

**RATEPAYER**

ISSUED FREE OF CHARGE

**MAGAZINE**

Circulation 9,000

**RESIDENTS' ASSOCIATION  
MEETING****7.30pm, Thursday 13th October  
in Waterlooville Community Centre  
All welcome****VOLUNTEERS WANTED!**

You know that feeling you have sometimes when you think, "Now what shall I do today?" We can help you deal with that thought, well at least once a month, by asking you to deliver this magazine. Did you know that at a reasonable walking pace you could deliver 100 magazines in an hour? And walking is good for the mind, soul and body.

We need deliverers:

In Cowplain - Hart Plain Avenue from London Road down to Milton Road; Park Lane; Idsworth Road and Stephen Close.

In Waterlooville - Riversdale Avenue; Danesbrook Lane and Tamar Down.

Can you help? Please contact our Distribution Manager, Maureen, on ☎ 9225 7305. Thank you.



Don't forget to enter  
Havant Council's  
'Favourite tree competition'

**ACSO YOUTH CLUB**

This youth club for young people aged 10-13 years opened in September. Arts and crafts; gardening; quizzes; talent shows; film/DVD sessions; visits; face painting; workshops and guest speakers; Halloween and Christmas parties and day trips in the school holidays. A tuck shop available with healthy options! 4pm – 6pm, 7th Oct; 13th Oct; 10th Nov; 24th Nov; 8th Dec and 22nd Dec.

It costs £1 a week at Waterlooville Community Centre (next to ASDA) ☎ 9225 6823. Why not register your interest now? Contact Amy ☎ 07808390710 or Brian ☎ 07793759053 for more details.

**MOONLIT MEMORIES MEANDER FOR CHILDREN**

A very special sponsored walk for children aged 0 – 16 years, is taking place in Portsmouth Historic Dockyard in aid of The Rowans Hospice. This will be the second Moonlit Memories Meander and is a mini version of the adult Moonlit Memories Walk organised by the Hospice. It takes place during half-term week, on Thursday 27th October, starting at 6pm.

The 1½-mile route takes you around the Dockyard and into secret areas of the Naval Base not normally open to the public. HMS Victory will look spectacular, illuminated against the night sky. Children can choose to go round again to complete the 3-mile challenge. Last year's Meander saw 417 children taking part.

It costs £5 per child to register, which includes refreshments and a medal on completion. An adult must accompany each child, however, one adult can accompany up to four children. The Rowans Hospice has set a sponsorship target of £25 but there is no minimum or maximum sponsorship to raise, as every penny counts.

For more information ☎ 9223 8533 or email moonlit-memories@rowanshospice.co.uk or visit [www.rowanshospice.co.uk](http://www.rowanshospice.co.uk) to download a registration form. The closing date to register for the Meander is Friday 21st October.

**ARTS AND CRAFTS**

Are you interested in 'Art' in all its forms and would like to increase your knowledge? The Portsdown Decorative and Fine Art Society meet at 2pm on the 2nd Thursday of each month, from October to July, in St Nicholas Church Centre, Bedhampton. Sounds interesting? Ring Pam Owen on ☎ 9225 8636.

**[www.theratepayer.co.uk](http://www.theratepayer.co.uk)**

**MIKE ATTRIDGE  
'BRICKWORK'**

DECORATIVE GARDEN WALLS,  
PATIOS AND ALL OTHER  
BRICKWORK UNDERTAKEN

*Free estimates with no obligation  
Horndean-Lovedean-Cowplain  
Clanfield-Waterlooville*

☎ 023 9223 2280

Published by the Waterlooville and District Residents' Association (Covering the Wards of Cowplain, Stakes, Waterlooville and Hart Plain including part of Lovedean). Opinions expressed are those of the contributors. The Publishers do not accept liability for advertisements, statements in articles or letters published. The Association reserves the right to withdraw or refuse an advertisement if, in the opinion of the Association, the actions of the advertiser reflect badly on the Association and/or the Ratepayer Magazine. All articles may be reproduced only in their entirety and must acknowledge their source. © 2011 W. & D.R.A.

