

Pensioners' Newsletter – August 2016

News from the South

Hi Everyone,

Well, at last the weather has decided that it's summer. Talk about hot! However, here is a little warning. I ended up in an ambulance a few days ago after a very hot 18 holes on the golf course, owing to dehydration. So remember when you are out in the heat to please drink a lot of water (just like my wife has always told me). The sunny days do mean we can get out and enjoy our beautiful country and what better way to do that than on a VPA trip.

Our VPA programme of trips has proved to be very popular again this year, with almost all of them fully booked. So if you plan to take up any of the available places, I suggest you contact the office without delay and remember that the Christmas party will be a lunch this year (details in this issue). We have been made aware that the war memorial on Kimpton Road is in a poor state of repair and we have taken this up with the company for them to action with the people responsible. We expect that any work required will be completed in time for the memorial service in November, which everyone is welcome to attend. Our President, David Kirke, is continuing his efforts to get a better deal for pensioners using the company car scheme, following in excess of 7,000 replies to the recent communications letter. We will keep you informed of any progress in future issues of this newsletter. Please remember that if you know of any Vauxhall pensioner in need of assistance, the Welfare Committee is there to provide help and support, so please let Cherie Denton know.

Have a great summer,

John Boast

News from the North

Dear all,

As I write this, I am sitting admiring my colourful garden and sweltering in the heat, but not to worry as it's all set to change here again tomorrow. I am writing this a bit early as we are flying to Vancouver Island on Friday for our son's wedding. It is being held in the bride and groom's garden, so please prayer mats out for good weather. It should be, but up to now their summer has been a lot like ours – totally unpredictable!

About 50 of us enjoyed a very pleasant lunch at the Holiday Inn in July. On your behalf, thanks must go to the committee for arranging this. The next lunch has not yet been finalised, but I will let you have the details in due course.

We were unable to join the Electric Mountain trip due to a prior engagement, but I am told that it was very interesting and informative, with a stop at Betws Y Coed rounding off the day. There are still places available for the Powys Castle trip on

August 17. The coach will leave the club at 9am and the cost is £10pp.

The trip on September 14, which was to have been a steam train ride, has been altered as it was thought to be too expensive. A mystery tour has taken its place.

The Blackpool trip for October 12 has been well taken up, but there are still some places available. The cost is £10pp and we will leave the Club at 9am.

There is now only a couple of rooms left for the turkey and tinsel holiday to Scarborough. The cost is £161pp with a £20 supplement for a single room. Enjoy the rest of the summer and I hope the weather stays kind to us all.

Till next time,

Dave Williams

Christmas lunch

In an effort to boost numbers, we are moving from the traditional evening dinner/dance and holding a lunchtime event. It will take place on Thursday December 15 at Venue 360, Gypsy Lane. Guests should arrive at 12 noon for lunch at 12.30pm.

Lunch is a three course affair and is as follows:

Starters - either roasted tomato soup or smoked trout mousse wrapped with smoked salmon, with rocket salad with balsamic vinegar and olive oil.

Mains - either roast turkey with chipolatas and red wine jus, roast potatoes, sprouts, roast carrots and parsnips or vegetable Hungarian goulash, new potatoes, roast carrots and parsnips.

Desserts - either Christmas pudding cheesecake served with raspberry coulis or ice cream.

It is planned that guests will be initially entertained by a school choir singing festive carols and then by a professional cabaret singer.

For only £18 per member this is a once in a lifetime opportunity, so make sure you treat yourself for Christmas!

Your VPA needs you

There have been several enquiries recently asking how to join the VPA.

It is very straightforward and applications may be made in one of two ways.

Firstly, you can request an application form from the VPA office (telephone number at the end of this newsletter), which when filled in and signed by you authorises the deduction of 40p per month from your Vauxhall or other GM pension.

Secondly, you can pay a one off amount of £50 for life membership. This may seem a lot of money, but a member and guest will save this over three trips, compared to normal coach operator prices. Whichever you choose, you can rest assured that not only will you have access to some pretty amazing and affordable trips, but you will be in the company of friendly and happy VPAites.

Holiday alert

Everyone enjoys a holiday, and by taking notice of the following security tips you can travel in a better frame of mind.

Make sure your home looks occupied. Ask a trusted neighbour to water plants, push protruding mail through the letter box (especially all the unwanted pizza type leaflets you neither ask for nor want).

Use timer switches to give illumination after dark. Cancel all regular deliveries such as newspapers or milk.

Do not discuss holiday plans on social media and post any photographs once you get home, not while you are away.

