Solent area. However, one of the more worrying trends

I've noticed recently is the tendency of some estate agents and mortgage lenders to insist upon a buying or selling client using a solicitors' practice picked by the agent or lender rather than the client. That particular 'approved' practice may be many miles away from the client and the property concerned. Consequently, the client tends not to get such a high level of service; furthermore, this so called requirement is not entirely accurate in that on nearly all occasions the client is free to choose a solicitor of his or her preference and not be bound by any such direction given by an agent or lender. If in doubt speak to a local solicitor first and don't allow yourself to be brow-beaten into making an unwanted decision".

You can speak to Matthew or his business Partner lain Mack on 01329 285341.

## STARBUCK & MACK SOLICITORS

## STARBUCK & MACK SOLICITORS

- Buying and Selling your Property
- Making and updating your Will
- Advising on Inheritance Tax
- Re-mortgage and Equity Release
- Powers of Attorney/Receivership
- **■** Commercial Property and Leases
- **Administration of Probate Estates**

## 01329 285341

## 227 West Street, Fareham, Hampshire PO16 0HA

Two minutes walk from the rail station with car parking off Grove Road and easy disabled access.

Home and hospital visits by arrangement

## www.starbuckandmack.co.uk

Regulated by the Solicitors Regulation Authority



Manuscripton Religion Manus Steam Miller &



AAR'S four Sections from many to be a characteristic form. A district.

- Worder, Open all sections of A Districtly for equipment with.

4 beds from only £360,000

## KINGS COPSE

Kings Copse Road, Hedge End S030 0FQ



Prices starting from £174,945





CHEST WAS ASSESSED. HE SHE SHOULD NAME AND ASSESSED.

EAST UNIT REMAINING £235,000

A great development of SAT S Person.

Versity for Approximation 7 Along Asserts and Stock Asia Print.

## St. Monica

Sholing, Southernoton SO19 8FH



Figs. 3 Refront Sent's fam the became hated away out to be! In Diving Stuffengers.

These hones from garwing tarket mar godiess with touts exist expect \$-7 previous recent signs.

Prices are from £189,945

Would you like a guaranteed 5% on your savings and help your son or daughter into their own new home?

Making you till making per servant on allowing any time, member



Telma force min

LOVE IT, LIVE IT.



A local, family run independent estate agents based in Wootton Bridge but serving the whole of the Isle of Wight. We are open 6 days a week and with our local knowledge we do our best to help both our sellers and our purchasers in a friendly and professional manner providing total commitment and a one to one personal touch.

www.woottonestateagents.co.uk.

### Fishbourne £650,000



Substantial family home in a quiet tucked away position. 5 bedrooms with versatile accommodation. Beautifully designed garden and double garage with large hard standing ideal for a boat! This impressive home in a tranquil setting is chain free.

### Fishbourne £595,000



Elegant and immaculately presented spacious family home with 4/5 bedrooms. Located in a select development of just three properties in a very sought after area. Large impressive kitchen with under floor heating throughout.

### Wootton Bridge £495,000



An immaculately presented 3 bedroom bungalow with an extra 1 bedroom bungalow and studio apartment which are presently set up as self catering units, a 32' caravan, separate office and triple garage all within 1.7 acres of land.

### Fishbourne £495,000



A superbly designed and stylish residence, situated within a very favourable development of executive homes. This 4/5 bedroom home offers a huge variety of rooms and living space. Which allows extensive choice. A truly impressive home.

## Bembridge £349,000



Large 3 bedroom detached bungalow in good condition. Located in a sought after location and boasts secluded manageable gardens, garage, off road parking and is offered chain free.

### Wootton Bridge £375,000



A rare opportunity to purchase a stunning 4 bedroom detached house with wonderful waterfront views, in very sought after area. Ensuite to master bedroom with fitted wardrobes. Off-road parking for 4 cars. Garage. Slipway leading to creek.



## The BUZZ

## The Buzz Guide to a stress-free Christmas

Christmas is the seasor of unexpected dropins, so make sure you have drinks & nibbles on hand at all times.

## One month to go...

Do your Christmas shopping, keeping an eye on the budget. Keep a list of who you will buy for so you don't forget anyone. Try and keep this list until next year so you don't send repeat gifts.

Write your Christmas cards and send out invites or RSVP to any invitations you've received.

Hang up your advent calendar and begin the countdown.

Order your turkey.

Make your Christmas cake.

Check last year's decorations to make sure your lights and ornaments aren't broken or need to be replaced.

At this busy time, make a handy list of events such as school plays, late night shopping events, carol services, etc.

Having guests to stay? Prepare your spare room with fresh linen and a good supply of cosy blankets. Leave them a robe and some magazines to read before bedtime.

Book any hair/manicure appointments now before they fill up.

Make travel arrangements if you are going away.

## One week to go ...

Shop for all your dry/frozen foods.

Prepare any food that can be made in advance and freeze it. Send late Christmas cards.

Deliver gifts to school teachers, postman, babysitter, etc.

Plan your Christmas outfits.

Make sure you have a couple of presents stashed for surprise guests.