## MAYOR OF HAVANT'S CHARITY CONCERT AND COFFEE MORNING

The Mayor of Havant, Cllr. Ken Smith, is hosting a Charity Concert commencing at 7.30pm on Saturday 8th October, at St Wilfrid's Church, Padnell Road, Cowplain.

All proceeds from the evening and raffle will go towards the Mayor's Charity Appeal Fund, raising funds for Dorothy's Dream (The Rowans Hospice At Home Appeal) and the Hampshire and Isle of Wight Air Ambulance, as well as other charitable causes from within the Borough.

The evening's musical entertainment will be provided by two talented groups of musicians:

The Havant Clarinet and Saxophone Choir  
The Spinnaker Chorus

Tickets cost £8 each and are available directly from the Mayor's Secretary.

The Mayor and Mayoress of Havant, Councillor Ken Smith and Mrs Hazel Smith, will be hosting their second Coffee Morning as Mayor and Mayoress of Havant at The Sacred Heart of Jesus and St Peter The Apostle Parish Centre on Wednesday 12th October, from 10.30am until 12 noon.

Ken and Hazel hope that many parishioners and members of the local churches and community will come along for a coffee and a chance to socialise and chat with them.

A cost of £2 (pay on door), will include coffee and biscuits and all proceeds from the morning will go towards the Mayor's Charity Appeal Fund raising funds for Dorothy's Dream (The Rowans Hospice At Home Appeal) and the Hampshire and Isle of Wight Air Ambulance, as well as supporting other charitable organisations and causes within the Borough.

Anyone wishing to buy tickets for the concert, or needing information, such as having a stall at the Coffee Morning, should contact Anne Thurlow, Mayor's Secretary on ☎ 9244 6152 or email [anne.thurlow@havant.gov.uk](mailto:anne.thurlow@havant.gov.uk).

### WHAT ARE YOUR PLANS FOR CHRISTMAS DAY?

Yes, it is early but St. Wilfrid's Church wants to discover how much interest there would be if it provided hospitality on Christmas Day. It could include Christmas Day lunch or a tea and maybe entertainment.

We need YOU to let us know if this is something you would be interested in attending and what your preferences would be. Please ring Val at the parish office ☎ 9226 2295 (Tues to Friday 10am - 12 noon) or email [valstrutt@hotmail.co.uk](mailto:valstrutt@hotmail.co.uk).

### SMALL GRANTS SCHEME TO BOOST LOCAL ENTREPRENEURS

Havant Borough Council has 55 grants for new businesses, available to local entrepreneurs and small businesses to help boost the local economy.

To qualify for the grant a business must be located in the Borough of Havant, been trading for less than 12 months and be a full time business. The grant of £500 will make a positive contribution towards the cost of creating a new business or social enterprise.

The money comes from the Local Authority Business Growth Incentives scheme (LABGI).

For more information and application forms for the Business and Social Enterprise start-up grants please contact: David Harris, Economic Development, Havant Borough Council ☎ 9244 6460 or email: [david.harris@havant.gov.uk](mailto:david.harris@havant.gov.uk) or visit the [www.havant.gov.uk/havant-179](http://www.havant.gov.uk/havant-179).



The National Food Hygiene Rating scheme (FHRS) provides consumers with information about the hygiene standards found in food business establishments by hygiene inspectors.

The purpose of the FHRS is to allow consumers to make informed choices about the places where they eat or shop for food and to encourage businesses to improve their hygiene standards. The overall aim is to reduce the incidence of food-borne illness and the associated costs to the economy.

There are six different food hygiene ratings ('0' up to '5') - the top rating represents a 'very good' level of compliance with legal requirements and all businesses should be able to achieve this. Food hygiene ratings are published on line at [food.gov.uk/ratings](http://food.gov.uk/ratings) and businesses are encouraged to display certificates and stickers showing their food hygiene ratings.

### TOGETHER WE CAN TACKLE ANTI-SOCIAL BEHAVIOUR

Partnership working between the Police and Havant Borough Council has successfully secured a Section 30 dispersal order for the council owned car park, at Mission Lane, Cowplain.