Consider leaving important documents and valuable items with family members, a bank or locked in a safe.

Do not put your home address on your luggage labels, but rather put the address of a trusted friend or family member.

Consider putting valuable items that are normally kept in the shed in the house while you are away. A good idea is to put a couple of items on the washing line to put doubt in a potential burglar's mind.

Finally, lock all windows and doors and, if you have one, make sure the burglar alarm is set.

There is one more thing – have a happy holiday!

Stop unwanted cold calls

When filling in forms or setting up an account, a telephone number is often asked for. Usually, it is mandatory. Instead of putting your own or any old number, put 0333 88 88 88. If the company that asks for a telephone number sells that number on (a fairly common occurrence) the result is a flood of unwanted calls. However, if you put in the number above, anyone calling it hears the following "trueCall38 is handling my calls. I prefer not to be contacted by phone, so please contact me via my email address. Goodbye!"

If the form won't let you enter the full number, then 0333 8888 888 (three threes and seven eights) will still work. I am assured that this works. Let us know if you try this.

Theresa Gazard

Theresa Gazard grew up as a child of the 60s and, in her own words, "has never grown up". A mother of two and grandmother of four, she worked at Luton and Dunstable Hospital for over 30 years. For the last 11 years, she has suffered from Parkinson's, a frustrating illness that slows you down and causes sleep disruption. That is why so many of her poems are written in the middle of the night. Theresa is also a Luton Town season ticket holder.

Earlier this year, she had an anthology of her work published in a book entitled *Poems For The Girls*. The poems embrace all aspects of ordinary life and to people of a certain age will strike a chord being humorous and touching. A particular favourite of mine is called *Life's Mystery* and concerns odd socks!

Her style is more Pam Ayres than other poets and given that Theresa is a Lutonian, and of our age group, I urge you to buy a copy at a price of £7.50. Her first print run is already sold out, but the reprint will be available later this month. Details of how to purchase can be obtained from the VPA office or you can search for Theresa Gazard on your search engine and clicking the Waterstones link.

Did you know?

Everyone has a unique smell, except for identical twins, who smell the same.

The human body is estimated to have 60,000 miles of blood vessels.

The fastest growing nail is on each of the middle fingers.

It takes 17 muscles to smile and 43 to frown.

Right handed people live, on average, nine years longer than left handed people.

Your eyes remain the same size from birth, but your ears and nose never stop growing.

Trip to Eastbourne - June 4

96 VPA members clambered aboard the coaches at 8.30am. For this was the annual charabanc outing for a day of over-eating and unbridled joy! It was damp, cold and overcast when leaving Luton. The coaches were bright yellow, perfectly matching the sun which was shining upon arrival at the seaside at 11.30am. A popular location for lunch was Harry Ramsden's, with the fish, chips and mushy peas option taking a beating. The pier, which suffered a fire last year, was restored superbly, with many of the group visiting the Victorian Tea Rooms located on it. The weather remained excellent and ice cream was partaken. Beachy Head was visited, courtesy of bus pass usage and it was time to go home.

Everyone had a great time. Thanks to the VPA office for their sterling efforts in organising the day and to Sylvia for her efforts in Eastbourne.

August Quiz

The subject for this quiz is pot luck.

- 1 Which family of plant does garlic belong to?
- 2 What was the value of a Rugby Union try prior to 1971?
- 3 What was the name of the eldest March girl in *Little Women*?
- 4 What gas was first used by Germany against Russia in 1915?
- 5 Which doctor was in love with Lara Antipova?
- 6 Who wrote the novel *Tom Jones*?
- 7 What nationality was Marie Curie?
- 8 What does mono mean in the word monocle?
- 9 How many people are portrayed in da Vinci's *The Last Supper*?
- 10 Ichthyophobia is a fear of what?
- 11 What was Sir Clive Sinclair's 3 wheeled car called?
- 12 What British birds are shot in braces and form a nye?
- 13 Who wrote the novel *The Great Gatsby*?

- 14 What was the name of the chef in *Fawlty Towers*?
 - 15 What was Margaret Thatcher's maiden name?
 - 16 What word can go before beans, quartet and vest?
 - 17 What is the capital of Venezuela?
 - 18 What is dowsing?
 - 19 What was Richard Nixon's middle name?
 - 20 Nitrous Oxide is commonly known as what?
- The closing date is Thursday September 15 and the winner will receive a £10 M&S voucher.
Good luck to all who enter.