Letters to Santa should be stamped and posted by 14th December and addressed to:

Santa, Santa's Grotto, Reindeerland, SAN TAI

Santa will try to reply to all letters that include a return address and are posted before this date.

> Ensure your Christmas Cards & Parcels reach your loved ones on time. Last Posting Pates 2011: Standard UK Parcels-14th December Second Class-17th December First Class-20th December Special Pelivery-22nd Pecember For a full list of last posting dates, visit www.royalmail.com/greetings

## Two weeks to go ...

Wrap the gifts.

Visit a Christmas tree farm and choose just the right one.

Finalise a menu and make a detailed shopping list. Don't forget the

Buy a stack of batteries for kids presents so they work Christmas morning.

Treat the whole family and go and see a pantomime.

Bake some festive treats with the children, including cookies for Santa.

Let the kids get crafty! Make home-made decorations, wrapping paper and cards. A glue stick and some glitter will work wonders!

Bring out your decorations and make an event out of decorating the tree. Play some festive music, get the whole family involved and enjoy some hot chocolate.

Stock up on any drinks and nibbles

## On Christmas Eve ...

Recharge the batteries on your camera and video recorder.

Finish any last minute wrapping.

Do a quick check in the kitchen to make sure everything is in order for tomorrow. Set the table before you go to bed.

Do any last minute shopping for fresh food items.

Make sure you have somewhere to put guest's coats tomorrow, and enough chairs round the dining table.

Help the children prepare their treats for Santa.

Have a family 'picnic' in front of the fire as you wind down the

Sit back and relax. Get into the festive mood by watching a Christmas classic such as "Miracle on 34th Street".

## Christmas Day ...

Prepare a simple breakfast for the family.

Defrost pre-prepared dishes and don't forget to get the roast on

Keeping a record of all gifts received makes writing thank you

Stay calm—make sure your family and friends help out, and remember—it's never too early for a Christmas cocktail!

Keep a few gifts on hand just in case. Buy gourmet jams and relishes, then wrap them beautifully in case you're stuck without a gift.



The BUZZ



It is almost time to make that special trip to London and head straight for the prestigious department store Harrods.

amous for its festive window displays,
Christmas Grotto, sumptuous hampers
and ... bears! Every Christmas, Harrods
sells its world famous Christmas bears and
I will be there, with eager anticipation of
purchasing this year's exclusive bear to add
to my growing collection.

Bears have been an integral part of Harrods history since the 1920's when author A. A. Milne visited the annual Harrods toy fair and purchased the original Winnie the Pooh bear for his son Christopher. Ever since, bears have made a regular and welcome appearance at the store. The little boy who talks to the animals in the Winnie-the-Pooh stories is called Christopher Robin, which is the name of A. A. Milne's real-life son who was born in 1920. On August 21, 1921, the real-life Christopher Robin Milne received a stuffed bear from Harrods for his first birthday, which he named Edward Bear.

The tradition of Harrods celebrating each Christmas with a specially designed teddy bear began in 1986 with 'Snow Bear.' This 13" snowy white plush bear appeared in the Christmas catalogue wearing a green and red knitted hat on his head which was decorated with Christmas designs and the word 'Harrods' in white across the front. He also had a removable matching scarf around his neck but unlike the bears which followed he was not graced with the Harrods logo and was not foot dated on his left paw. This first bear proved such a success that Harrods

made the decision to produce an exclusive Christmas bear for each year thereafter which people could only buy during the holiday season. They also decided that the bears would carry the year date and Harrods logo on the left paw. 1987 saw the release of the first foot dated bear and today you'll find bears of the highest quality for a variety of ages and occasions.

What child wouldn't want to receive a bear from this famous Knightsbridge shop – or what grown up for that matter? Plush with plenty of personality, each Harrods bear is distinctive because they usually have a ribbon around their neck printed with the Harrods name. They make a lovely gift for any child and would be warmly welcomed by any teddy bear collector. The bears are often purchased to mark a significant year such as a wedding or birth. The Millennium Christmas Teddy was particular popular.

Since the store first opened its doors in 1849, Harrods has always prided itself on offering something for everyone at all budget levels. Today Harrods represents one of the most prestigious names in shopping history. The famous department store in Knightsbridge, London has over 330 departments covering seven floors full to bursting with the most luxurious products in the world, as well as a mouth-watering food hall. In 2009, Harrods Bank started selling gold bars and coins that customers can buy "off the shelf". Up to 300,000 customers visit the store on peak days, comprising the highest proportion of customers from non-English speaking countries of any department store in London.

#### 2011 belongs to Freddie

Harrods 'Millennium' teddy was stunning in a blue velvet jacket and gold brocade. He had

blue velvet soles on his feet with 'Harrods 2000' embroidered on his left foot in gold thread. In 2001 he was followed by a warm & cosy chap dressed in a green velvet jacket. Giles arrived in 2002, followed by William in 2003 and Thomas in 2004. In 2005 the Nicolas Bear helped Harrods celebrate its 20th Anniversary of producing beautiful Christmas Bears; a large scruffy fellow with a red Shetland sweater and tartan scarf. Alexander made an appearance in 2006, Benjamin showed up in 2007, Oscar in 2008, Maxwell in 2009 and finally Archie met us in 2010 – a delightful playmate in a bright red winter sweater and cosy stripy scarf.