A Section 30 Dispersal Notice under powers granted by the Anti Social Behaviour Act was jointly submitted by the local Police Safer Neighbourhood Team and Havant Borough Council - this application was approved and came into force on Monday 8th August.

A dispersal order provides the police with additional powers to disperse groups of two or more people where the officer has reasonable grounds for believing that their presence or behaviour has resulted, or is likely to result, in a member of the public being harassed, intimidated, alarmed or distressed.

If you see anti-social activity taking place, please contact police using the ☎ 101 non-emergency number or Crimestoppers anonymously on ☎ 0800 555 111. In an emergency always dial ☎ 999.

### WHAT'S ON?

**4th Oct: World Animal Day:** This day was started in 1931 as a way of highlighting the plight of endangered species. Visit [www.worldanimalday.org.uk](http://www.worldanimalday.org.uk).

**7th Oct: Jeans for Genes fundraising day:** Funding for the care and support of children with genetic disorders. Visit: [www.jeansforgenesday.com](http://www.jeansforgenesday.com).

**7th Oct: World Smile Day:** Visit [www.worldsmileyday.com](http://www.worldsmileyday.com).

**17th Oct: Child Poverty Day:** Join Action Aid in raising awareness of and money to tackle global child poverty. Visit [www.actionaid.org.uk/childpovertyday](http://www.actionaid.org.uk/childpovertyday).

**31st Oct: Halloween ideas:** Visit <http://projectbritain.com/Halloween>.

## EDITORIAL NOTICES

**Sue Ryder Cowplain** - Do you have, or do you know of anyone with dementia, Alzheimer's, multiple sclerosis or Parkinson's disease? If so we would like to start a coffee therapy morning - please pop into the shop for more details. **The Acorn Centre**, Wecock Farm, Waterlooville - **Table Top Sale** on Thursday 13th October, 9.30am to 12.30pm. Free Entry. Tables can be booked in advance at £3.50 each on ☎ 9225 8423.

### ARTS AND CRAFTS EXHIBITION

At St. Wilfrid's Church, Padnell Road, Cowplain with refreshments:

On Saturday 29th October, from 10am - 5pm with 'The Invisible Wires' (Jazz) between 2.30pm and 4pm.

On Sunday 30th October, from 11am - 4.30pm with Denmead Brass Band between 2.30pm and 4.30pm.

**Hordean Hoppers Pre-School Nearly New Sale** of children's clothes, toys and equipment Sat 8th October, 2pm - 3.30pm, at Lovedean Village Hall. If you would like to sell your goods please phone ☎ 9259 1263 (weekday mornings) or ☎ 07920 485646 for an information pack.



### NEW COWPLAIN MEDICAL CENTRE OPENS

After years of struggle for improved premises, the Cowplain Family Practice is delighted to announce that they will be open for business from their new premises on Monday 10th October.

To accommodate the move, the practice will be closing at 12.30pm on Friday the 7th October but in the event of a medical emergency, patients will still be able to access the duty doctor up until the usual time of 6.30 pm.

The practice will be located on the ground floor of the new premises, which includes 10 consulting rooms and 2 treatment rooms. Phlebotomy clinics will be reinstated, allowing patients to have their blood taken (by appointment) at the practice on Tuesday mornings and Thursday afternoons.

The upper floors of the new premises will be opening later this year and will include x-ray, ultrasound and MRI scanning facilities as well as 14 consulting rooms for a wide range of visiting consultants. A range of complementary health services will be provided, including minor surgical procedures.

An NHS dental practice will also be located on the second (top) floor and later, a pharmacy with extended opening hours, will be located adjacent to the Cowplain Family Practice on the ground floor.

Cowplain Family Practice is delighted to receive new patients and will be adding to its team of GPs later on in 2011.

**Old photos and news cuttings** - I am always willing to give a good home to any of these and can promise they will be well looked after. ☎ 9224 0653.

**St George's Church Hall**, Waterlooville, holds **Coffee Mornings** every Wednesday and Friday from 10am to 12 noon in St George's Hall. All proceeds to charity. Also a **Market** every Thursday from 9.30am to 11.30am. Home made cakes, produce, cards, crafts, eggs, plants, etc. Refreshments also available.

