

gold standard

SUMMER 2007

TEXT

to win

Hamper madness

Science Centre giveaway



Golden welcome!

The latest issue of Gold Standard brings you updates on Glasgow Gold with some fabulous prizes to be won. You can also find out what's going on in Glasgow and you have the chance to win kids' sporting bags, hampers, shredders and for the first time, you can enter one of our competitions by texting from your mobile phone. Remember to complete your competition coupon to have a chance of winning other competitions.

Gray's Golden Grant

A Glasgow Gold member is looking forward to a bright new future thanks to GHA's reward and recognition scheme. Bryan Gray, 51, from Red Road was studying a full-time IT course at the CISCO Community Academy, Glasgow North Enterprise Learning & Conference Centre in Ayr Street, Springburn.

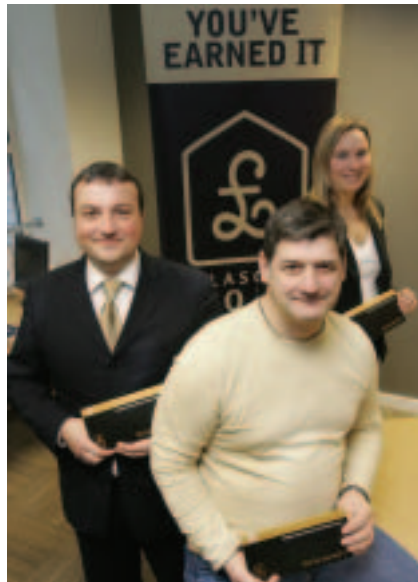
"GHA's Regeneration team, which sponsors wider action activities, helped fund the Glasgow North course.

The team also sponsors a wide range of learning and development activities to help improve tenants' access to local community learning opportunities."

Bryan was taking his course when he heard about the Glasgow Gold Education Grant.

He was awarded the grant to cover additional course materials which helped him to gain his IT qualification in CISCO IT Essentials and CompTIA A+. He said:

"I used to work as a pipe fitter and decided to re-train within IT to give myself more options. I was determined to complete my study and gain a new job and the Glasgow Gold Education Grant gave me that extra boost I needed. I wouldn't have been able to complete the course without that grant."



Community Chest grants available

We have grants of between £50-£500 available for community groups. Grants can be used for a range of projects including:

- **Improving quality of life** – this could be funding for a breakfast club at a local nursery.
- **Improving the local neighbourhood** – you could use the grant to spruce up a communal area.
- **Training and education** – this could cover the funding of equipment for a community internet project.
- **Encouraging greater involvement in community activities** – you could use the grant to hold an open day to encourage other residents in your area to join your group.

To get an application form for yourself or a local group tick the box at the back of the magazine.

Golden neighbours

The Golden Neighbour Award is part of the Glasgow Gold scheme and those nominated for recognition receive flowers and plants and certificates as a big "thank you" for their kindness.

Remember, if you have a neighbour you would like us to thank for you, tick the Golden Neighbour box on the back of the magazine for a nomination form.



A helping hand

The days are getting longer which can only mean one thing. Spring has arrived! We all set out with good intentions to give our home a good spring clean or go through our cupboard and see what belongings we really don't need any more.

To help you along with your spring cleaning, we have three sets of £25 vouchers to give away. You could use your vouchers to buy cleaning equipment or a new storage box!

To have your chance of winning one of the sets of vouchers, simply answer the following question and put your answer on the competition coupon.

Spring is one season – how many seasons do we have?

- A 1
- B 4
- C 13

Competition closing date: Friday 15 June

Seasonal food ideas from chef Allen Chalmers



It seems that you can't watch a minute of telly just now without being told to detox, lose weight, get fit, lose inches, take up a hobby ... oh, and while you're at it ... why don't you just become a whole brand spanking new person! The truth is ... becoming healthier and feeling good doesn't mean denying ourselves the good things in life.

The benefits of eating seasonal foods are many and various. For a start, by eating what's in season we give our bodies the best, and learning to cook a new dish always has an air of adventure about it! When we buy strawberries out of season, a substantial chunk of our money is paying for their air-ticket, so buy seasonally and cheaply all year, and take yourself on holiday with the money you have saved. Reconnecting with nature's cycles and the passing of time is good for the soul. Hands up all those who can remember what time of year it was when we'd hear our mum say "Tonight we're having Ayrshire potatoes"?