Answers to June Quiz

- 1 Dudley Moore
- 2 Dr Beeching
- 3 Chichester
- 4 Oil Tanker
- 5 Windmill
- 6 Charles De Gaulle
- 7 Stanley Matthews
- 8 Yoko Ono
- 9 South Africa
- 10 Labour
- 11 Elvis Presley
- 12 The Supremes
- 13 The Hollies
- 14 Helen Shapiro
- 15 Springfield
- 16 Liverpool
- 17 Frank Ifield
- 18 The Dave Clark Five
- 19 The Move
- 20 Lonnie Donegan

We had a four way tie for the winner, with Bill Saul being pulled out of the, still not new, hat. Congratulations to Bill and thanks to all who entered.

Upcoming Events in the South

Aug 18 - Thames river cruise & Buckingham Palace £30pp

Sept 15 - Mystery tour (coach only) £16 pp

Oct 6 - Faversham and Whitstable (city and village tours) coffee and lunch included £31pp

Nov 10 – Dickensian Christmas. Visit old meat and fish markets, Mayfair, Fortnum & Mason (inc coffee and fish and chip lunch) £31pp

Dec 5 – Tinsel and turkey, Bembridge Coast Hotel, (Warners) Isle of Wight (four nights) £250pp including coach. Option to visit Osborne House to see Victorian Christmas decorations on Wednesday December 7 – cost £15pp

Dec 15 – Christmas lunch

Venue 360, Gypsy Lane 12 noon for 12.30pm
£18 pp

Tea Dance Schedule

- Aug 24
Sept 7, 21
Oct 1, 19
Nov 2, 16, 30
Dec 14

As usual, this event is held in the Riverside Suite commencing at 2pm and costs £1 per person.

VPA golf section dates 2016

October 4 - The Peter Johnson Trophy, a pairs competition at Aylesbury Vale Golf Club. The details of these events plus entry forms will be sent by email to all regular players. Should any other golf playing VPA member with a club handicap wish to participate, then please register by contacting either Mike Roberts or Jim Heaney at the VPA Office, UK1-100-020, Griffin House, Osborne Road, Luton, LU1 3YT.

Upcoming Events in the North

August 17 - Powys Castle and Gardens

Depart Club 9.00am. £10pp

Sept 14 – Mystery tour

Depart club 9.00am

Sept 23 - meal venue TBA

Oct 12 - Blackpool trip

Depart club 10.00am. £10pp

Nov 28 – Turkey and tinsel

Five days staying at New Southlands Hotel, Scarborough. Includes a day in Whitby and a day in York. £161pp. Deposit of £65 required.

Tea Dances

Please note there are no Tea Dances during August. Sept 13, 20 and 27.