The new Harrods Christmas Bear is little Freddie with his traditional features and soft long pile fur, he joins previous furry friends Maxwell and Archie as a welcome addition to the exclusive Christmas bear series. Wearing a cream and red cardigan, with the Harrods 2011 signature embroidered on his paw, Freddie is looking for a new home and would make a welcome gift, and not just for Christmas –

Freddie, the Harrods Christmas bear, is available exclusively at Harrods in-store and online for £24.95 www.harrods.com

Sarah Rohn-Magee - Features Editor

### WIN a Harrods Christmas Bear!

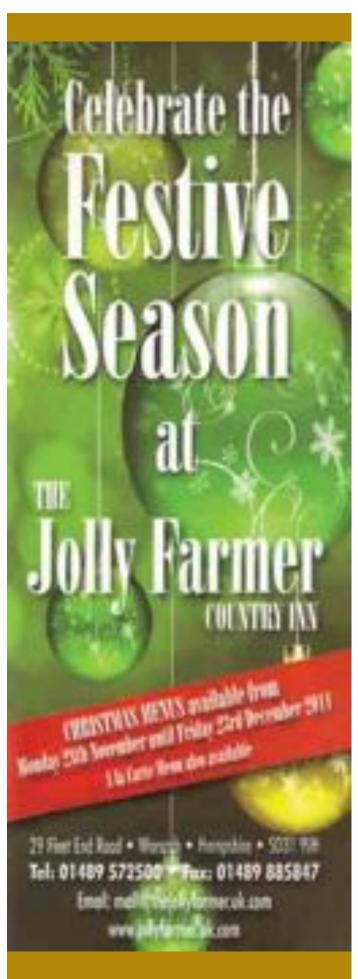
To be in with a chance of winning Freddie, simply answer the question below:

There are 5 little Freddie Bears tucked away on pages throughout the magazine (not including this page). Send us the 5 page numbers along with your name, address and phone number to

win@thebuzzmagazine.co.uk before the closing date of 10th December 2011. The prize will be awarded to the first name drawn from all correct entries received on or before the closing date.

For full Terms & Conditions, please call The Buzz Magazine on 01489 577837







It's beginning to look a lot like Christmas inside Ferneham Hall in as they get ready to launch their new exciting family pantomime Beauty and the Beast.

antomime producer Chris Jordan spoke about this new production "This is the Beauty and the Beast that everyone knows and loves from the Disney movie but with all the traditional elements that make truly great pantomime. We've added a Dame - Dotty Derriere - her son Potty Pierre, who works in the castle as a pot washer, a good fairy, an evil witch and a proper slapstick scene which is going to be absolutely smashing!" (There's a clue there we think!)

Potty Pierre is played by Ian "H" Watkins, fresh from touring in "Rhinestone Mondays" with fellow Steps member Faye Tozer and EastEnders Sean Williamson. Ian - the "H" stands for hyperactive, by the way - is the perfect choice for the comic character Pierre by getting the audience on the feet waving their hands and making funny noises!

Beauty and the Beast is Jordan Productions third pantomime at Ferneham Hall and this year is set to be a record breaking one with tickets already well up on last year. With such a talented cast and the fabulous production values the Box Office are gearing themselves for their busiest Christmas ever!

# Fear not Buzz readers—you can WIN Panto tickets for the whole family –"Oh, yes you can!"

Send your answer to this question, and contact details to the Buzz before the closing date when a winner will be selected at random and notified immediately.



## lan "H" Watkins was a member of which chart-topping pop group?

- a) Steps
- b) Blue
- c) Girls Aloud

Answers to: win@thebuzzmagazine.co.uk. Closing date 5th December 2011.

Full Terms & Conditions can be found on page 74





## The BUZZ

# Well, it's Panto season again!

"Oh no it isn't" "Oh, yes it is!" Theatres across the land are gearing up to delight audiences of all ages. Widow Twankeys up and down the country will be ironing their petticoats and love sick chaps will be working on their best chat-up lines hoping to win the heart of a fair maiden. Cheers and laughter will be plenty, as will the booing for the evil villain.