**Gospel Hall**, Mill Road, Waterlooville, holds **Coffee Mornings** each Friday, from 10am to 12 noon. Tea, coffee and homemade cakes.

**Waterlooville Town Market** - each Friday in the Precinct.

**Angel Radio - 101.1 FM** - the nostalgia radio station serving the local community. For information: ☎ 9248 1988, website: [www.angelradio.co.uk](http://www.angelradio.co.uk), email: [studio101.1@hotmail.co.uk](mailto:studio101.1@hotmail.co.uk)

**Waterlooville and District Philatelic Society** - meets on Thursday 20th October, from 7.30pm at Westbrook Hall, Tempest Avenue. Members interests - any material. ☎ 9259 3987 for details.

**Age Concern H5O** hold **Coffee Mornings with advice for the over 50's** at The Beacon in the Meridian Shopping Centre, Havant, from 10am to 12 noon, on the first Tuesday of the month.

**The Havant 50+ Forum** meet from 1.30pm to 3.30pm, 1st Monday of the month, at the Beacon (Upstairs) Meridian Centre. Members of the public are welcome to attend.

**HAVANT FREEGLE** - offer unwanted household items for reuse by others, rather than dumping them? Visit [www.iloveFreegle.org](http://www.iloveFreegle.org).

**Coffee & Co** - Do you need a listening ear; have you suffered a loss, redundancy, divorce, bereavement? Come along to St Wilfrid's upper hall, Padnell Road, Cowplain, for an opportunity to chat with others. 10.30am - 12 noon, first Saturday each month. Phone Shirley on ☎ 075 3202 1498 for more information.

**Group support for the bereaved** every third Thursday at the Borrow Centre Cowplain, 10am to 12 noon. Meet other people who are experiencing the pain of bereavement. For further details call Ingrid on ☎ 07885 843 863.

**Havant Borough Talking Newspaper**, 19 East Street, Havant. Information, guidance and comfort for the blind and visually impaired. ☎ 9248 0101 or visit [www.hbtn.org.uk](http://www.hbtn.org.uk)

**Chat to a Friend in Hampshire** Are you an older person living alone or with someone else in Hampshire? If you need information about services and facilities or help then ☎ 08000 323 456. The call is free, confidential and supportive. Available 9am - 11pm, 365 days per year!

**Lovedean Village Hall** holds a **Car Boot and Table Top Sale** on Sunday 2nd October, from 2pm and an **Antiques Fair** on Saturday 5th November. Contact Cynthia Harris on ☎ 9259 3904 for times and details.

**The Community Innovations Team** can help older people who are at risk of losing their independence but who currently do not meet the criteria for support. Do you have concerns regarding your health and wellbeing or find everyday activities increasingly difficult? Call ☎ 9248 4687 or email [cit.havant@hants.gov.uk](mailto:cit.havant@hants.gov.uk).

**Waterlooville and District Garden Club** meet on the first and third Monday of every month at the Age Concern Centre, Cowplain from 7.30pm to 10pm. For further details contact Mike Adams on ☎ 9225 1491 or drop in at a meeting.

## WATERLOOVILLE AND DISTRICT RESIDENTS' ASSOCIATION

(Covering the Wards of Cowplain, Stakes, Waterlooville and Hart Plain including part of Lovedean)

**President:** D. Foyle I.S.M., ☎ 9225 7467  
**Vice President:** F Rozzell, ☎ 9259 3198  
**Chairman:** Mr. D. Pink, 74 Cherry Tree Avenue, Cowplain, Hants. PO8 8AP. ☎ 9224 0653.  
**Vice Chairman:** Mrs. J. Rea, ☎ 9225 8261  
**Hon. Treasurer:** Mr. N. Chedzey, 103 Sutton Road, Cowplain, Waterlooville, PO8 8PT, ☎ 9242 6575  
**Hon. Secretary & Minutes Secretary:** Hazel Matthews, ☎ 9226 8780  
**Distribution Manager:** Mrs Walker, ☎ 9225 7305

### ADVERTISING AND MAGAZINE ARTICLES

At present there is no advertising space available. For general enquiries, comments, and corrections or to submit an article please contact the Business Manager/Magazine Compiler at 11 Ruskin Way, Waterlooville, PO8 8JX or email: [business@theratepayer.co.uk](mailto:business@theratepayer.co.uk).

