GALA EXCLUSIVE - WIN a holiday to Malta worth over £1,000!

Gala Bingo™ buzz

Your FREE magazine

Comic Relief Secret Celebrity Caller revealed: it's Sharon!

Big Night Out

Why Gala Bingo is the best fun bar none...



"It's a great way to catch up with mates"

The Buzz

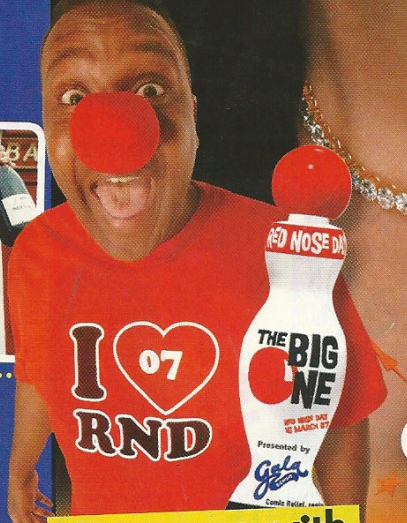
All the news from your local clubs!



"It's the cherry on top," says Tracey

And don't miss...

Top tips... good food... Gala TV... Friendsday Wednesday and more...



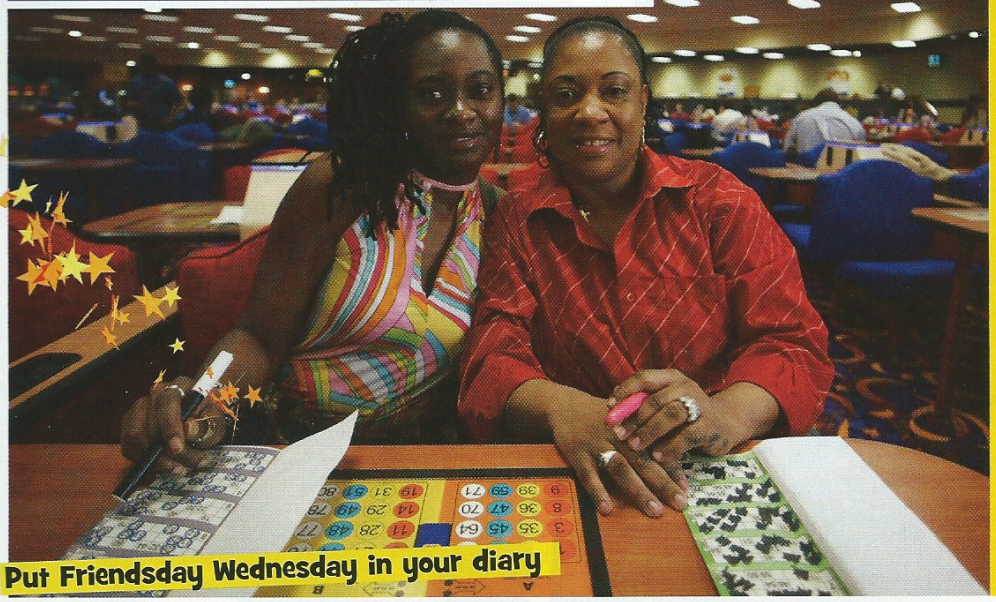
We team up with Comic Relief 2007!

Sharon Osbourne

Why she thinks Galabingo.co.uk is just fabulous

Play even more bingo online at www.galabingo.co.uk

In the Gala house...



Put Friendsday Wednesday in your diary

Even more chances to win with Gala Bingo™

07 **WIN £££s of Gala Vouchers** in our puzzle pages

21 **£50 in Gala Vouchers** for your Big Night Out

34 **WIN** a **holiday to Malta worth £1,000!**

37 **Bring** a friend, send a photo, win a prize

42 **WIN Gala Vouchers** when you write to us

Features

4 **"Fabulous darling"** The divine Mrs O just adores Gala online

8 **Looking good** Celebrity beauty tips through the ages

10 **Feeling good** Hot health tips

18 **The Big One** Put our dedicated Comic Relief Bingo Game on 9 March in your diary!

31 **Caller of the year** Brett's the best, bar none

32 **The sun always shines on TV** Britain's going bonkers for bingo on the box

Regulars

6 **Having a flutter** Essential reading for new kids on the block

13 **The Buzz** All the news from your local Gala clubs

23 **Dinner's in the oven** Fast food for all the family

26 **The sixth sense** What is it and have you got one?

28 **What I really, really want** A host of cool stuff to spend your winnings on

34 **Buzz-tastic** Even more prize-winning puzzles

36 **Diary dates** Make a date with 'Friendsday Wednesday'

38 **I didn't know that!** Fun Gala facts and trivia

41 **Online easy wins** Making the most of Gala Bingo online

42 **Getting a buzz out of life** Your letters, pics, poems, photos and more

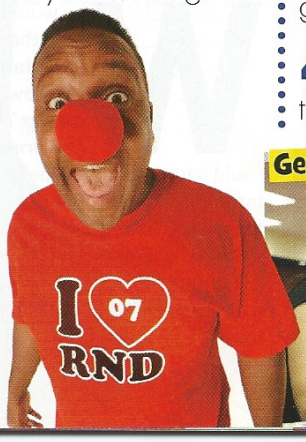
44 **Reader offers** 2-for-1 offers and great discounts you'll love

46 **Lucky stars** Discover what the future has in store

COVER: BRIAN ARIS

Celeb interview with Sharon





Get down with Gala Wiz



Hello everybody,



And welcome to your new-look *Gala Buzz*. As you can see, we've been busy making plenty of changes.

First of all, *Buzz* is bigger – 48 pages instead of the usual 32! – and packed full with the features you love to read.

We are working with the fabulous Sharon Osbourne – you may have seen her on the telly in our new ads for **Galabingo.co.uk**

Elsewhere, we've got marvellous make-up tips, tons of exciting information on our new partnership with Comic Relief 2007, all the gossip on your local Gala clubs, plus plenty more prize-winning puzzles.

We're very proud of the new-look *Buzz* and hope you love every minute reading it.

Enjoy!

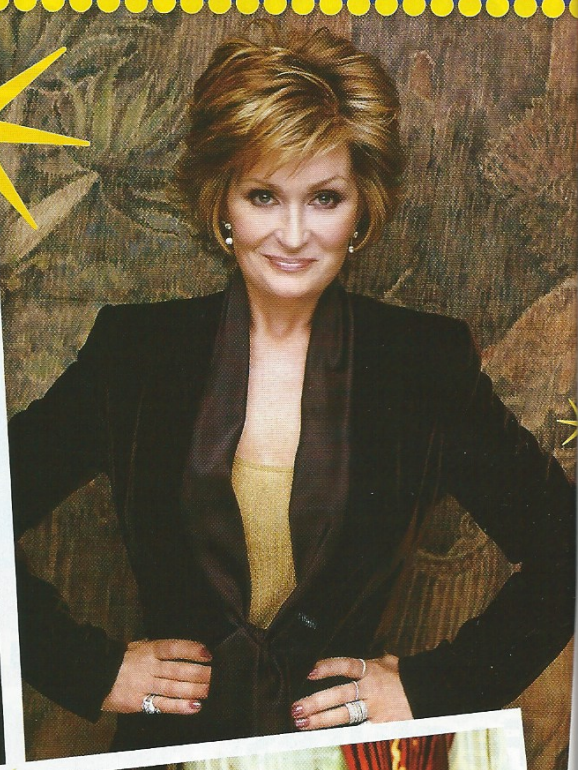
Sarah

Sarah Mercer – Editor
Gala Buzz

The big chat

Sharon Osbourne, a big bingo fan!







Having fun at home with hubby Ozzy and daughter Kelly

Mrs O loves bingo

Music producer, TV star and face of Gala Bingo online, there's nothing Sharon Osbourne can't fit into her hectic lifestyle...

Who would have thought that a humble TV show such as *The Osbournes* could have catapulted one family into superstardom? But it did and, these days, Sharon, Ozzy, Jack and Kelly are all household names.

Yet they are only a very small part of the Osbourne clan, which includes a Pomeranian called Minnie, a Puggle called Dallas, an English Bulldog called Lola, a Chihuahua called Lilly and more.

"Everyone is healthy, busy and happy but the dogs are somehow multiplying," sighs Sharon. "I seem to have more than I did last year."

In fact, Minnie very nearly starred alongside her celebrity mum in our popular Galabingo.co.uk telly adverts. But "artistic differences" meant that she was unable to appear.

Have you joined us?

Playing bingo online has never been easier, simply log on at **www.galabingo.co.uk** and follow the simple instructions

"I had such a great time making the Gala ads"

Actually, Minnie bit the ad director and was replaced by a stand-in – who you can see receiving a pooch pampering in the background of one ad.