Beetroot and Jerusalem artichokes ... both sweet tubers, are plentiful just now, as is another vegetable ... rhubarb! Have a stalk of rhubarb dipped into a poke of sugar just for old time's sake.

Strangely, Jerusalem artichokes are neither artichokes nor from Jerusalem!

It's thought that the Jerusalem connection originated from girasole, the Italian for sunflower, to which they are related. I feel it only fair to warn you though ... eating Jerusalem artichokes does come at a price ... their good bacteria promoting properties mean that they have a very potent wind-producing effect! Invite people you don't like for dinner!

Roasted beetroot and Jerusalem artichokes make an excellent vegetable accompaniment to any roast meat or stew, as well as making a lunch salad far more substantial and interesting than the usual ham or cheese!

Follow the first half of this recipe for the vegetable accompaniment, and the second half for a fantastic salad that you'll love.

Allen Chalmers owns Portofino Catering, providers of high quality catering for every style of event. Portofino Catering are the in-house caterers at the new Drumchapel Community Centre, where you can be assured of good healthy food and lots of community classes and events.

Available for cookery demonstrations and teaching classes, he is also a pianist and comedian. You can contact him directly on allen@portofinocatering.com

Competition

To help you make Allen's seasonal recipe, we have three mini-food hampers to give away. To have a chance of winning, answer the following question and put your answer in the competition coupon.

What food does Popeye eat to gain his strength?

A Beef Stew B Spinach C Pizza

Competition closing date: Friday 15 June

Roasted beetroot and Jerusalem artichokes with baby spinach and walnuts



For the roasted vegetables...

150g fresh beetroots, washed, trimmed and cut into wedges

150g Jerusalem artichokes washed, scrubbed and sliced 1-2cm thick

1 tsp dried mixed herbs

Salt and freshly ground black pepper

2 tbsp olive oil

Preheat your oven to 200°C. Put the vegetables and olive oil together in a roasting tray and toss them around until the vegetables are coated and shiny. Sprinkle the seasoning to make sure that there's an even spread across the vegetables. Cook in the centre of the oven for 20 minutes, and then turn the wedges over and roast for a further 20-30 minutes so that they are tender and crisp.

Salad...

A handful of baby spinach or any salad leaves per person

5-7 walnuts per person, roasted for 5 minutes and roughly chopped

A little crumbled mild blue cheese if you like... this will make it salty and sweet

2 tbsp olive oil

1 tbsp balsamic vinegar

Ground black pepper

For the salad, toss the spinach, walnuts and vegetables together with the dressing ingredients.

Enjoy!

Advice from Kevin Giles

GHA's Information Advisor

Do you know what other people know about you?

Strange question, but it is one we should all be asking ourselves in this modern age of Chip and PIN, online banking and the internet.

It is surprising how much information we give people without even thinking. A recent survey showed that one in four people will have had their identity stolen during the past year.

What does this mean?

Basically, the thief (as that is what they are!) gets hold of your personal details – it may be your National Insurance Number, your bank account details or even your credit/debit card number and PIN – then uses these to make purchases which you will be paying for!

How can this happen?

Simple. As a nation we are not very good at making sure our personal papers are disposed of properly. All bank/card statements should be shredded and not just torn in half and thrown in the bucket. Buckets and bins are the identity thief's favourite playgrounds and they will go through them looking for personal financial information that they can then use for their own good, certainly not for yours! They will employ all sorts of dirty tricks to try and get your information, especially your card and PIN numbers. As you know, your credit/debit card is now useless if you do not have the correct PIN number to go with it. The identity thief knows this as well so his task is to try and find it out so that he can use it for his own ill-gotten gains. There are a couple of things that are currently being used by these thieves. Imagine this scenario:

You are in the supermarket queue and the person behind you is chattering away on their mobile phone, waving it around in the air and bumping into you whilst you are putting your messages in the bags and trying to pay your bill. They then apologise to you when you turn to look at them.