Il great fun and definitely on our 'must do' Christmas list. Here are just a few of the wonderful Pantomimes and Christmas productions showing locally:



Mayflower Theatre, Southampton Friday 9 December 2011 – Saturday 14 January 2012 Box Office Tel: 02380 711811

## ■ Beauty and the Beast - starring lan "H" Watkins, from Steps

Ferneham Hall, Fareham Friday 9 December 2011 – 1 January 2012

Box Office Tel: 01329 231942

## ■ Cinderella – Starring Coronation Street's Tracy Shaw

Kings Theatre, Southsea Wednesday 7 December 2011 – Sunday 1 January 2012 Box Office Tel: 02392 828282





### **■** Hansel and Gretel

The Berry Theatre, Hedge End Monday 12 December 2011 – Saturday 24 December 2011 Box Office Tel: 01489 799499



## ■ Peter Pan – The Point Youth Theatre

The Point, Eastleigh
Friday 16 December 2011 –
Wednesday 21 December 2011
Box Office Tel: 02380 652333

## ■ Aladdin - The Mountbatten Players

The Point, Eastleigh
Thursday 12 January 2012 – Sunday
15 January 2012
Box Office Tel: 02380 652333

## ■ Scrooge - presented by Westfield Productions

The Point, Eastleigh
Thursday 19 January 2012 – Sunday
22 January 2012
Box Office Tel: 02380 652333

### **■ Cinderella**

Theatre Royal, Winchester Wednesday 7 December 2011 – Monday 2 January 2012 Box Office Tel: 01962 840440



## ■ The Lion, the Witch and the Wardrobe, presented by the Chichester Festival Youth Theatre

Festival Theatre, Chichester 17 December – 31 December Box Office Tel: 01243 781312

## ■ Carols at the Kings with The Salvation Army

Kings Theatre, Southsea 27 November 2011 Box Office Tel: 02392 828282

### ■ The Borrowers – based on the popular children's novel

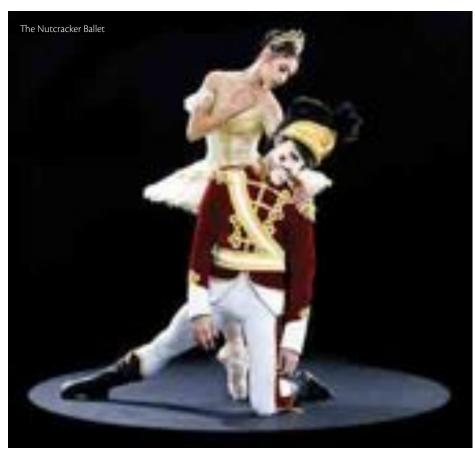
The Nuffield Theatre, Southampton 24 November 2011 – 8 January 2012 Box Office Tel: 02380 671771

## ■ West End Singers presents Christmas Celebrations

The Point, Eastleigh
Friday 9 December 2011, 7:30pm
Box Office Tel: 02380 652333



Tracy Shaw as Cinderella at the Kings Theatre, Southsea



## ■ Southampton Albion Band's Christmas Concert

The Point, Eastleigh Sunday 11 December 2011, 7:30pm Box Office Tel: 02380 652333

# ■ ABF The Soldier's Charity Concert Festival Theatre, Chichester

Sunday 20 November 2011 at 7:00pm

By purchasing a ticket you are making a donation to assist the work of the ABF The Soldiers
Charity which provides whole life support to Soldiers, ex-soldiers, their dependents and their families. You will also have an evening of military music to remember.

Box Office Tel: 01243 781312

## ■ Winchester Community Choir - A Feast of Christmas Music

Theatre Royal, Winchester Tuesday 6 December 2011 at 8:00pm Box Office Tel: 01962 840440

## ■ Christmas Concerts with The Band of Her Majesty's Royal Marines, Portsmouth and Chichester Cathedral Choir

Festival Theatre, Chichester 5 December – 10 December Box Office Tel: 01243 781312

## ■ The Nutcracker Ballet, presented by the Moscow City Ballet

Festival Theatre, Chichester 5 January 2012 – 8 January 2012 Box Office Tel: 01243 781312



- You will be greeted by our festive staff before a train-ride beside the lakes takes you to see futher Christmas in his grotte.
- Only fichet holders admitted to station and grutto.
- All children and adults receive a super present from Santa and can enjoy seasonal netreshments of Ovisitinas Cake & Minor Pies.
- The Lakeside Café is under new management and is open 7 days a week (except Christmas Day) from Sam Apre

For further information and departure times, or to make a booking, please call

Eastleigh Lakeside Steam Railway 02380 612020

www.steamtrain.co.uk

Robert

rangest, with full rooms, address.











Christmas maze



What do Monkeys sing at Christmas? Jungle Bells Jungle Bells

What do you get when you cross a snowman with a vampire? Frostbite!

What's white and goes up?

A confused snowflake

Spot 7 differences in these pictures!





# Brand New! Christmas Tree Festival!

10th-24th Dec

Visit a magical forest of 100 beautifully decorated Christmas trees in our stunning Victorian Chapel, helping to raise money for Wave 105's Cash for Kids



Inin Wave 050 more Clarke on stay 10th for the

Voce for your favourite tree. and listen out as the winner is announced on Wave 105!

Solve the Christmas clues on Sammy Star's Puzzle Trait!

Bring a camera to take your photo by the North Pole!

Hang your festive wishes on our Wishing Tree!

Admission charges:

Adult €2 Child €1 Under 3s go FREE!