In Memoriam – Luton

Bailey, Albert Lawrence, IBC

Died 2.6.16, Aged 72, Retired 2006

Beauchamp, Percival, Staff

Died 28.5.16, Aged 95, Retired 1976

Bedingfield, Gordon, Staff

Died 14.6.16, Aged 103, Retired 1973

Bunker, Kenneth Charles, Division 046

Died 17.5.16, Aged 83, Retired 1996

Caves, Maximillian, Division 180

Died 16.6.16, Aged 82, Retired 1990

Clark, Alfred Ernest, Division 105

Died 4.7.16, Aged 100, Retired 1979

Clifton, Anthony Leonard,

Died 7.6.16, Aged 69, Retired 2002

Coles, Peter Frederick, BCV

Died 12.4.16, Aged 84, Retired 1988

Cooper, Derek Joseph, Division 135

Died 21.4.15, Aged 85, Retired 1996

Curtis, Ernest James, Division 009

Died 2.6.16, Aged 84, Retired 1987

Dryerre, Robert Gavin (Bob), BVC

Died 16.3.16, Aged 69, Retired 2006

Ferris, John Edward, Division 037

Died 8.5.16, Aged 85, Retired 1996

Geary, Richard Thomas, Division 041

Died 1.6.16, Aged 78, Retired 2000

Hart, Alan George, Division 082

Died 25.4.16, Aged 80, Retired 1991

Hawkins, Peter Derrick, BCV

Died 6.4.16, Aged 85, Retired 1988

Hawkins, Ronald Sydney John, Division 834

Died 6.6.16, Aged 91, Retired 1987

Hedges, Alfred James, Division 092

Died 16.6.16, Aged 86, Retired 1992

Holt, Derek, Division 787

Died 10.5.16, Aged 94, Retired 1986

Iafrate, Elio, Division 033

Died 26.3.16, Aged 86, Retired 1994

Jackson, Dennis Ridley, Staff

Died 30.4.16, Aged 91, Retired 1982

Jenkins, Arthur John, Division 817

Died 9.6.16, Aged 88, Retired 1987

John, Euchrist Estina, Division 037

Died 3.6.16, Aged 81, Retired 1988

Jones, Stanley, Division 033

Died 2.5.16, Aged 94, Retired 1982

Judkins, Kenneth Leonard, Division 037

Died 8.5.16, Aged 78, Retired 1995

Khan, Kaleemullah, Division 015

Died 9.4.16, Aged 72, Retired 2001

Loftus, Alfred, Division 052

Died 26.5.16, Aged 90, Retired 1989

Long, Roy Michael, Division 046,

Died 19.6.16, Aged 74, Retired 2001

Marshall, Anthony George, BCV

Died 18.3.16, Aged 80, Retired 1994

Michalski, Edmund, Division 845

Died 26.6.16, Aged 98, Retired 1982

Miles, Leonard, Division 037

Died 2.6.16, Aged 83, Retired 1991

Moulster, Stella Victoria, Division 198

Died 12.5.16, Aged 94, Retired 1981

Muldoon, William, BCV

Died 30.3.16, Aged 79, Retired 2002

Perrin, Alfred Sidney, Division 246

Died 23.6.16, Aged 96, Retired 1982

Rees, David, Division 054

Died 4.6.16, Aged 91, Retired 1982

Rogers, David, Division 526

Died 23.5.16, Aged 86, Retired 1992

Serevena, Giovanni, Staff

Died 21.4.16, Aged 93, Retired 1982

Shane, Dennis Michael (Mike), BCV

Died 4.4.16, Aged 90, Retired 1988

Shorey, John Albert, IBC

Died 22.6.16, Aged 79, Retired 1994

Stewart, John, BCV

Died 20.4.16, Aged 78, Retired 1997

Symonds, David Mitchell, BCV

Died 6.4.16, Aged 91, Retired 1988

Webb, James, BCV

Died, 12.2.16, Aged 87, Retired 1989

Whinnett, Keith John, IBC

Died 11.6.2016, Aged 74, Retired 2003

Wood, Derek James, IBC

Died 16.5.16, Aged 80, Retired 1993

In Memoriam – Ellesmere Port

Baker, Paul William, Division 629

Died 3.6.16, Aged 75, Retired 2002

Bullimore, William J. Division 674

Died 3.6.16, Aged 84, Retired 1997

Davies, Robert Peter Ernest, Staff

Died 11.1.16, Aged 85, Retired 1988

Deighton, Derrick Charles, Division 625

Died 7.6.16, Aged 91, Retired 1982

Evans, John Denis, Division 616

Died 20.5.16, Aged 83, Retired 1992

Hutchinson, Christopher, Division 674

Died 4.7.16, Aged 68, Retired 2006

Huxley, James William, Division 616

Died 4.7.16, Aged 81, Retired 1993

Jeffries, Joseph William, Division 715

Died 27.5.16, Aged 87, Retired 1988

Lynch, Edward James, Division 674

Died 18.5.16, Aged 77, Retired 2003

Mullard, Ronald Edward, Staff

Died 13.6.16, Aged 88, Retired 1987

Newman, William George Edmund, Division 691

Died 31.5.16, Aged 80, Retired 1998

Pearson, Roland, Division 641

Died 25.5.16, Aged 67, Retired 2005

Pollard, Herbert, Division 627

Died 19.5.16, Aged 81, Retired 1999

All information on deceased pensioners is provided by the Pensions Department.

How to Access the Newsletter and 2016 AGM Minutes on the Internet

www.thepensiondepartment.co.uk/vpp/pensioner_pages

Facebook

www.facebook.com/groups/VauxhallPensionersAsociation

Register For E-Mail Prompts

If you wish to receive an e-mail prompt when the Torque Magazine and Newsletter are available on line, please send your e-mail address to:

hana.tucker@vauxhall.co.uk

Useful Telephone and Contact Information VPA South

VPA Office 01582 427921

Office is manned Tuesday and Friday between 10.00am and 2.00pm.

E-mail vpa@gm.com

VPA Office, UK1-100-020, Griffin House, Osborne Road, Luton, LU1 3YT.

Vauxhall Pensions Department 01582 721122

E-mail marion.mcdonald@vauxhall.co.uk

Cherie Denton, Vauxhall Welfare Officer 01582 427204

E-mail cherie.denton@vauxhall.co.uk

VPA North

Anne Atherall 01244 325891

If you have a story you would like to tell, then please get in touch with Norman McGregor via the VPA office or

e-mail normanmcgregor3@gmail.com

The views expressed in this Newsletter are not necessarily those of the Company.