It seems Minnie has form and even bit former *Baywatch* star, David Hasselhoff, when he was a guest on Sharon's tea-time chat show, *The Sharon Osbourne Show*. Then again, maybe she knows something we don't.

"I don't know if Minnie is a good judge of character," Sharon giggles, "but she definitely loves biting people – she even bites me. And I am such a bad mother, because I let her and just laugh."

Thankfully, the other dogs lucky enough to make it on set were better behaved and seemed to enjoy the proceedings. But just how did those adverts come about?

"Gala asked me if I would be interested," says Sharon, "and I thought it would be fun as, whenever I'm in Las Vegas, I play keno and always find it such fun."

Keno, in case you don't know, is an American game, similar to bingo and lotto, that's popular in casinos all over the US.

It actually originated in ancient China somewhere between 205 and 187BC and was brought over to America in the 19th century.

A bingo fan herself, Sharon was delighted to be asked to star in the ads. "It was very flattering," she says, "fabulous in fact. And I had such a great time making them, especially with all that lovely jewellery they gave me to wear."

Although the star of *The X Factor* is currently taking a break from our screens, resting at home with her family and catching up on movies, Sharon won't be away for long, as she is already working on a couple of new TV projects.

Like many modern mums, Sharon has too much on her plate, and that's without her TV work! But she's keen to shake off the "housewife superstar" label that people often try to attach and prefers, instead, to see herself simply as a mother and a wife who works. She even has a very ordinary view on taking it easy.

"My relaxation is to stay in, keep my PJs on, no make-up, reading magazines and watching the news."

And her idea of a top night out is just as simple. "That's easy," she says. "Dinner with friends and a good laugh."



BIG PICTURES, GETTY IMAGES

Gala telly fun

Three scripts were developed for Sharon, around the themes of a pedicure, a limo and a dressing room...

Catch Sharon on telly and you'll see her relaxing by the pool at a villa, reclining in the back of her luxury limo and being made up in her dressing room.

Toe trouble

For this ad, Sharon was seen relaxing on her poolside lounger and playing Gala Bingo on her laptop while a girl is giving her a pedicure. As she wins, she kicks her legs up in celebration and accidentally knocks her pedicurist into the pool.

Limo no-go

Sharon is sitting in the back of a plush, black, stretched limousine, engrossed in a game of online bingo. The driver opens the window and asks if she is ready to go, but she doesn't reply and winds the window up instead – she's too busy playing!

Boat race

And, finally, for the make-up ad, Sharon is in her dressing room, once again engrossed in galabingo.co.uk, while a make-up artist does her thing. Sharon wins, jumps up in excitement and ends up with lipstick smudged all down her face.

Each advert shows how easy it is to play Gala Bingo online – you can play wherever and whenever you want to. In fact, it's so easy, even Sharon can fit it into her hectic life.

So, don't forget, simply log on to www.galabingo.co.uk, sign up and start playing today.



On the villa set



Gala: good for nails

Have a flutter

Helping you make the most of Gala

Are you a Wiz-master?

How to play your **Gala Wiz** like a pro. . .

- Visit the Gala Wiz area at the Book Sales desk and pick up your Gala Wiz terminal.
- Then, choose from the Standard, Bargain and Ultimate ticket packages (available in most clubs), or from a range of one-off packages for special events.
- Once your Wiz has been loaded with your chosen package, you're ready to play.
- Simply tap off your numbers as they are called, using your Gala Wiz pen.
- The numbers on your Wiz work in the same way as a traditional 1 to 90 bingo book: 1 to 9 in the first column, 10 to 19 in the second and so on, across the keypad.
- When you tap off a number, it lights up (if you tap a wrong number by mistake, just tap it again and the light will go out).



21st-century bingo

Electronic game play with the Gala Wiz is proving to be very popular. Here's how to make the most of your game...

The Gala Wiz electronic gaming system is a smaller version of the main Gala Wizard and is the smartest, newest way to play bingo.

The games themselves haven't changed and you'll still be playing alongside people dabbing their books in the traditional way.

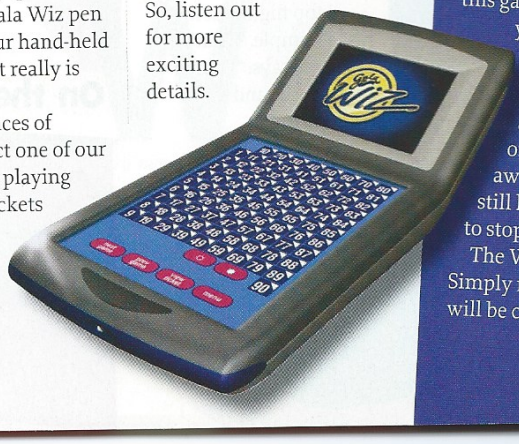
However, instead of marking off your numbers on paper tickets, you use the Gala Wiz pen to tap them off on your hand-held electronic Gala Wiz. It really is as easy as that.

And, for more chances of winning, simply select one of our great-value packages, playing between six and 24 tickets each game.

Gala already has more than 8,000 Wiz terminals in use across the country, with thousands of Gala members enjoying this smart new way to play.

With a limited number of terminals in each club it is easy to see why Wiz is so popular, and it can sell out at most sessions.

Very shortly, Gala will be offering Party Bingo on the Wiz, which will allow you to play all your Party Bingo games on your Wiz terminal. So, listen out for more exciting details.



Are you winning?

Here's how to find ou

Your Gala Wiz cannot show ho your tickets are doing at the sa time, so it displays your best tw

Numbers

Down the right-hand side of the screen is where you'll see how n numbers away from a win you a how many calls have been made this game and what the last num you tapped off was.

The beep

Your Wiz will alert you w a beep when you have wo or when you are one numb away from winning, but you still have to do all the shouting to stop the game.

The Wiz resets itself after each Simply return it to Book Sales and will be charged for the next sessio

Wiz is the biz!

All over the country, the **Gala Wiz** is being enjoyed by members of all ages, including this happy bunch from **Gala Surrey Quays...**



"It's easier and more technological. I like computers and gadgets so it suits me better," says Janet Hewitt, 42, who has been a member for three years.



Chevonne Thaian, 29, loves her Wiz because, "it's much easier than the books, with more chances of winning."



"I like seeing the little man pop up and say 'I've won'," says Janet Prior, 56, recent Wiz convert and a big bingo fan for the past 22 years.



Clair Valentine, 25, has been playing for six years. She prefers the Wiz to the traditional books not only because it makes it easier to win but because "it's more interesting, easier and different".



"There are more chances of winning, with up to 18 books instead of the normal six," says Anna Lindfield, 61. She also likes seeing the little man pop up too!



Barbara Goldstone, 53, has been playing for 20 years. She loves the Wiz because "it's easier, you don't have to worry about missing a page," and thinks it's the best thing ever brought out for bingo.



"I prefer the Wiz to traditional game play," says Shkelzen Krasniqi, 35, who has been a member for two years.

TIINA TERVO

WIN £25 Gala Vouchers

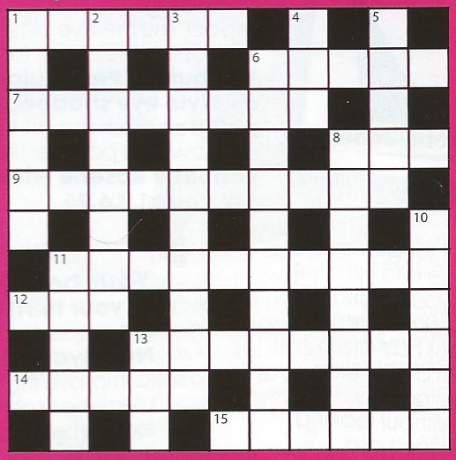
Gala BINGO™

Puzzle zone

There will be three winners drawn per puzzle, and each wins £25 in Gala Vouchers. Turn to page 15 for more chances to win!

Anagram crossword

Every clue in this crossword is an anagram of its solution



ACROSS

1 Sharer (6)
6 Prate (5)
7 Felt tray (8)
8 Ore (3)
9 Inner groom (10)
11 Ritual carp (10)
12 Leg (3)
13 Top Ivies (8)
14 Groan (5)
15 The wig (6)

DOWN

1 Affair (6)
2 Also sane (8)
3 So intimate (10)
4 Yaw (3)
5 Cored (5)
6 Insert crab (10)
8 Girly pen (8)
10 Ranted (6)
11 Paler (5)
13 Nap (3)

Quick sudoku

Every row, every column and each of the nine smaller boxes of nine squares should be filled with a different number from 1 to 9 inclusive. Can you complete the grid?