### NEXT BLOOD DONATION SESSIONS

**Waterlooville Community Centre** (Behind ASDA): Tue 11th October and 8th November, 12.45pm to 3pm and 4pm to 6.45pm.

**St Wilfrid's Church Hall**, Cowplain: Thu 10th November, 1.30pm to 3.25pm and 4.30pm to 7.30pm.

National Blood Service Website - [www.blood.co.uk](http://www.blood.co.uk)

You can pre-book appointments via ☎ 0845 7 711 711

### USEFUL INFORMATION

**Waterlooville Police Station:** Swiss Road, Waterlooville, Hants. PO7 7FX. ☎ 999 in emergencies, 101 for non-emergency calls or leave information only messages, in strict confidence, on **Crimestoppers ☎ 0800 555 111**.

**Registrar of Births and Deaths:** Havant Library. Visit: Mon 9.15am - 12.15pm and 1pm - 4.30pm. Tue and Fri 9.15am - 12.15pm and 1pm - 4.15pm. Wed 9.15am - 12.30pm. Thu 9.45am - 12.45pm and 1.30pm - 5pm. Telephone ☎ 01329 225 397 Mon - Fri 8am - 8pm, Sat 9.30am - 4pm.

**Citizens' Advice Bureau**, Swiss Cottage, 9 St. Georges Walk (Hambledon Road) Waterlooville. 'Drop-in' hours Mon/Thu/Fri 10am to 1pm. Telephone advice Mon to Thu, 10am to 3pm ☎ 0844 856 3407. Online Advice: [www.adviceguide.org.uk](http://www.adviceguide.org.uk).

**Disabled Information and Advice Line (DIAL)** ☎ 9282 4853 (answer phone when closed).

**Good Neighbours Scheme:** Cowplain ☎ 9225 4090. Waterlooville ☎ 9226 6005. Help line 9am - 6pm, Mon to Fri. Website [www.stgeorgesnews.org/goodneighbours](http://www.stgeorgesnews.org/goodneighbours). For shopping, transport to medical appointments, home visits.

### Community Centres and Halls:

**Westbrook Hall** email [treasurer.wha@talktalk.net](mailto:treasurer.wha@talktalk.net)

**The Acorn Centre, Wecock** ☎ 9225 8423

**Waterlooville** ☎ 9225 6823

**Cowplain** ☎ 9226 7029

**Merchistoun Hall** ☎ 9259 7114

**Lovedean Village Hall** ☎ 9259 3904

**Deverell Hall Purbrook** ☎ 9243 0217

**Havant and District MENCAP**, Anders Hall, Milton Road. Available for hire. ☎ 9278 7302

**Springwood Community Blding** ☎ 9223 0330

**Faulty street lighting, traffic lights or road defects?** Report to ☎ 0800 506 060 or visit [www.hants.gov.uk](http://www.hants.gov.uk) and follow link to 'report highway defect'. (Quote lamp post no)

## MEDICAL SERVICES

**DENTAL HELPLINE** - Freephone ☎ 0800 665544

### DOCTORS

**Drs. J. Tate, K. McNicol; L.M. Martin; H.M. Penfold; M.A. Saville, A. Hamilton**, Waterlooville Health Centre, Dryden Close. ☎ 9225 7321 and Westbrook Branch Surgery, 1 Aintree Drive, Cowplain. ☎ 9225 5160.

**Drs. D.A. Spruell; N.J. Roberts; S. Pethen; H.F. Keohane; J.E. Clarke-Williams; R.D. Bowerman; Dr D.K. Pickup; Dr C.C. Fleischer**, The Surgery, Forest End, Waterlooville. ☎ 9226 3089 and Waterlooville Health Centre. ☎ 9226 2703.