Are they just a pain in the backside, or something else? What they are really doing is videoing you putting your card into the PIN machine and also the keys you are pressing. This way they can play back the recording on their phone and take your card number then your PIN number and use it!

How do you stop this?

When you are tapping in your PIN number, keep your free hand over the keypad so that only you can see what you are doing, nobody else. That way they cannot get the most important part of the transaction and you will be safe.

If you follow these basic guidelines you will be safe and stay safe:

When you go to use the ATM, just run your finger along the slot before putting your card in, if you feel something sticking out, don't use it but find another one.

Buy a simple shredder, which can cost from £5, with the electronic ones starting around £10. Believe me, it is money well worth spending.

Make sure that when you are using your Chip and PIN that nobody else can see what you are doing, that way they cannot steal your details. Also, as above, check the ATM slot before putting your card in and, if you feel something catch your finger, don't use it.

Nobody except for the Benefits Agency and HM Revenue & Customs or your employer has the right to ask for your National Insurance Number, so don't give it out!

You can now stop receiving all that junk mail and telephone calls. Just contact:

Telephone Preference Service (TPS)
DMA House, 70 Margaret Street,
London, W1W 8SS

TPS Registration line: 0845 070 0707
www.tpsonline.org.uk

Mailing Preference Service (MPS)
DMA House, 70 Margaret Street,
London, W1W 8SS

MPS Registration line: 0845 703 4599
www.mpsonline.org.uk

Shred it

You have the chance to win one of five of our data protection packs. The packs include a cross cut shredder, box file and a mini-safe.

To have your chance to win one of these packs, simply answer the following question and put your answer on the competition coupon.

Who should you give your bank account and PIN number to?

- A** Somebody you don't know who calls you on the telephone.
- B** A charity worker who stops you in the street looking for funds.
- C** Nobody, as no-one has the right to them.

Competition closing date: Friday 15 June



Wire up to electrical safety



Electricity is an important part of our lives. We use it all the time, from the moment we wake up, through the day and even when we are asleep. Electricity makes life easier for everyone. Switch on a light. Turn on the TV. Turn up the heating. Charge your phone. Cook the dinner.

Homes have more and more electrical appliances. But any electrical appliance connected to a power supply can cause a fire.

We have obtained advice from the Electrical Safety Council and the “Don’t give fire a home” campaign. This advice gives simple guidelines that can help keep you, your home and family safe.

Don't overload sockets

- It is better to use a bar adaptor on a lead, rather than a block adaptor. Don't plug adaptors into adaptors. Only use one adaptor per socket.
- Check the rating of an adaptor before you plug appliances in.
- Don't allow the total current used by the appliances plugged into the adaptor to add up to more than 13 amps of current altogether or 3,000 watts of power. So, for example, you could have two 2 amp appliances and one 5 amp appliance in an adaptor.
- That means you should never run more than one appliance that uses a lot of current, such as a kettle or television, from one socket.
- An extension lead should not be used whenever it is possible to reach a wall socket with the equipment cable.
- Always make sure your adaptor is fitted with a fuse and has a kite mark from the British Electrotechnical Approvals Board, BEAB.

Switch it off

Switch off and unplug appliances like TVs, washing machines and tumble driers that aren't designed to be left switched on. It's especially important when you're sleeping, or out of the house.

Appliances like fridge-freezers, videos with timers and cordless phones are designed to be left switched on.

Use the right fuse

The fuse in a plug is a safety device. It will 'blow' if an electrical appliance develops a fault. That cuts off the electricity to stop the appliance from overheating and causing a fire. If you fit the wrong fuse, it won't 'blow'.

- Appliances that use up to 700 watts: 3 amp fuse.
- Appliances that use 700 to 1000 watts: 5 amp fuse.
- Appliance that use 1000+ watts: 13 amp fuse.

If in any doubt check the appliance's handbook.

Electrical safety bag

We have five electrical safety bags to give away. The bags include a surge protected extension lead, a voucher to replace a decrepit electrical appliance and a wind-up radio with torch.

To have your chance of winning one of these bags simply answer the following question and put your answer on the competition coupon

A currant is made from which dried fruit?

- A** Apple
- B** Grape
- C** Banana

Closing date:
Friday 15 June



Did you know that it's easy to find out how to protect your home?