9	8			7			2	1
	2		9		4		5	
	9	4				6	7	
6		8				3		5
	7	5				2	1	
	6		5		8		9	
4	5			1			3	7

See top of page 35 for entry details

Name/address

Telephone

Club

Membership No

Closing date for entries is 13 April 2007
Terms and conditions apply – see page 34

Looking Good

Our guide to staying gorgeous – whatever your age



30s: Catherine Zeta-Jones

Freshen up your eyes

This is an age where you can dare to wear colour. Focus on eyes and choose hues you would normally pass over. Jewel-toned shadows, such as violet, will swiftly update your look and add glamour. For extra impact, line the eye close to the base of the upper lashes. Try **Bourjois Petit Guide de Style eye shadow palette** containing an eye shadow and powder liner in **Coquette Rosette (violet/pale pink), £6.95**.

Flush your blush

Your skin still looks deliciously plump and bountiful amounts of collagen, so go for using a highlighting cream. Dot and blen cheekbones to give your complexion the **Benefit High Beam, £15.50** (stockists 0 satiny pink highlighter that adds a soft-foc

Be a scarlet woman

A bright red lip colour can quickly from plain to playful! As red lipstick fine lines around the mouth, use a will help colour stay in place. Alwa with a lip brush, starting from the c and working outwards. Try **Max F Perfection Lipstick in Flame, £6**

Pile it high

Pin up shoulder-length hair and become a foxy lady! Show off your neck and jaw line by scooping and pinning your hair into a 'messed up' bun and pulling out random sections. It's sophisticated without looking like you've tried too hard.

Your beauty must-have

In your thirties it's not uncommon to experience teenage-like breakouts, thanks in part to environmental conditions and stress. **No7 Hydro Quench Pore-Refining Serum, £11** works hard to improve the skin's texture and reduce pore size. Visible skin blemishes seem to disappear thanks to optical diffusers. Willow b extract helps to control oil and beat the bacteria that spell out spo

40s: Kristin Davis



Brighten up your base

As you get older, less is definitely more when it comes to foundation. Heavy, matte make-up will have the habit of clinging to fine lines, making you look older and your skin unpolished. Instead, opt for something light and luminous like **Bourjois Happy Light Foundation with Light-Capturing Micro-Pigments, £7.95**, available in five tones.

Texturise hair

Now's the time your crowning glory can start to get stuck in a style rut. If you don't fancy a drastic cut, look to oomphing up your look instead. For instance, if you have curly hair, straighten it (and vice versa). You could also consider a wispy fringe that sweeps across the forehead. It looks funky and beats having Botox!



Define your brows

First off: lay thin brows to rest – it makes you look older, not to mention neurotic! So, if you're overplucking, stop and start to grow them back; just tweeze wayward hairs. Filling in the brows is essential and gives your face balance, so be sure to use a brow pencil that works well with your hair colour as well as your brows. The trick is to work with firm strokes along the brows so you fill in any gaps. Try **Max Factor Eyebrow Pencil, £4**.

'Pop' your cheeks

Although neutrals work well for eyes during this decade, 'pops' of colour on your cheeks give an immediate glow. You may think of pink as too girly, but it will actually lighten up your whole face. Start with the tiniest of dabs on the 'apples' of your cheeks, then blend the blush up and out towards the temples. Try **Maybelline Dream Mousse Blush in Dolly Pink, £5.99**.

Go natural for lips

Like brows, lips can begin to lose definition at this stage. Strong colours can have the habit of making lips look thinner, so plump for natural shades – ones that mimic your lip colour. And dab a spot of highlighter on your cupid's bow (the V at the centre of your top lip) for a non-surgical plumping effect. Try **No7 Heavenly High Shine Lip Gloss in Tease, £7.50**.

Fabulous tips for looking your best with ultra-flattering hair and make-up, plus the beauty must-haves you shouldn't be without



50s: Twiggy

Get clever with concealer

Recapture lost radiance with a five-star concealer to whisk away signs of fatigue under the eyes and in other areas. Go for formulations which are sheer – too dry and they sit on top of the skin looking heavy. **Stila Illuminating Concealer, £16**, (01273 408800 for stockists) acts as an excellent cover-up and also reflects light. Just dab on and blend with your fingertips.

Go for subtle coloured lips

Brighten your lips with pretty soft reds, pinks and peaches to reflect colour back into your face. Steer clear of dark brown – it's the one colour guaranteed to add years! If you need more definition, use a neutral lip pencil to outline your lip line first. Try **Max Factor Silk Gloss in Peach Glow, £6.99**.

Your beauty must-have

RoC Retin-Ox Illuminateur, £27.95 is Roc's first anti-wrinkle foundation, proven to help reduce the appearance of wrinkles, give skin a natural 'no-make-up' look, and make you look younger.

Put the bounce back

Breathe extra life into your hair by giving yourself a **deep conditioning** treatment. It only takes minutes and 'fills in' porous areas to help hair appear healthy and luminous. For glossy locks try **Mark Hill Intensive Conditioning Mask, £7.99**.

Max up your lashes

Don't even think about using any colour but the blackest of black, and curl lashes (using eyelash curlers) for extra wide-eyed appeal before applying mascara. To plump up skinny lashes, opt for a thickening and glossy mascara such as **Revlon Luxurious Lengths Mascara in Blackest Black, £8.49**.

Give skin extra radiance

If your face is looking a touch sallow, never fear as it's nothing a dusting of golden powder can't fix. For an authentic glow, dust over bony areas (nose, forehead and cheekbones) for a sun-kissed look. Try **Almay Glow Healthy Bronzing Powder, £8.99**.

60s: Helen Mirren



Brighten your smile

Years of coffee, red wine and nicotine can take their toll, so choose whitening toothpastes that will make your smile sparkle. Lavender lip shades are said to give the appearance of whiter teeth so try **Maybelline Watershine Elixir Liquid Lipcolour in Lunar Lilac, £6.99** – it's a glossy formula so makes lip look fuller too.

Use a cream blush

Like your foundation, it pays to skip the powder and go for a creamy formulation to avoid highlighting wrinkles. Tender hues such as apricots and rose colours will look best. Apply to the 'apples' of your cheeks and blend for a lovely natural look. Blush with **Revlon Skinlights in Rosy, £5.29**.

Keep your foundation creamy

Your skin is noticeably drier now, so opt for a foundation that will keep your face hydrated so your complexion looks fresh and glowing. Use a tinted moisturiser in place of a foundation, such as **Jemma Kidd's Light-as-Air Liquid Foundation, £15**, a moisturising foundation which leaves a velvety shine.

Your beauty must-have

Although we know calcium loss can affect our bones as we get older, it's also been revealed that the loss can be just as damaging to your face, causing thinner, less elastic skin. For a more toned and resilient skin try **L'Oréal Age Re-Perfect Pro-Calcium, £14.99**.

Go for a hue in one

Keep your eye make-up simple but striking. Prepare your eye by patting over a little foundation or powder so colour doesn't wander or slide into lines. 'Colour-wash' your eyelid from the base of your upper lashes to the socket line with one hue only. Go for a neutral shade or a soft pastel such as **Estée Lauder Pure Color Eyeshadow in Sugared Almond, £14**. Team with black mascara and lightly pencilled eyebrows.

Short, sharp, chic

Keeping your hair long during this decade will look ageing. A short(ish), sharp cut looks stylish and instantly draws attention to the cheeks and eyes – which you can play up with **pure sophistication**. A graduated cut, where the front sections are longer than the back, looks **modern**.

PHOTOGRAPHS: REX FEATURES, KOBAL, PHOTOFEATURES, KOBAL PHOTO

Feeling Good

All you need to know to make you feel great!

Drink to your health

Forget all the bad news about binge drinking, alcohol (in moderation, of course) can be good for your health. Get the maximum benefits from your bar tab and raise your glasses to your good health.



Drink white wine if you wear heels

According to Professor Alberto Bertelli from the University of Milan, white wine contains tyrosol which can prevent inflammation. So have a glass to soothe sore knees after a night wearing heels!



Beer for your bones

An ideal source of the mineral silicon, Dr Jonathan Powell, head of Micronutrient Status Research at the MRC Human Nutrition Research Group in Cambridge, has revealed it's essential for strengthening bones and easily absorbed by the body. Cheers!



Shake and sip a martini

Turns out a gin martini can help stop wrinkles. Scientists at the University of Western Ontario, Canada, have discovered martini is higher in antioxidants than either gin or vermouth on its own, especially when shaken rather than stirred.

One-minute health boosters

Stuck in traffic? Vegging out in front of 'EastEnders'? Having a 10-minute tea break? Make the most of routine activities by squeezing in these easy peasy, health-enhancing moves and tips.