**Drs. S.P. Stanley; S.J. Hobson; J.R. Warwick**, Queenswood Surgery, 233 London Rd, Waterlooville. ☎ 9226 3491.

**Drs. M.D. Hargreaves; P.M. Thakrar**, The Surgery, 133 London Rd, Cowplain. ☎ 0844 477 0942.

**Drs. E. Bridger; N.J. Millen; T.S. Wright; M. Johns**, Cowplain Family Practise, 2 Padnell Road, Cowplain. ☎ 9226 3138.

**Drs. M.J. White; A.M.S. Bateman; A.P.U. King; K.L. Burton; H. Gadsden and R. Sutton**, Medical Service - Stakes Lodge, ☎ 084 4477 8718.

### OTHER MEDICAL SERVICES:

Available from Waterlooville Health Centre, Dryden Close, Waterlooville, P07 6AJ. ☎ 9224 0340.

**Child Health Clinic:** Tue 9.30am - 11.30am.

**Podiatry Service (Chiropody):** By appointment. ☎ As above.

**Family Planning and Well Woman Clinics:** Mon 5pm - 7pm, Wed 1pm - 3 pm.

**Red Cross Medical Loan Service:** Mon to Fri, 10am to 12 noon and 2pm to 4pm. ☎ 9223 8108.

**LIFE:** Free Pregnancy Testing and Associated Counselling. Wecock Community Centre each Thu 10am - 12noon. ☎ 9246 2437.

**Southern Migraine Society:** Meetings held on 3rd Tue, November, January, March and April at Northern Parade Clinic, Doyle Avenue, Hilsea at 7.45pm. ☎ 01243 376386 for details

**N.H.S. Direct:** 24 Hrs service ☎ 0845 4647.

**Carers Helpline:** ☎ 0345 221122.

**PALS** (Patient Advice and Liaison Service) ☎ 9224 8362 / 8342. E-mail: [pals.ehpct@ports.nhs.uk](mailto:pals.ehpct@ports.nhs.uk).

**SOCIAL SERVICES DIRECT** ☎ 0845 600 4555.

### CHURCHES:

**St. George's:** Hambledon Road, Waterlooville. For enquiries ☎ 9226 2145. Fr. Mike Sheffield.

**St. Wilfrid's:** Padnell Road, Cowplain. ☎ 9226 2295 Rev. Paul Moore.

**Westbrook Church:** Tempest Avenue, Cowplain ☎ 9226 2295.

**Hart Plain Church:** Hart Plain Ave, Cowplain. Anglican and Methodist. Minister Revd. Timothy Jessiman ☎ 9226 4551.

**Sacred Heart and St Peters Church**, London Road, Waterlooville, Father Kevin Bidgood. ☎ 9226 2289.

**Cowplain Evangelical Church:** Durley Avenue, Rev Phill Brown. ☎ 9226 2188.

**Waterlooville Baptist Church:** 368 London Road, Waterlooville. ☎ 9225 5577 (Church Secretary).

**Lovedean United Reformed Church:** Meet at Lovedean Village Hall. ☎ 9234 8724.

**Living Waters Fellowship:** Kite Close, Waterlooville. ☎ 9242 5075.

**Bethesda Mission:** Lovedean Lane ☎ 9259 1101.



## FANCY A CURRY?

Mmmm! Curry, a delicious legacy of the British Raj in India, and as we all know curry comes from India – or does it?

Consider the reign of Richard I (1157-1199) where cooks, in the better off kitchens of his kingdom, regularly used ginger, cinnamon, nutmeg, cloves, coriander, cumin, cardamom and aniseed. This type of cooking resulted in highly spiced food – similar to that found in India.

Nearly 200 years later, Richard II (1377-1399) employed 200 cooks and philosophers to compose what was then the first real English cookery book of 196 recipes. The book was entitled 'The Forme of Cury'. The word 'cury' was the Old English word for cooking, derived from the French 'cuire' - to cook, boil and grill.

So did we, the British, land on the shores of India in 1608 with the word curry already a part of our language and eating habits or was the word used locally to describe a hot sauce or gravy and we just adopted it?