Throughout Scotland, the Scottish Fire and Rescue Services are offering a free home safety visit for you and your family. Fire prevention staff will be happy to visit your home, offering expert and friendly advice to keep you safe.

Here's how it works...

- A visit is totally free. Simply use your mobile phone to text **Check** to **61611** or contact your local fire service
- You will be asked to let them know who you are and where you live
- Your local fire service staff will phone to arrange a visit, at a time to suit you
- When they visit they will have a chat about possible hazards in your home

This service is part of the national drive to cut fire deaths and injuries across Scotland.

Further information can be obtained from:

www.firekills.gov.uk/index.htm

Your local fire brigade number can be found in your phone book.

www.electricalsafetycouncil.org.uk/

Telephone: 0870 040 0561

Goldie is going for gold



Goldie, the Glasgow Gold bear, is practising for the Commonwealth Games.

He has decided to try different sports to see which he is best at.

He has missed one sport from this wordsearch. Put the missing word in the competition coupon and you will have the chance to win one of five kids' sports bags. The bags contain sporting stuff that is suitable for outdoor and indoor games.

10 runners up will win their very own Goldie teddy bear.

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

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|-----------|----------|----------|
| BADMINTON | SWIMMING | BOWLS |
| TENNIS | FOOTBALL | CRICKET |
| GOLF | RUGBY | ROUNDERS |
| ATHLETICS | CYCLING | |

Closing date: Friday 15 June

Lights, Camera, Action

For a chance to win a DVD player and your choice of five DVDs all you need to do is correctly answer the following question. Remember to put your answer on the Competition Coupon.

What film is famous for the lines "Of all the gin joints in all the towns in all the world, she walks into mine." and "here's looking at you kid?"

DVD Competition

- A Casablanca
- B When Harry met Sally
- C Toy Story

Competition Closing Date:
Friday 15 June



Picture for illustration purposes only.

Hamper madness

We have two of our fabulous hampers to be won. This is always our most popular competition so we decided to make it a bit more difficult this time!

The first letter of each the answers spells out a word. Put this word on the competition coupon and you will have the chance to get your hands on some Golden Goodies.

1 What food is said to keep vampires away?

--	--	--	--	--	--	--	--

2.What is a colour and a fruit?

--	--	--	--	--	--	--	--

3.Fill in the missing word. - - - - and potato soup?

--	--	--	--

4. What is a deep fried doughy treat?

--	--	--	--	--	--	--	--	--

Closing date: Friday 15 June

Glasgow Gold competition answers 5th edition

Not sure if you got last edition's questions right? Check them out here.

Glasgow Gold competition answers 5th edition

Allen Chalmers Competition

Q. Complete this popular pairing of condiments
"Salt and ..." A: *Pepper*

DVD Competition

Q: Which film is considered the highest grossing of all time?

A: *Gone with the Wind.*

So good you'll have to sit down!

Q: Which of these is a well-known car breakdown service?
A: *RAC.*

Wullie Whittington

Q: Which of the following is a famous pantomime?
A: *Jack and the Beanstalk.*

Music on the go

Q: What is the common name for the best selling singles, in the UK, each week?

A: *The UK Top Forty.*

Spot the difference

The three missing items were glasses, witch's head and yo-yo.

Winter wordsmith

The word not in the wordsearch was snow.

Competition – with degrees of fun!

Q: Where is Michelle McManus, winner of Pop Idol 2003, from? A: *Glasgow.*

Competition – with degrees of fun!

Q: Traditionally, what colour were BT phone booths?
A: *Red.*



Texting times!

We have set up a text number. If you have any questions about Glasgow Gold or your membership you can text them to:

07797800514

Remember to put your name on the text.

To celebrate our new text line we have two lots of mobile accessories to give away. You will get to choose from a selection of accessories that will suit you and your phone.

To have a chance of winning **TEXT** your answer to **07797800514** with your full name and post code.

Which of these is a mobile phone provider?

- A** O2
- B** Pear
- C** Scotrail

Competition closing date:
Friday 15 June

Win a pair of tickets to Glasgow Science Centre Science Mall!

Glasgow Gold have teamed up with Glasgow Science Centre to offer the chance to win a family pass to Glasgow Science Centre Science Mall!