Ease jaw pain

Stress leads many of us to clench our jaws causing tightness and discomfort. To release, put the tip of your tongue on the roof of your mouth, slightly behind your teeth. Slowly open and close your mouth 15 to 20 times for a minute and feel it loosen up.



Set your tea bag in motion

Dunking the bag up and down for a minute releases more of the tea's antioxidant compounds into the water, which increases its disease-fighting power.



Turn up the lights

Researchers have found that we're more likely to binge when we eat in low-light environments. Ditch the candles and brighten things up to save the calories!

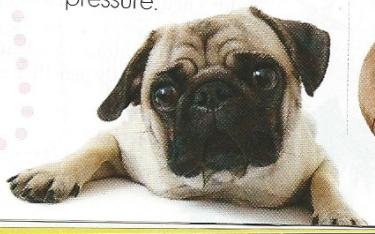


Laugh lots

It helps open lines of communication with others and reduces tension. Laughter makes your immune system younger. Try laughing for one minute every hour or so.

Pet a pooch

Even if it's your next door neighbour's dog! The presence of a pet can lower your blood pressure.



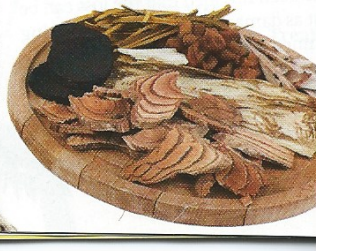
Floss for a stronger heart...

Researchers in Carolina have discovered that people with gu disease are more likely to devel heart problems. The reason? Oral bacteria can easily enter the bloodstream and can eventually make it to your hea Once the bacteria arrive, they activate an inflammatory response to the heart. Let the f be with you after brushing by taking a long strand of floss (u 12 inches) and slipping betwe your teeth and gums. Floss wi to 10 vertical strokes to dislod any food and plaque. And take care of your gums with a dent check-up every six months.



Double you resistance

The latest way to winter-proo your body and ward off the dreaded cold and flu season is customising your supplemen It's a process known as synerg and once you know which supplements work well togeth you can create your very own super-booster. A combination that va-va-vooms your immun system is vitamin C and zinc. It is well known that vitamin C builds up the body's resistance cold, but it performs more efficiently if you take it with zinc, a mineral that works together with the vitamin to protect and strengthen blood vessels.



Take the mirror test

"The evidence of your skin, eyes and body is a guide to your physical health," says Dr Deborah McManners, author of 'The Holistic Doctor' (Piatkus). Do the mirror MOT and see what clues your body is giving about your health.



Puffy face?

"This is usually a sign of over-indulgence," says Dr McManners. "Too many late nights, too much drinking and smoking and too little quality food." Cut back to look (and feel) better.



Cracks in the corner of your mouth?

"This can be a warning sign of iron or vitamin B deficiency." Find them in food sources such as wholegrains, brown rice, peas and peanuts or a supplement.



Cloudy urine?

Ruling out a sexually transmitted infection (STI), you're probably not drinking enough water. **"A well-hydrated person will have almost colourless urine,"** says Dr McManners. If you can't drink eight glasses of water a day, find water in food such as fruit.



Reddened eyes?

"This can be the result of eyestrain." Palming is an effective way to relax them. Simply close your eyes and, with the palms of your hands, cover them completely. Keep your fingers resting on your forehead. Keep in this position for several minutes and then release. If working on a computer, do regularly throughout the day.



The diet doctor

Q. When I'm fed up I tend to reach for comfort foods such as cakes and biscuits. I find them pleasurable to eat but they leave me feeling guilty afterwards. Any suggestions as to how I can eat more healthily?

A. It's normal at this time of the year, when spirits are low, for people to increase their intake of carbohydrates. These foods are high in sugars and starches that increase the production of serotonin in the brain, which make us feel temporarily happier. However, the downside is they're fattening and disrupt blood sugar levels, which can leave you feeling moodier in the long run. Try to eat small, regular, healthy meals throughout the day (jacket potato, oat cakes with hummus, for instance) which will keep your blood sugar levels balanced (along with your outlook) and therefore you're less likely to feel hungry and snack on those quick-fix carbs.

Q. I'm overweight and want to diet but past diets didn't work and I put the weight back on. Is there a specific diet you would recommend?

A. It's not always down to the diet whether you keep your weight off, it's down to your lifestyle post-diet. Essentially you need to create a constant energy deficit by eating fewer calories than your body uses in energy output. This can be hard through diet alone, especially in the long term, so the answer has to be exercise. If you're not prepared to eat cottage cheese forever, you need to start walking, running, cycling, dancing... whatever gets your cardiovascular system working and raises your metabolism. At least half an hour a day of these can easily stop you putting the weight back on.

The Buzz

The latest big Gala winners

In it to win it

Our regular round-up of jubilant jackpot scoopers from up and down the country...



Icing on the cake

Middlesbrough mum, Tracey Garbett, 41, who opened her own specialist cake shop, Truly Cakes, last year, **called her recent £20,000 win**: "the cherry on top". The Gala Teesside member shared her winnings with her sister Dawn. "I am still giggling with delight," she said.



Mair play

Generous Gala Gloucester member, Mair Wiggins, 65, **scooped £96,000** and promptly split her winnings with a bingo pal. Mair, a widow, is now planning a big trip Down Under to visit her sister, Audrey. "My only regret is that my husband, Frank, is not here to enjoy it with me," said retired care worker.



Bangers and cash!

Sausage-factory worker Jennifer Scotton, 43, **won £100,000** at Gala Leicester and couldn't believe her luck. "When they called my name, I just froze. I wanted to call my husband straight away," said the mum of two. **Until now, her biggest win had been £2,000.**

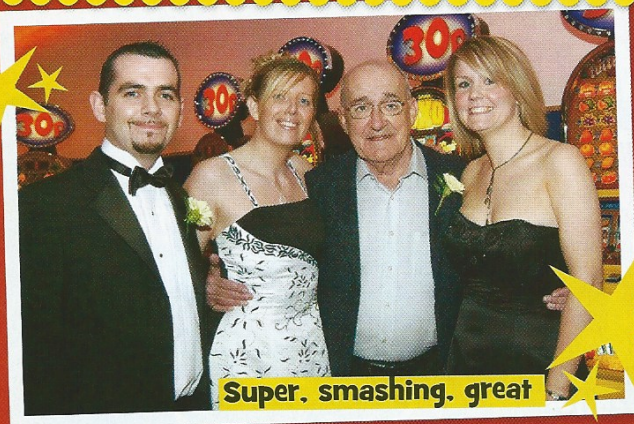


Lovely jubbly!

Part-time cleaner Bernie Gibbs, 69, shouted out, "Lovely jubbly!" when he **won a £20,000 bingo jackpot**. The Gala Lakeside member was there with his wife, Gwyn, and daughter, Marion. "I don't know what I'm going to do with my share of the winnings," he said, "but my wife, daughter and grandchildren will be well looked after."

The Buzz

News, gossip and club launches



Super, smashing, great

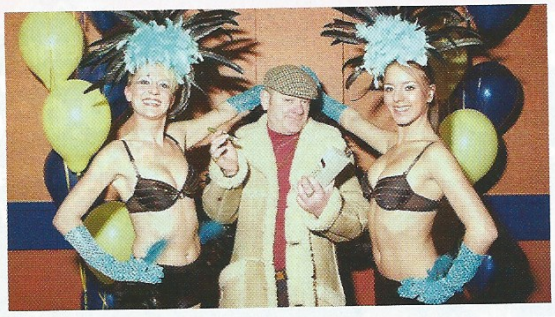
A Bullseye for Boston

TV icon Jim Bowen, the presenter of classic darts quiz show, *Bullseye*, popped along to open our brand-new, state-of-the-art Gala Boston at the beginning of January.

Jim cut the ribbon at 7pm, then joined members for a fun night of bingo, with entertainment by 1960s comedy/vocal band, The Ivy League, and cabaret duo Saremma.

"It was a brilliant night," said general manager Adele Lawton. "It was great to bring out the bubbly and celebrate, surrounded by celebrities and members alike. It was a fantastic way to bring Gala to Boston."

The club boasts some fantastic facilities, including luxury seating for over 700 players, disabled facilities, comfort cooling, a licensed bar and diner.



Surrey Quays launch

Surrey Quays also reopened at the end of last year, following a refit of more than £500,000. Del Boy Trotter lookalike Stephan Feix was on hand to cut the ribbon, and entertainment was provided by a rock 'n' roll band and showgirls Leah Willis and Becky Patrick. Assistant manager Colin Bell even dressed up in drag and sang a tune at the end of the night. "It was a great night and everyone thoroughly enjoyed themselves," said Colin.