We need TOU to cours and decorate a for an inside an CSD! Calife year profile to a positives and expense local children's charge. Walt our wohilm for department accounts

www.hants.gov.uk/rvcp

Sat Nav: 5031 5GA







## The Water's Edge

he Water's Edge has been under the Ownership of Nick Cross and James Barnard now for three years. In this time they have made extensive improvements to the restaurant and its light bright bar overlooking the Hamble River and 360 yachts. They are so lucky to have been graced with the best views of the river, with panoramic 180 degree views.

Nick has thirty plus years in the catering trade, both in London and Provence. He has honed his skills whilst working within four and five star hotels, and brings to The Water's Edge a wealth of credible experience. James has been responsible for running a popular sandwich bar and a successful pub, whilst also being the restaurant's accountant. The partners' combined wealth of knowledge and experience, guarantee patrons a successful and hospitable visit to The Water's Edge.

The food here at The Water's Edge, is all home produced, with the chefs taking much care and pride in their presentation. We aim to consistently provide tasty food, with our style being modern and contemporary, and with the availability of bar specials. Our resident chef, Louie Reynalds has been trained in London, with a spell at The Ladbury and The Ivy; two of London's leading restaurants.

We also cater for conferences, boat rallies, weddings, anniversaries, that special birthday, and even funerals. With the festive season now upon us, book for that Christmas office party or Christmas day lunch. For New Years, we are offering a buffet or if you wish, a four course sit down fine dining supper, with an Abba Tribute Duo. This is definitely something to look forward to, so don't delay – our staff are waiting to welcome you with a smile!

The Water's Edge, Mercury Yacht Harbour, Satchell Lane, Hamble Tel: 02380 457220





### **Southampton Santa Dash**

Hundreds of Santa's get set to descend on the city of Southampton to run, jog or stroll 5k for this year's official charity partner, Christian Aid, and help end poverty! When: Sunday 11th December at 10:30am. Registration is only £12 per person which includes your own Santa suit and Christian Aid running vest. Raise a minimum of £50 per person to make a huge difference to the lives of people living in poverty. Register NOW at www.christianaid.org.uk/runs

### Southampton, Thursday 17th November

The fun starts in the Marlands Shopping Centre at 6pm as Santa and The Mayor switch on the Christmas Lights and declare the Southampton Christmas Festival Market officially open. At 6:30pm The Mayor is welcomed into West Quay Shopping Centre for festivities including the making of a Chocolate Pizza with Willy Wonka. There is something for everyone in Southampton City Centre this Christmas with many of your favourite shops staying open late every day!

### Eastleigh, Saturday 19 November

Get ready for a Christmas cracker when the town launches its festive celebrations with a full day of entertainment and fireworks display. Day time attractions will run from 10am until 4pm and include a craft market plus children's rides. Youngsters can get close to the animals in a farm set up in the town centre. Father Christmas is set to take time out of his busy schedule and lead a special Christmas lights parade. The procession will start in Market Street at 5.15pm and make its way into the High Street before ending up at the bandstand on the Leigh Road recreation ground. For more info: call 023 8068 8000

### **Gunwharf Quays Portsmouth, Saturday 19 November**

See Santa and his Elves arrive on a giant magic sleigh, plus music from Portsmouth Rock Choir, The Neptune Girls and Portsmouth Grammar School Junior Band. Entertainment starts at 6:00pm with Wave 105. Fireworks accompany the lights switch on at 7:00pm. Plus this year the stores will be open until 9:00pm. For more info: Call 02392 836700 www.gunwharf-quays.com

#### Port Solent, Saturday 10 December

Get some inspirational ideas for unique stocking fillers on Saturday 10th December 2011 at the Christmas Market between 11am and 6.30pm. Live Christmas music and family entertainment throughout the day to get everyone in the Christmas spirit. Children can visit the real animals at the interactive nativity farm, while some magical stilt-walking elves on reindeer, Jack Frost, the Christmas Tree Fairy and the Ice Queen take turns to entertain the crowds. From 5pm-6pm, we'll be hosting our annual Carol Concert, in support of The Rowans Hospice with live carols performed by The Portsmouth Chorus Choir. Grab a mince pie and a glass of mulled wine and join us and our live choir for a good old fashioned sing-song around the Christmas tree. The Boardwalk, Port Solent, Portsmouth Hampshire PO6 4TP www.portsolent.com

### Winchester, Thursday 17 November

The 2011 festive season will officially begin on the 17th November when the Christmas lights will be switched on and Winchester's Medieval High Street will be twinkling. The whole district transforms into a winter wonderland once more.





### Winchester Cathedral Christmas Market and Ice Rink Thursday 24 November - Wednesday 21 December 2011

Situated at the foot of the Cathedral within the historic Close, the market is bigger than ever with more than 90 chalets all beautifully decorated and full of interesting, surprising and unique Christmas gifts and decorations. The ice rink is situated in the centre of the Christmas Market and runs until 2 January 2012. This large real open-air ice rink couldn't be in a more wonderful and impressive setting. www.winchestercathedral.org.uk/christmas/christmas-market

### Southampton's Christmas Market, Above Bar precinct Thursday 17 November to Saturday 31 December.

Southampton's Christmas Festival Market has traders from Germany, France, Belgium, Austria, Italy, Spain, South Africa and India are there for a fantastic fun packed festival market that adorns the city centre.