Another theory as to the origins of the word comes from the Tamil word 'kari' which means spiced sauce. It is worth noting that the Dutch, Portuguese and French were in India before the British arrived; yet it was us that readily adopted curry, not the others.

What we do know is that curry is now our national dish and recently there were celebrations to acknowledge that 200 years ago the first curry house opened in the UK.

In Britain, and increasingly in many parts of the world, curry is used to describe any sort of savoury Indian meat, vegetable or fish dish usually served with rice and/or bread.

Turmeric, a root plant, is one of the main spices in Indian and Asian food and gives the various dishes and the condiment chutney their distinctive yellow colour. For thousands of years turmeric has been a traditional Indian medicine but Western science's investigation of curcumin, the key component of turmeric, only began in the 1990s. Studies suggest that curcumin can help fight cancers, inflammatory illness such as rheumatoid arthritis and could possibly prevent the onset of Alzheimer's disease and dementia.

Many experts now extol the virtues of curcumin and its positive impact on human health and say we should include more of it in our food but like most recommendations perhaps we should treat this advice with caution. For example; are there other elements, such as more vegetables in the Indian diet, that contributes to better health and the apparent lessening of their chances of developing the serious ailments listed above? We presently don't know, but what we can do is enjoy a weekly homemade curry, a tasty way of, hopefully, keeping our minds and bodies sound and functioning correctly.

Now where's the chutney and who had the last papadam?

Martin, my good friend and golfing mate, suggested I wrote this article.

Geoff Lynch

9th - 15th October is National Curry Week. It started in 1998 to promote the cuisine and to raise funds for charities concentrating on hunger, malnourishment and poverty. Visit [www.nationaleatingoutweek.com](http://www.nationaleatingoutweek.com).



### AUTUMN MAGIC

With Milton Glee Club (MGC) Choir and Central Band of the Royal British Legion, 3pm on Sunday 2nd October at The Guildhall, Portsmouth.

The MGC Choir has brought live music to Portsmouth at an affordable cost for over half a century and this October will be pulling out all the stops with a special matinee performance. The music will blow your cares away.

Tickets are from £6 to £12.50 and there is a great £1 deal for under-16 young people, when accompanied by an adult. They are available from the Ticket Hotline ☎ 9243 1198 or on-line at [www.miltongleeclub.org](http://www.miltongleeclub.org) or at the door. Car parking cards can be purchased for £2.50, at the time of purchasing tickets, for the secure car park in Isambard Brunel Road.

The Milton Glee Club is a Registered Charity and £100,000 has been raised for charity during its 60-year history.

Potential members can chat to Moira on ☎ 01329 829420. The choir meets for 46 weeks each year on Friday evenings, 7.30pm at St James' Church Hall, Milton, Portsmouth. Membership is currently £52 per year.

### WILL AID 2011: MAKE A WILL, MAKE A DIFFERENCE

Will Aid returns this November. It provides the opportunity for any adult to have their basic Will drawn up by a professional solicitor in return for a voluntary donation to Will Aid. The suggested donation is £85 for a single Will, £125 for mirror Wills or £40 for a codicil or change to a previous Will.

**WILL AID** Will Aid has teamed up with Certainty, the National Will Register, to offer Will Aid clients the opportunity to register the location of their Will - for free (usual cost £30). When a Will is needed, the register enables loved ones to locate it - quickly and easily.

Last November was Will Aid's most successful campaign ever, with around £1.5 million being raised in just a few short weeks by Will Aid solicitors all over the UK. They helped more than 19,000 people make or update their Wills.

The money raised from donations is shared between the participating charities and is put to use helping people to live, build their communities and improve their future in the UK and around the world.

Charities also benefit through people using Will Aid to leave legacies to their favourite cause, church, or charity.

To take part in Will Aid simply find a convenient solicitor at [www.willaid.org.uk](http://www.willaid.org.uk) or by phoning ☎ 0300 0300 013 and make an appointment for November.

What happened - on?	11th Oct 1982:	The Mary Rose was raised from the seabed.
	21st Oct 1805:	The Battle of Trafalgar.
	24th Oct 2003:	Concorde's last commercial flight.