Gala Bradford

They're a busy bunch at Gala Bradford: general manager Sean Connolly has recently appeared on Radio 2, and three members of staff – including Caller of the Year finalist Nick Bradley – plus one club member, have all quit smoking through the NHS Quitline.

We would also like to apologise to the club as, last issue, we said that Nick Bradley was a caller at Gala Bradley. He is, in fact, a caller at Gala Bradford. So a big "sorry" to all of Gala Bradford's staff and members.

Fanfare for Tootin

Gala Tooting relaunched in a blaze of glory at the end of last year, following a £1.5 million refurbishment.

On 12 October, the Grade 1-listed building, which was designed by Russian architect Theodore Komisarjevsky and contains a stunning Gothic interior, was officially re-opened by former *EastEnders* hard man Billy Murray, who welcomed in Helen Corney. Helen, 82, was club manager more than 50 years ago and still plays bingo at the club.

There followed a fun-packed evening of bingo, complete with steel bands, jugglers, magicians and a Beatles tribute band. T club first opened in 1931 as a cinema and, for the first time 33 years, the club's Wurlitzer organ was raised and played.

"It was a brilliant night," sa general manager Rick Espey. "We couldn't wait to show of new-look club to our membe



Billy and Rick cut t

Tour de 4orc

G4, former runners-up of *The X Factor*, gave an exclusive preview of songs from their eagerly awaited new album, *Act Three*, at Gala Feltham and Gala Leicester at the end of last year.

Playing to excited crowds during the evening sessions, the concert was free to anyone who played and the boys even hung around for a game of bingo themselves.

Members and staff alike reckon that the guys, Jon Ansell, Matt Stiff, Mike Christie and Ben Thapa, have never sounded better.



The G4 bo

Thank you, Leicester

Dear Keith and staff,

Thank you to you and your staff for making the evening of Saturday January such a brilliant night. Ten of my friends and I were at the cl celebrate my birthday. Many of them had never played bingo before everyone was made to feel very welcome. We must also say a big th you to Becca, who helped me organise the evening and was on hand help whenever she was needed. And big thanks to John, who also k eye on us – brave man! We thought the entertainment was excelle even though some of us made dance moves we'd never have done s we will be back for the next cabaret night.

Kind regards,

Trina, Louise, Cathryn, Lesley, Mary, Sue, Philippa, Katie, Kerry and Sarah



Ou est le Gare du Nord?

Gala Paris

Staff took around 200 members from several clubs, including Tamworth, Grantham, King's Lynn and Cambridge, to Paris in five coaches for one weekend back in October. General managers opened their clubs early to give everyone a good send-off, and goody bags containing puzzle books, snacks and bottles of water were provided for the journey.

Gala cares

As you know, Gala loves forging links with its local communities, which is why staff regularly volunteer their services through Cares partnerships up and down the country. Most recently, Gala Group managing director Steve McKenna and other head office staff gave their time, through Nottinghamshire Cares, to help spruce up the local Salvation Army offices, which were in need of a fix-up.



Can anyone spot the MD?



Anna, Dean and Rye Croft kids

Word power

As part of the national Right to Read campaign, Gala Leeds' general manager, Dean Brackenbury, and deputy manager, Anna Conley, have been helping children at the local Rye Croft Primary School with their reading skills.

"If the time I spend with the children makes them feel the way I did at school and helps them enjoy their education, then it will have a really positive impact on them as adults," said Anna, who'll be off to help run Gala TV soon. In fact, she's hoping to carry on helping local children when she gets there.

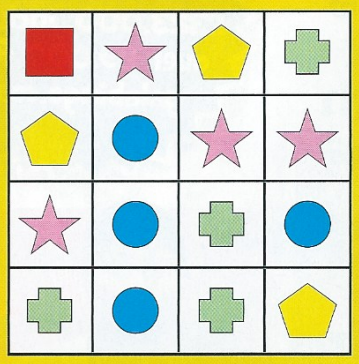
WIN £25 Gala vouchers

Gala BINGO

Puzzle zone

There will be three winners drawn per puzzle, and each wins £25 in Gala vouchers. Turn to page 29 for more chances to win!

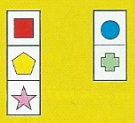
What's it worth?



=39
=43
=41
=29

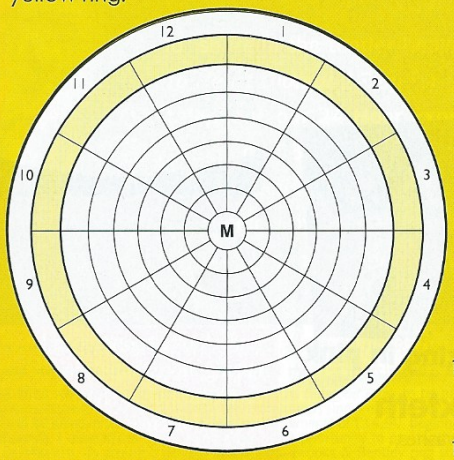
= 39 = 42 = 35 = 36

Each symbol stands for a different number. To reach the correct total at the end of each row and column, what is the value of the circle, cross, pentagon, square and star?



Clockword

First, solve the clues. The solutions begin with the letter in the centre of the circle. When complete, you can then go on to discover the 12-letter word reading clockwise around the yellow ring.



1 Attractive
2 Exaggerated masculinity
3 Pasta
4 Illusionist
5 Fast rise to fame
6 US river and state
7 Stranded
8 Matrimony
9 Keep in good repair
10 One million watts
11 Greek dish
12 Oily fish

The 12-letter word is: _____

See top of page 35 for entry details

Name/address

Telephone

Club

Membership No

Closing date for entries is 13 April 2007
Terms and conditions apply – see page 34

Red Nose Day 2007

Get set for some Comic Relief at Gala...

COMI
RELIE

Get ready for the big one

I say, I say, I say, have you heard the one about Red Nose Day coming to Gala Bingo? No? Then read on...

For the first time ever, Gala is teaming up with Comic Relief for Red Nose Day 07 – The Big One.

As the official bingo partner for Red Nose Day, 16 March 2007, we're aiming to raise as much money as we can.

To that end, over the next few weeks, you'll be finding loads of fun and games going on in every single Gala Bingo club up and down the country. Plus, special Comic Relief donation buckets will be doing the rounds.

Not only that but our secret celebrity caller has been announced. **Sharon Osbourne** will be calling numbers on 9 March for our Dedicated Comic Relief Big One Bingo Game, from 8pm, at a yet-to-be-revealed club.

Plus 15p from every RND dabber and 20p from every £4 Gala Big Red One Thai Red Curry meal goes to Comic Relief.

And let's not forget where

Yabba dabber do: 15p of the price of your RND dabber goes to Comic Relief!

Comic Relief, registered with the Charity Commission, no. 326568

Join in the fun: visit your local club, tune into **Gala TV on Sky Digital Channel 841**, or log on to **www.galabingo.co.uk**

Hot off the press!

Our Comic Relief secret celebrity caller has been revealed! Sharon Osbourne will be calling the numbers for the Big One Bingo Game in one of our clubs but, the location will remain a closely guarded secret until 8pm on Friday 9 March, when her voice will be beamed out live across the UK in a link game throughout all of Gala's 170 clubs up and down the country.

"I am delighted Gala Bingo has invited me to be its 'Big One' bingo caller," said Sharon. "It promises to be a very exciting night. I love bingo and I'm a huge supporter of Comic Relief, which plays an important role in helping transform the lives of people living with poverty and social injustice.

"I hope bingo lovers and those of you who are new to the game come along to one of the clubs on 9 March and help us to raise as much money as possible."

So, there's even more reason to get on down to your local Gala club – you never know who you might meet!



your money is going. Of the £65 million raised last Red Nose Day, 40 per cent went towards helping vulnerable people throughout the UK, while the other 60 per cent helped people living in poverty across Africa. So, not only does Comic Relief help people in Africa, it doesn't forget those living a little closer to home.

Local help

For instance, support from Comic Relief given to the West of Scotland Seniors Forum is helping older people have a say in their healthcare and living arrangements, while a grant has helped Hillpark Community Flat to provide social activities and training opportunities for the local residents of a housing estate in Peterhead.

Meanwhile, the charity helped the Greater Easterhouse Alcohol Awareness Project in Glasgow and Drinksense in Peterborough to support young people whose lives are being harmed by alcohol. It has also enabled the Shiney Advice & Resource Project to provide educational classes and training opportunities for the local residents in an ex-mining community in Northumberland.

Funding also helped Children North East in Newcastle to provide young people with specialist support, and helped The Council of Disabled People in Coventry to ensure that the rights and opinions of people who are experiencing a mental health crisis are fully respected.