### Manor Farm Christmas Market & Festivities, Manor Farm Country Park, Bursledon Sunday 11 December

Browse a selection of local craft and produce stalls while enjoying a host of music, theatre and festive entertainment at this fabulous family day out. Visit Father Christmas in the stable, dress up in the farm nativity and enjoy mulled wine and mince pies in the Victorian farmhouse. Join us for our traditional Christmas carol service at St Bartholomew's church at 3pm.

10am-5pm. Normal admission charges apply.

Manor Farm, Manor Farm Country Park, Bursledon Hampshire SO31 1BH www. hants.gov.uk/manorfarm

# Beaulieu Annual Christmas Fair, Palace House, Beaulieu Friday 18 November from 10am to 2:30pm The Fair is just the place to

buy Christmas presents and stocking fillers and gifts that are just that little bit different. There is a huge variety of stalls again this year including Festive Foods, Antiques, Jewellery, Handbags, Gifts for Garden & Home, Plants, Bottles, Cakes & Preserves. Enjoy the refreshments on offer in the Palace Café where you can relax, meet friends and enjoy morning coffee, scrummy snack and tasty lunches with a glass of wine. Once again there are some fabulous prizes to win in the Grand Draw. Entry to the CET Christmas Fair is £3 per person. Free car parking is available in Church Meadow, in front of the Abbey church. www.beaulieu.co.uk Tel:01590 612345

#### WHERE IS Santa?

Taking time out from his very busy schedule, Santa will be making appearances at the following locations. Call for more information or check the websites:

Exbury Gardens & Steam Railway Saturday 10 December and Sunday 11 December www.exbury.co.uk Tel: 02380 891203

Santa Specials at The Mid-Hants Railway Watercress Line, Alresford Saturday 3 December to Saturday 24 December www.watercressline.co.uk Tel: 01962 733810

Hayling Island's Funland, Hayling Island Saturday 19 November www.funland.info Tel: 02392 462820

Marwell Wildlife, Winchester Selected dates in November & December www.marwell.org.uk Tel: 01962 777407

Paultons Park, Romsey Selected dates in November & December www.paultonspark.co.uk Tel: 02380 814442

And for something a little different: Submarine Father Christmas! Today, in these days of satellite navigation and tracking systems, Father Christmas likes to remain secretive as he travels around the world delivering presents. He now uses a submarine! Meet Santa, his elves and his submariner helpers, take a ride on his Santa train, explore his submarine and help the elves to get ready for the big day. Free gift for every child. Saturday 3 & Sunday 4 December 10am - 5.30pm Tickets Advanced £9, Family (max 4 persons) £24 On the door £10, Family £30 Under 3's are FREE call 023 92510 354 ext 241 or book your tickets online Royal Navy Submarine Museum, Haslar Jetty Road, Gosport www.submarine-museum.co.uk

## And don't forget to track Santa's progress on Christmas Eve at www.noradsanta.org

"NORAD Tracks Santa" is an annual Christmas-themed entertainment program, which has existed since 1955, produced under the auspices of the North American Aerospace Defense Command (NORAD). Every year on Christmas Eve, "NORAD Tracks Santa" purports to follow Santa Claus as he leaves the North Pole and delivers presents to children around the world. Give it a try – it is great fun!

All dates and times were correct at the time of printing



## **Puzzle Answers**

## AUTUMN LEAVES (Page 9)

(Page 9)
MUTUAL
EVEN
SEVEN
MEANT
VALUE
TEAM
MEAT
MATE
AUNT
MENU
NAME
MEAN
AMEN
VAULT
EVENTUAL

**USUAL** 

**AVENUE** 

NAUSEUM

VALET NAVAL ANE TUNES LAVA

## British Towns & Cities (Page 9)

DOVER
WIGAN
ASCOT
EPSOM
LARNE
ELGIN
BANGOR
REDCAR
SIDCUP
DUNDEE
ILFORD
SLOUGH

ANTRIM EDGWARE PRESTON CHEADLE ARUNDEL READING

## Six Second Quiz (Page 27)

Your age
An anchor
A shadow
A pillow
A map
The wind

What am I? (Page 27) A coffin

### **Crossword (Page 9)**

Across: 1 Errand, 5 Deform, 8 Sumo, 9 Scampi, 10 Utter, 11 Baht, 12 Hilt, 13 Sphere, 15 Able, 17 Roan, 19 Larkin, 20 Urge, 21 Lure, 22 Llama, 24 Thrall, 25 Road, 26 Cereal, 27 Needle Down: 2 Rhubarb, 3 About, 4 Dust, 5 Disraeli, 6 Feather, 7 Moisten, 14 Parallel, 15 Aquatic, 16 Elevate, 18 Airmail, 21 Large, 23 Amen

## Festive Crossword (Page 48)

Across: 2 Carols, 5 Stocking, 9 Winter, 10 Presents, 12 Sleigh, 14 Mistletoe, 15 Wreath, 17 Chimney, 18 Turkey, 19 Poinsettia Down: 1 Rudolph, 2 Cracker, 3 Reindeers, 4 Eggnog, 6 Tinsel, 7 Celebrate, 8 Fairylights, 11 Ribbon, 13 Merry, 16 Advent

# Will it or won't it? What are the chances of a White Christmas this year?

oathe it or love it and following a run of colder Decembers there is already quite a lot of talk about the chances of a White Christmas. So for those who like a punt on snow on the big day, let's see what the odds are!