Explore hundreds of fascinating exhibits, take part in workshops where you can turn copper pennies into "gold", sit under the stars in the amazing Scottish Power Planetarium and experience the fascinating science show "Flame On", where you can examine the science behind fire!

To have your chance of winning one of the sets of vouchers, simply answer the following question and put your answer on the competition coupon.

What is the name of one of the live science shows at Glasgow Science Centre?

- A** Eastenders
- B** Flame On
- C** Notting Hill Carnival

Competition closing date:
Friday 15 June

What is on at the Glasgow Science Centre Science Mall

May Bank Holidays

5-7 & 26-28 May

Get fired-up during the May Bank Holidays with the live science show "Flame On". Fiery demonstrations and heated debate will ensure that you'll never look at your barbecue in quite the same light again!

River Festival

14 & 15 July

Glasgow Science Centre is a focal point for the Glasgow River Festival with live science shows and demonstrations, face painting and much more! Glasgow Science Centre offers something for everyone and has great views of all the action on the Clyde including the popular Zapcat races!

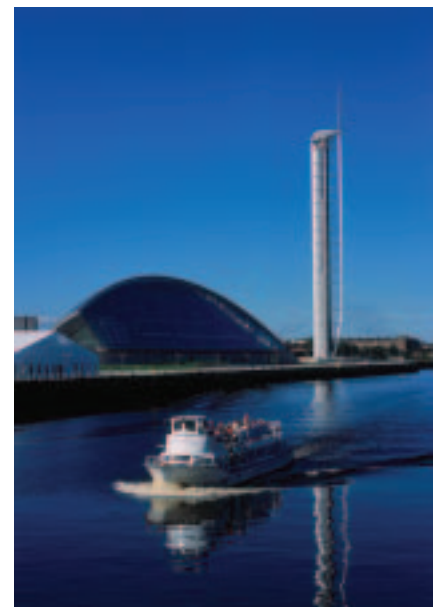
Website: www.glasgowsciencecentre.org

Telephone: 0871 540 1000

Scottish Science Facts

Jedburgh born David Brewster was responsible for inventing – amongst other things – the kaleidoscope and stereoscope.

James Clerk Maxwell, who was born and lived in Edinburgh, produced the first colour photograph. The findings of his research led Einstein to research relativity – and Clerk Maxwell also gave us the mobile phone!



Competition entries

To win any of the prizes in this magazine, please fill in the answers on this coupon and send it to the Glasgow Gold team.

Competition	Your answer
A helping hand	
Allen Chalmers Competition	
Shred It	
Electrical safety bag	
Goldie going for gold	
Hamper madness	
Lights, Camera, Action	
Science Centre Tickets	

If you would like to receive forms for any of the following, please tick the appropriate box(es), fill in your details below and return it to us with your competition answers.

Golden Neighbour form	<input type="checkbox"/>
Community Chest grant	<input type="checkbox"/>
Education grant	<input type="checkbox"/>

Name: _____

Address: _____

Post Code: _____ Tel: _____

Gold Card Number (if known): _____

Your Glasgow Gold card is valid until the end of May. You will receive your new Glasgow Gold card in June. We have used customer feedback to change the discount card. The new card will work slightly differently to your existing card. You will receive an information guide with your new card but if you have any questions about the new card please contact the Glasgow Gold team on 0141 274 6791 or glasgow.gold@gha.org.uk

TERMS AND CONDITIONS

Glasgow Gold, Glasgow Housing Association Ltd, 177 Trongate, Glasgow, G1 5HF.
Tel: 0141 274 6791 Fax: 0141 274 6218 Email: glasgow.gold@gha.org.uk

These competitions are only open to current Glasgow Gold members. Closing date for competitions is as stated. No cash alternative. Prizes are not transferable. No correspondence will be entered into. No responsibility can be accepted for entries lost or damaged in the post. The judges' decision is final. One entry per household. Details of winners will be available after the closing date by writing to the above address. Winners will be drawn at random after the closing date. Competitions are not open to GHA employees. We make every effort to verify all the information we publish but products and prices do change. GHA cannot accept any responsibility for any errors or omissions or for any losses that may arise as a result.