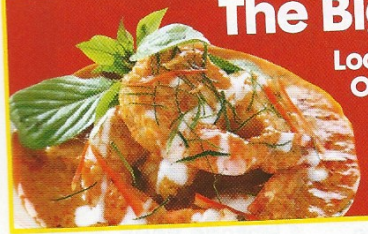
These are but a few of the many, many projects from all over the country that your contributions will be helping so please, dig deep on 16 March.

"We're all about fun and entertainment at Gala," says group corporate social responsibility manager Colin Morgan. "And, together with Comic Relief, we are building on that, while raising money for worthwhile causes."

As I am sure you'll agree, both Gala Bingo and its kind-hearted members have a proud tradition of helping out – just look at all the great work you do for Breakthrough.

"Helping our local communities is in our blood," says Colin. "We've raised more than £750,000 for Breakthrough over the past three years and we'll make a fine contribution to Comic Relief."

Meanwhile, the special comedy-packed Red Nose Day DVD fund-raising kit, with top tips on raising cash and having a great time on 16 March, is available now. Call 09065 226666 to get hold of a copy. Calls cost no more than £2 from BT landlines, while other operator and mobile rates may vary.



The Big Red One

Look out for The Big Red One, our special Comic Relief Thai Red Curry meal for £4 – with 20p going to Comic Relief



MARCH 2007

Some special dates for you diary in March

The Big Red One! 9th
Could Sharon Osbourne be calling our Dedicated Comic Relief Big One Bingo Game at your club? All post-prize funds raised go to Comic Relief!

Fund-raising Week 9th-16th
A spectacular week of local club fund-raising activities in support of Comic Relief, so come on down and find out what your club is doing

Gala Party Night 16th
Bringing the donation drive to a close, with local club parties celebrating all the fund-raising activities for Comic Relief

Big Night Out

"It's a great way to catch up"

WIN Vouchers worth £50

Is Gala your Big Night Out?

Do you love going to your local club in a group? Do you go with your family, friends or work colleagues? If a session down the bingo at Gala really is your Big Night Out, then we would love to hear from you. If you would like to be featured, simply write in with your name, address, club, membership number and, most importantly, contact telephone number to: **Big Night Out, FREEPOST RLYA-CAXK-EBTC, Square One Publishing, 15 Prescott Place, London, SW4 6BS. Every group featured will win £50 in Gala Vouchers.**



Julia Evans and Nancy Segall on their Big Night Out!

I just love it

Julia Evans, 32, has been a member for just over a year, and reckons it's the best way to catch up with her mates...

"I've been a member of Gala Borehamwood for just over a year. I joined last December because I wanted to go out and do something sociable with my friends in the evenings. Plus, the chance of winning money seemed like fun. Now I probably go once or twice a week.

"I usually go with my best friend, Nancy Segall, and my sister, Lisa Wood. Occasionally I bring my husband Lee along and I can usually round up a few others to come with us, too!

"I love meeting my friends there for a good old natter and I love the excitement – that adrenalin rush you get when you think you might win. The cheeky Gala callers are good, too. My friend Dudley Beale is a caller at the club and he always comes over to check on us.

"You can't beat the social aspect of being a member, such as seeing your friends, having a meal or a few drinks at the bar to loosen your tongue so you can enjoy a gossip. The atmosphere when you're there is always so good.

"Gala Bingo is my Big Night Out because I love being with my friends and I live in hope that I might win the big jackpot. We've all made a pact that, if we hit it big, we'll split the money equally.

"I already know what I would spend my share on: Nancy and I are saving for a cruise. We like cruises and have already been around the Mediterranean; we'd like to go to Barbados next.

"You could say I'm quite lucky really, as I have won at least 20 times since I joined.

"My biggest win so far has been about £300, and I've even had three wins in one night before: one line, then two lines, then a full house. I don't think I was very popular with the other members that night!

"I've got a lucky pen that I bring with me every time, one of the pink Bingo for Breakthrough Breast Cancer dabbers and it's the one that has won me the most money. I don't know what I'm going to do when it runs out.

"Gala beats pubs and clubs any time, as they are quite smoky and loud and I've done all that. Clubs are what you go to in your teens and I'm not a clubber any more; I prefer to sit down and have a really good laugh.

"I'd recommend Gala to anyone as you meet lots of people, it has a great social aspect and it keeps you smiling – especially when you start planning what to do with all your winnings. Best of all it's a great way to stay in regular contact with all your mates."

"You can't beat the social side to being a member"

LEE EVANS



A sense of the unknown

Most of us are aware of the five basic human senses and many of us have heard of the so-called 'sixth sense', but what is it, do we all have one and can we develop it?

Some people call it intuition, while others call it extra-sensory perception (ESP) but, if you've ever hummed a tune then heard it played on the radio, or thought of someone just before they've called you on the telephone then, chances are, you are already very much in tune with your sixth sense.

ESP is the ability to collect information by means other than the five 'traditional' senses, i.e. touch, taste, smell, sight and hearing.

Although scientific opinion is divided over whether this sixth sense exists at all, much study and research has been undertaken into it, while mediums, clairvoyants, psychics and spiritualists all over the world claim it's an undeniable truth.

The idea of ESP has existed throughout human history, which is full of stories of people predicting future events, communicating with the dead, reading people's minds and so on.

However, because the sixth sense is little used and often misunderstood, many people go through life without even realising they have it.

You may have experienced using it several times over and not even realised it. In fact, some psychics claim that the feeling of déjà vu is your sixth sense coming in to play.

If you are keen to develop yours, finding some peace and quiet is usually the best way to start. Whenever the family is out and you have the house to yourself, turn the TV off and spend a few moments focusing on your thoughts.

Think carefully about your dreams; have you ever had any that later seemed to come true?

Try to recall the times when

Did you know?

The scientific study of ESP is called parapsychology and is subdivided into telepathy (tuning in to someone else's thoughts), clairvoyance (the power to see or know things that others cannot), precognition (seeing into the future) and psychokinesis (moving objects with the mind).

you had a hunch or feeling that something would happen and then it did. Concentrate. Was it because you had prior knowledge about the incident anyway, or did it come from a 'special feeling' that you had?

Think of all the times you have thought of the same thing at the same time as another person, or of all those times you seemed to know what someone was thinking. Can you eliminate anything that is readily put down to coincidence or that can come from reading a person's body language?

Also, can you remember any situations where you felt a spiritual presence? If you can, try to remember what you were thinking and feeling at the time.

It may be useful to keep a journal and to get into the habit of writing all these thoughts and feelings down on paper.

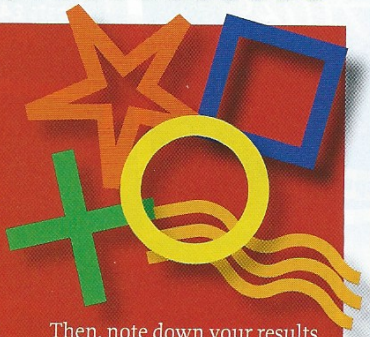
Improving your sixth sense can be tricky; in fact, it often seems to be one of those things that works best when you're not even thinking about it.

Instead of trying to force the issue when recalling any of the above, simply remember how you felt at the time and try putting yourself back in that state. You may be surprised at the results.

Did you know?

There are actually between **9 and 21 human senses,** depending on how you define them, but the general consensus is that there are a minimum of nine, made up of the traditional five, plus thermoception (sense of heat), nociception (sense of pain), equilibrioception (sense of balance) and proprioception (sense of space).

On the cards



Designed by psychologist Karl Zener in the 1930s, Zener cards are used to conduct ESP experiments and are a great way to test your own psychic ability.

A pack of Zener cards is made up of five different designs, namely a circle, a cross, wavy lines, a square and a five-pointed star. There are 25 cards in total, made up of five of each design.

To use them, first shuffle the pack then hold it in your hands, with the symbols facing down, or get a friend to hold each card up, with the symbols facing away from you.

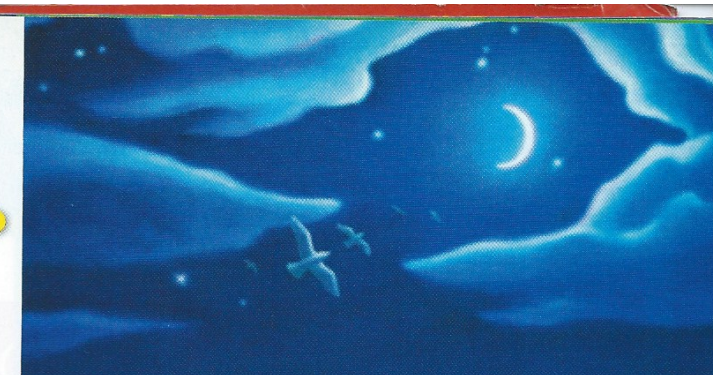
Next, focus on the card and try to "see" in your mind what the symbol on the other side of the card is. Don't guess, but relax and just let the thought or image pop in to your mind.