The current forecast for temperatures overall during December is very close to average.

In November last year, forecasts were already showing some very cold temperatures for December overall, and that's precisely how it turned out – but this time round there's nothing quite as significant being shown at this point. What does this mean for the chance of a White Christmas though? Well, at the beginning of November as The Buzz goes to print, it's obviously tricky to pin anything down, but based on the overall forecast the chances at this stage are looking lower than they were at this point in 2010.

However, there's an awful long way to go just yet though, so look out for regular updates from your weather channels - and if it does happen, stay warm and safe!





## Terms & Conditions of Entering Buzz Competitions

The closing date will always be listed and must be adhered to. Only one entry per person is permitted. Unless otherwise stated, the winner will be drawn out of a hat, at random. The Editor's decision is final and no correspondence will be entered into. All winners will be notified by post or email. All entries should be clearly marked with your name, address and telephone number. The Buzz Magazine or its Publisher accepts no responsibility for entries which are lost, damaged or delayed in the post or via email.

Entries can be sent to either:

win@thebuzzmagazine.co.uk or

The Buzz Magazine, 96 Brook Lane, Warsash, Southampton, Hampshire SO31 9FD

In each issue of The Buzz, we publish a Winner's Corner, listing the name and town/village of residence. For example: Mrs. Jones of Eastleigh or Matt Wright of Titchfield. If you would prefer that your name not be listed, please let us know when accepting your prize.



## **Useful Numbers - help in a hurry**

### In an emergency Dial 999 or 112

Ambulance, Fire & Rescue Service, Police & Coastguard In an emergency Dial 999 or 112

#### Healthcare

NHS Direct 0845 46 47

The General Hospital Southampton 02380 777222

Royal South Hants Hospital Southampton 02380 634288

Royal Hampshire County Hospital Winchester 01962 863535

Gosport War Memorial Hospital

Gosport 02392 524611

Princess Anne Hospital Southampton 02380 777222

Queen Alexandra Hospital Portsmouth 02392 286000

St. Mary's Hospital Portsmouth 02392 286000

St. Richard's Hospital Chichester 01243 788122

Salisbury District Hospital Salisbury 01722 336262

### Helplines

Anti-Terrorist Hotline 0800 789 321

Carers Direct 0808 802 02 02

Childline 0800 11 11

Citizens Advice Bureau 02380 863978

Crimestoppers 0800 555 111

Cruse Bereavement Care 0844 477 9400

Drinkline 0800 917 8282

Floodline 0845 988 1188

Identity & Passport Service 0300 222 0000

Missing People 0500 700 700

National Debtline 0808 808 4000

Nat'l Domestic Violence Helpline 0808 2000 247 National Gas Emergency 0800 111 999

NCPCC Helpline 0808 800 5000

Parentline Plus 0808 800 22 22

Rape & Sexual Abuse Support 0808 802 9999

RSPCA Cruelty Line 0300 1234 999

Runaway Helpline 0808 800 70 70

Samaritans 08457 90 90 90

Senior Line 0808 800 65 65

#### Councils

Southampton City Council 02380 833000

Winchester City Council 01962 840222

Eastleigh Borough Council 02380 688000

Fareham Borough Council 01329 236100

Gosport Borough Council 02392 584242

Hampshire County Council 0845 603 5638

New Forest District Council 02380 285000

Portsmouth 02392 822251

Salisbury City Council 01722 342860

#### **Education**

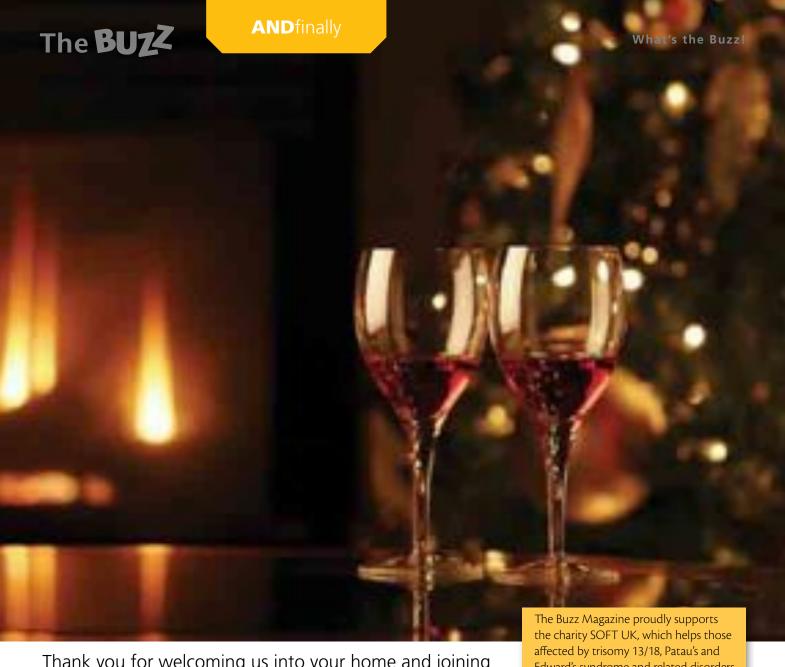
Learndirect 0800 030 4690

Sure Start 0870 000 2288

Hampshire School Admissions 0845 603 5623

Southampton Central Library 02380 833007

Portsmouth Central Library 02392 819311



Thank you for welcoming us into your home and joining us for the first edition of The Buzz Magazine. We look forward to seeing you again in the New Year.

Meanwhile, may we wish you a joyous holiday season and a Christmas that is merry and bright! Best wishes from all the team at The Buzz Magazine.

The articles published here by us and opinions expressed, are done after careful research, however the editorial content of this magazine is not to be taken as strict advice or actual recommendation for readers without doing their own independent research. No part of this publication may be copied, used or reproduced in any form without the written consent of the publishers. No responsibility is accepted for any claim made by advertisers. All

content is accepted in good faith and on the understanding that it does not infringe any copyright and The Buzz Magazine or its publisher does not accept any responsibility for loss or damage of any kind resulting from claims of copyright infringement. All advertisers and contributors have accepted our Terms & Conditions.

© All rights reserved. Berwind Business Solutions—copyright.

Catch the New Year Buzz in our next issue ...

**Off the pitch** with Lawrie McMenemy

Wonderful Wickham

**The Buzz** enters the Dragon's Den

**Are you a Mumpreneur?**Meet some inspirational mums.

Win a luxury weekend away – for you and your Valentine

Plu

Our regular features and celebrity chats

The Buzz Magazine proudly supports the charity SOFT UK, which helps those affected by trisomy 13/18, Patau's and Edward's syndrome and related disorders, from the prenatal diagnosis, decisions for the unborn child, birth of a baby, caring for a child through a children's hospice and bereavement of their baby or child and help in coping with the loss for the whole family. Our local children's hospice is Naomi House in Winchester.

## A big Buzz thank you to the following contributors:

Harrods
Ferneham Hall, Fareham
Bon Voyage Travel & Tours
Starbuck & Mack Solicitors
Disney UK
Kate Garraway
Ian "H" Watkins
Stephen Matthews
Yankee Candles
The Jolly Farmer Country Inn
Waterstone's Book Stores
Eastleigh Lakeside Railway



## Get the new, free BlackBerry® Torch™ 9860.

Plus more great smartphones or SIM Only deals from just £10.50 a month



#### **HTC Wildfire S**

- Share and tag your photos easily on Facebook and other social networks
- Grey only on Vodafone Also available in purple and white



#### **NEW Sony Ericsson Xperia™ ray**

- Stylish aluminium frame and only 9.4mm thick
- Experience crystal clear video and pictures on crisp 3.3" Reality Display with Mobile BRAVIA® Engine
- Share and tag with Facebook/Xperia integration



#### **NEW BlackBerry® Torch™ 9860**

- · Great for sharing music, pics and video
- Fast browsing, gaming and viewing with 1.2GHz processor, new BlackBerry® Browser and OS 7



#### **NEW Samsung GALAXY S II**

- Slim and light design just 116 grams and 8.49mm thick
- 1.2GHz dual core processor and 4.27" Super AMOLED Plus screen
- Available in white and black

	NEW	NEW	NEW			
HTC Wildfire S	Sony Ericsson Xperia™ ray	BlackBerry <sup>®</sup> Torch™ 9860	Samsung GALAXY S II		SIM Only – on a 1	2-month plan
£20.50	£20.50	£31.00	£36:00 a month	Prices on a 24-month contract SIM prices on a 12-month contract	£10.50	£13:00
<b>300</b> mins	<b>100</b> mins	<b>600</b> mins	.600° <b>900</b> mins	◆ Mins to all UK mobiles & UK → landlines (starting 01, 02, 03)	<b>300</b> mins	<b>300</b> mins
Unltd texts	<b>500</b> texts	Unltd texts	Unltd texts	◀ Standard UK texts ▶	<b>3000</b> texts	<b>3000</b> texts
<b>250</b> MB	<b>250</b> MB	<b>500</b> MB	<b>500</b> MB	◀ UK mobile internet ▶	_	<b>100</b> MB
<b>500</b> MB	<b>1</b> GB	<b>1</b> GB	<b>2</b> GB	◆ Wi-Fi access with BT OpenZone within UK ▶	-	<b>750</b> MB

Call 08080 022 054

before 4pm for next day phone delivery

Search online for 'Vodafone press'

or go in store today



Lines are open 7 days a week, 8am-8pm, except bank holidays. Call us free on your landline; standard network charges apply to all calls made from a mobile phone