Then, note down your results and add them up when you have worked your way through the whole of the pack.

The more times you test yourself, the more meaningful the score becomes. But it's not unusual to have as many as eight or as few as two correct guesses on a single go.

Because of the way the pack is made up, for a non-psychic the scores over several goes should average out at approximately 20 per cent or one card in five.

GETTY IMAGES



Dream on

Each issue, we help you make sense of your dreams...

The dream

You dream of an event that you think has later come true.

The meaning

People who dream of future events are called precognitive dreamers. According to some studies, hundreds of people dream of some such event every night.

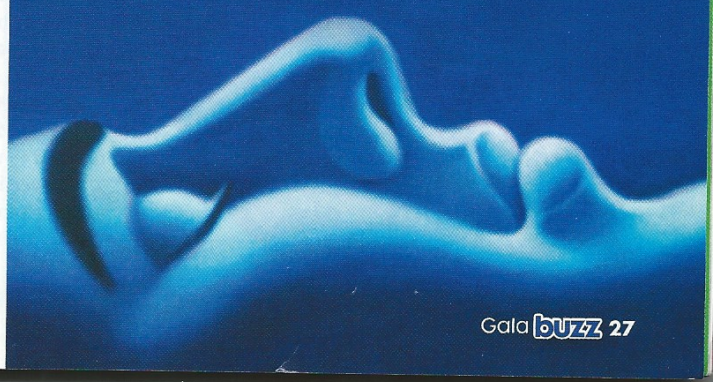
In some cases, the dream may be linked to a foregone conclusion, for example, dreaming of packing up crockery when a house move is imminent. However, not all such experiences can be so easily explained.

Some scientists believe that we will dream a precognitive dream twice in our lives. Clinical psychologist David Ryback believes there is some primitive mechanism at work, warning us of impending disasters. He tells of a woman who dreamt of a lorry crashing into her car. Soon after, in the waking world, when she found herself approaching the traffic lights that appeared in her dream just before the crash, she was able to take evasive action.

Women are supposed to experience more dreams predicting the future than men, although this may be due to the fact that the fairer sex tend to be more 'open' about what's happening in their lives than men and are more at ease discussing their dreams.

People have said that dreams of the future are more vivid than usual and often more intense. If you think some of your dreams are precognitive, then jot all the details down in a diary and date them. That way, you will have a foolproof record if, or when, something you predicted comes true.

Finally, don't be embarrassed to follow up your possibly precognitive dreams. If you had a vivid dream that your uncle Sid was ill, a casual phone call to ask how he's doing certainly wouldn't go amiss. In fact, even if he's fine, he'll most likely appreciate the interest.



Gala TV

Relax at home with bingo on the box

Sky channel 841



The sun always shines on TV

Hayley gets going on Gala

Although Gala has only been on air for a few months, it's already a big hit with new fans and established members...

How great is it now that Gala's on your telly? And, as TV fans may have already realised, the station (on Sky channel 841) just keeps on going from strength to strength.

"We've really improved things over the past three months," says series producer Matt Campion. "We've made it more exciting. It's a lot more visual than when we first started, with state-of-the-art lighting, professional presenters, funky music, great graphics and added sound effects."

Because traditional bingo is an 'eyes down' process and TV is a visual format, Gala has upped the ante by building on its sense of community (players can get their names checked throughout the game) and by creating an enormous number of winners on a daily basis.

"We try to create a level of excitement by showing how many people we have waiting for one more number and by giving away about £150,000 each and every week. The biggest winner so far scooped more than £18,000 on the Spotlight Jackpot," says Matt.

Looking forward, Gala wants to make more of its presenters and callers, who add a touch of comedy and humour to the events – a bit like the old days of bingo halls, when the clubs had cabaret on in between the games – and build on the sense of community. They even had an exciting marriage proposal sent in not so long ago!

"We'll read out pretty much any message that is sent in," says Matt. "It's amazing how quickly the viewers and the presenters build up a relationship. We have people who regularly text in every day. As far as we are concerned, the more people who feel part of the experience, the better."

FACT! Around £150,000 pai out in prize every week

Meet the callers...

And your top **telly callers** are...

Caller of the Year, Brett, a Sagittarius, would buy property if he won a million



Brett Hyjrak

Capricorn, Brian, calls at Gala Burnley. He'd love to holiday in Gran Canaria



Brian Gillatt

Gala Chatham caller, Hayley, a Leo, loves the lights of Las Vegas



Hayley Goucher

Patrick, a Gemini, calls at Gala Morecambe and used to be a Redcoat



Patrick Bowler

Pete calls at Gala Birmingham Wednesbury. His lucky number is 14



Pete Winterton

To text a message to the show:



Get on the box

Get your name or a message up **on Gala TV** by signing up now. **Simply press the red button** on your Sky remote or register online, via the website. Once registered and playing games, there are four ways of getting your name up in lights.

1. You play along and are waiting for one more number to win
2. You are a winner
3. By mobile phone
4. Send in an email



Mike Mason, Gala TV presenter

New recruit

There's a **new presenter** over at Gala TV, **a former lifeguard** who joined us late last year...

Name: Mike Mason
Age: 35
Star sign: Aquarius

How did you get the job?
I got a call from the producer, Mike, who I worked with at Bid TV. He was looking for a certain kind of dynamic presenter to inject a bit of energy.

What were you doing before that?
I was doing some quiz shows for E4 and Channel 5.

How are you finding it so far?
It's very good, with a very nice bunch of people to work for; there's a very nice sense of community to it.

What's your lucky number?
It's six. I won a large Snoopy soft toy on a number six in a raffle and it's been my lucky number ever since.

What's been your craziest presenting job so far?
Years ago I was asked to write a concept for a holiday park show called *Chaos*. It got a cult following and toured the South coast, packed full of dance routines and sketch shows for six hours across three stages. I wrote, produced and presented it.

What other jobs have you done?
Presenting aside, I'm a fully qualified lifeguard and have been since I was 21.

What is your favourite holiday destination?
The Maldives, because there's something magical and very relaxing about them. I might look manic on TV but I like to relax on holiday.

When was the last time you played bingo?
About three weeks ago; I was playing Gala TV at home.

What's your biggest win so far?
About £80 or so.

What would you do if you won a million pounds?
I'd buy an Aston Martin DB9, take helicopter lessons, buy a fabulous pad and kit it out with all mod cons and then take care of the family.

What do you like doing in your spare time?
I don't get a lot of spare time. My girlfriend, Lisa, has two kids, Harley and JJ, so I spend a lot of my time with them. If not, I like to chill out with music and to write TV shows.

I didn't know that!

Fun facts and top Gala trivia

Well I never!

Bingo truly is a game of numbers, and we're not just referring to the ones that appear on your books, as this very impressive set of statistics will attest...

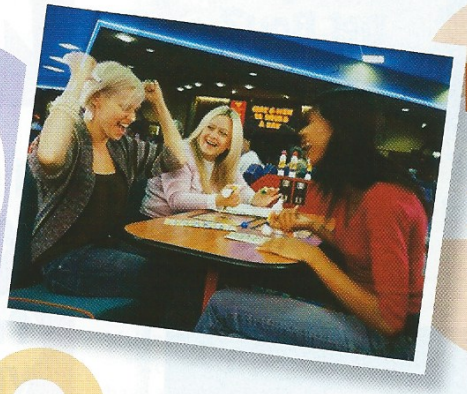


£28 million
is how much cash winnings **Gala pays** out **every single week**

500,000
is the number of **new members** who have joined in the past year

8 out of 10
Gala players have won in the past three months

170
Gala Bingo clubs across the UK



3 million
is the number of UK bingo players



4/10
people who play bingo play in a **Gala club**

amount of cash winners there are with Gala **every week**
250,000

GETTY IMAGES

13 times is the **likelihood** of you **winning £100,000** on the **national bingo game** as **opposed** to on a **lotto ticket**

4 **million** is how much Gala pays out each day



7 out of 10 of Gala's most frequent members are **men**

2 is how often, in minutes, **a player wins** with **Gala**

20,000 **is the number of people employed by the UK bingo industry**



WIN £25 Gala Vouchers

Gala BINGO™

Puzzle zone

There will be three winners drawn per puzzle, and each wins £25 in Gala Vouchers. So, get those brain cells working!

Give and take

Fashion	GLARE	Fisherman
Speed, pace	TRADE	Fine cord
Container	ACRES	In short supply
Trip, drive	DIRGE	Support beam
Neat or fit	MERIT	Quality of a sound
Remainder	TRIES	Lampoonery
FINAL WORDS		
Sailplane		Division

Solve the clues on the left by subtracting a letter from the central word and rearranging the rest. Then do the same for the clues on the right, only this time by adding a letter. Then rearrange the subtracted letters to solve the first additional clue and the added letters to solve the second.

Wordsearch

The grid contains all of the girls' names listed below. Words may run backwards or forwards, either horizontally, vertically or diagonally. Can you locate them all?

T	D	D	B	N	E	M	R	A	C
E	Y	E	D	E	H	O	L	B	P
G	B	V	R	E	A	L	Z	I	I
D	E	A	I	F	I	T	L	G	B
I	L	D	I	M	I	E	R	A	S
R	I	I	A	N	B	N	R	I	I
B	N	C	R	A	O	B	I	L	X
G	D	Y	N	P	A	T	L	W	E
Y	A	N	Y	R	A	B	N	I	L
P	A	D	A	P	H	N	E	A	A

ABIGAIL
ALEXIS
ANNABEL
ANTONIA
APRIL
BARBARA
BEATRIX
BELINDA
BRIDGET
CAMILLA
CARMEN
DAPHNE
HEIDI
IVY
WINIFRED
ZOE

See top of page 35 for entry details

Name/address

Telephone
Club
Membership No

Closing date for entries is 13 April 2007
Terms and conditions apply – see page 34

Getting a buzz out of life

Your world in words, poems and pictures!

Got something to say? A poem or photo you want to see in print or a funny anecdote to share? Then send it in to us because everything printed here wins a prize...

Star Letter

I'm off!

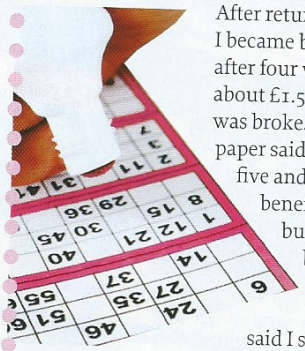
I'm quite new to Gala and joined because I am often left to my own devices while my husband and son play or watch rugby. I used to go to the cinema whenever the team played away, but it became too expensive. So one day, I decided to give bingo a try. I had such a good night, and now, whenever my husband and my sons go out to rugby, I go to Gala. I've been to clubs all over the country and all the staff and clubs have one thing in common – they give you a great day out.

Yours sincerely,
Jane Martin



Jane wins £50 in Gala Vouchers

Lucky numbers



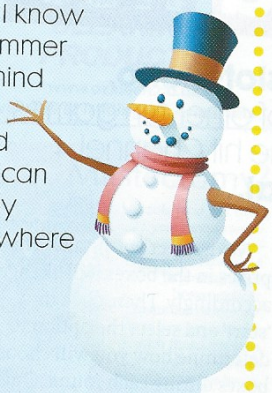
After returning from hospital, I became bored and depressed after four weeks in bed. I had about £1.50 to my name, so was broke. My stars in the paper said that the numbers five and seven would benefit me that week, but only if I took the bull by the horns. I told my mum and dad, who said I should get a lottery ticket. But I thought it was a sign I should go to bingo. Mum lent me the money and, crutches in hand, off we went. Mum won her money back and I won two lines, followed by the house on – you've guessed it – five and seven. I won £200! Not only that, I was also sitting at seat number seven. So, thank you Gala Banbury, this lucky break gave me my confidence back.

Yours sincerely,
Annette Todd

Snow

I love it, I hate it
It covers the ground
Floating to Earth
Without making a sound
You say, "what?"
I say the snow
I'll be glad to see it go
It is beautiful, I know
But, roll on summer
And I won't mind
Leaving the
winter behind
Meanwhile, I can
make my way
To the place where
I love to play
Bingo

Sent in by
Mrs E Pratley





Great mag

What a great magazine! I usually spend more than an hour reading it, before passing it on to three others. It's packed with loads of fantastic features and great stories. It just gets better and better. I'm looking forward to the next one and still enjoying the game.

Thank you,
Mrs L Percival

Drop us a line. Send your correspondence, with your address, club and membership number to: **Getting a buzz out of life, FREEPOST RLYA-CAXK-EBTC, Square One, 15 Prescott Place, London, SW4 6BS.** Every star letter printed receives £50 in Gala Vouchers, while every other item printed receives £15 in Gala vouchers.

ILLUSTRATION GLYNN GOODWIN, PHOTO ALAMY

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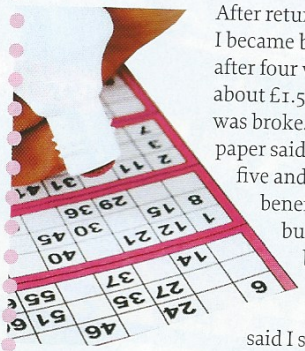
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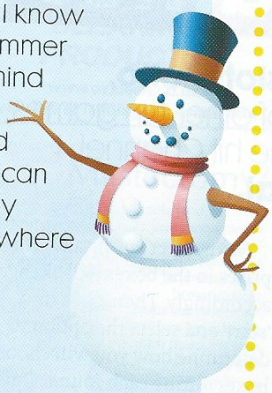
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Every item of correspondence printed wins!
£50 in Gala Vouchers for the Star Letter and £15 for everything else!



Muddy madness

Bingoing abroad

Gala Tooting member, Julia Clark, sent us this picture of herself on holiday in New Zealand, holding a copy of her beloved *Gala Buzz*. Send us your holiday snaps (the more exotic the better!), with a copy of *Gala Buzz* clearly visible, and you could win yourself some lovely Gala Vouchers! "I took my *Gala Buzz* along for a good read," says Julia, "and thought it would be fun to take a photo."



The little things

I am lonely in my flat so visit Gala for a chat and to meet my friends, who make my day so much better. I don't eat an evening meal before I go, instead I have a jacket potato and salad there. The staff are so helpful, bringing my food and books to me. These little things are much appreciated at my age (I'm 87!) when you can't get about much.

Good luck to all.
Mrs V Debrick

Our loo

At the bottom of our garden
Stood a rambling pile of stone
No bigger than a cupboard
It housed the family throne
Where each of us would venture
Often in a rush
To sit upon its wooden seat
Complete with built-in flush
Oh yes, we had a posh one
That stood in pride of place
Where after rhubarb tart for tea
The lot of us would race
We'd queue up in a fluster
Pacing back and forth
And, if our needs got desperate
We'd hammer on the door
No sooner was it vacant
Than a stampede would prevail
Survival of the fittest meant
The weakest got the pail
But that was in the good old days
Yet times have now moved on
It wasn't a listed building so
Our toilet's sadly gone
But, in its place
we've planted
A lovely little tree
And our old dog
now lifts it leg
Where once
we used to pee

Sent in by Mrs P Shallman



Corny!

My husband, a friend and I were on holiday in Westwood Ho recently. The weather was dreadful and most places were closed, but luckily, we stumbled upon a little bingo hall which was open. But despite spending more than £10 each, all we won between us was a tin of corned beef. We didn't know whether to eat it or save it, but we all had a laugh!

Yours sincerely,
Mrs A Bowen

House!

My bingo days began 20 years ago, when I was just four years old. Those days were very different from my current visits to Gala. Every year, around Christmas time, my whole (large) family would come together at my auntie's house for what was formally known as 'bingo day'. For many years, I was the enthusiastic bingo caller but these days I'm just as happy playing bingo in Gala, because all those wonderful memories come flooding back. Plus, now there's actually a chance for me to win!

Yours sincerely,
Catherine Ridler

Going local

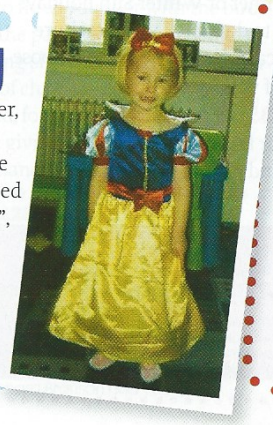
My local Gala is the best
But it's never mentioned like the rest
I'll tell you about our bingo hall
It's not very big
But it's loved by all
A place to go and have some fun
A place to meet
For everyone
With friendly staff
Managers too
A really hard-working crew
So mention Gravesend, like the rest
Because to us, it is the best

Sent in by Mrs J Broadley

Name calling

This is a photo of my granddaughter, Lara Thompson, dressed as Snow White. To differentiate between me and her other gran, who is also called Julie, she calls me her "Bingo Nana", because I love my Gala so much.

Yours sincerely,
Mrs Julie Kirtley



Bingo buzz

I have been a member of my local Gala for many years now. I love bingo and have won little bits now and again. I usually end up waiting for only one number and sometimes it comes up, sometimes it doesn't. It's the social aspect that's important, meeting people, and the tension that builds up. It really does give you a buzz. Bingo is so popular with people of all ages.

Thank you,
Miss C Janney