

Pensioners' Newsletter – April 2015

News from the South

Hi everyone,

I cut my grass recently for the first time and now that the clocks have changed I guess that's a sign that winter is over at last and we can look forward to lighter nights and warmer days. I really hope so as I don't like the winter months.

The Southern Plant's AGM was held on 16 March in the Riverside suite of Venue 360, where our President Bruce Warman reported on the activities of the VPA during the past year and thanked various committee members for their contributions to the running of the Association. He then announced his retirement as President after 10 years in this role and introduced David Kirke, who has agreed to take over this position. The proposed executive committee members for the coming year were then approved by the meeting in line with our constitution and as usual the company representatives presented the latest information regarding company performance over the past 12 months and the current situation of the various pension funds. Minutes of the meeting will be posted on the Pensioners' web site.

Well, as I said I am looking forward to the summer and hope to see you on some of the activities planned by our entertainments team.

John Boast

News from the North

Dear All

Sadly I must start this news from the North on a down note. Many of you will know, and some will not, that in February we were given the news that after April we would no longer be able to use the club concert room for our social nights as plans are afoot to convert it into a gym. We are moving to the Astra Bar in May and time will tell whether it will suit our needs. Because of the upset, the AGM was put on hold and will now be held at the social night on 7 April followed by our hot pot supper.

The barn dance in February was well attended and enjoyed. It was all very light hearted and full of laughs as we tried to master the steps - some of us managing better than others. Some of us even discovered we had two left feet!

In March, we took a full coach to the Liverpool Empire to see Mama Mia and what a fantastic show it was, with lots of foot tapping and joining in. I personally thought the singing was better than in the film.

We are now looking forward to the holiday in

Scotland in April, when hopefully the weather will be kind to us. We have some super trips arranged and some still in the planning stage. On Wednesday 20 May we have a visit to Bodnant gardens following on to Llandudno. Hopefully, we should see a good display of rhododendrons. The only cost will be the entrance to the gardens which is £10.50, but if you are members of the National Trust don't forget your membership card.

As the days are getting longer and flowers start to bloom, I guess the gardeners among you will be kept busy and for those going on holiday enjoy and come home safely.

Till next time,

Dave Williams

New Committee Member

At the March Annual General Meeting, Bill Saul became a member of the VPA Executive Committee. Bill frequents many of our trips and to help you recognise him I managed to get this photo from the records of Police 5.



Bill Saul

(Note that that was a throwaway comment and should not be the basis for potential legal action!)

Bill started work at Vauxhall in 1968 making up Viva bucket seats in Division 037 - AC Trim Shop in Kimpton Road at a starting wage of 9 shillings and a penny per hour.

Subsequently, he worked on the van line body shop in G block becoming, at separate times, a group leader and a shop steward. In 1983, he saw an advert for positions at the Parts Warehouse in Toddington Road. He applied and was successful - spending the next 27 years picking and packing parts for distribution all over the globe. In 2010, he took early retirement, at the age of 60, having completed 42 years of service.

On retirement he became aware of the VPA and began going on the trips. He subsequently wanted to give something back to the VPA, recognising the good work it does for its members and decided to join the Committee.

Viva (but not as we remember)

A new vehicle joins the Vauxhall small car family - the VIVA. Arriving in the showrooms this summer the VIVA will be priced from £7,955, making it the entry-ticket to Vauxhall ownership.



New Viva

As can be seen from the photo, the vehicle pays homage to the original car, which was made from 1963 to 1979, and shares its clean lines. The new Viva is the latest model in the range to display Vauxhall's sculptured, precise design philosophy and will be offered in 10 exterior colours. It seats five people and will be powered by specially developed 1.0 litre ECOTEC (75PS) powertrain. We can only wish every success to Vauxhall with the launch of this model.

Many of us, of course, will have memories of the original Viva. I had a Viva HA model. The car had no radio so I put a transistor radio on the passenger seat. This provided excellent in-car entertainment until I turned a corner when I had to reposition the radio to get reception back.

So it would be wonderful if you send in your own memories of your Viva. I look forward to receiving them.

This May Save A Life

Jean Skipp received the attached e-mail message and asked that I put it in this Newsletter to advise people what to do in this situation. If you can please heed point 10 who knows it may save a life.

1. Let's say it's 7.25 pm and you're going home (alone of course) after an unusually hard day on the job.
2. You're really tired, upset and frustrated.
3. Suddenly you start experiencing severe pain in your chest that starts to drag out into your arm and up in to your jaw. You are only about 3 miles from the hospital nearest your home.
4. Unfortunately, you don't know if you'll be able to make it that far.
5. You have been trained in CPR, but the guy that taught the course did not tell you how to perform it on yourself.
6. How to survive a heart attack when alone. Since many people are alone when they suffer a heart attack without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.
7. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest.

A breath and a cough must be repeated about every two seconds without let-up until help

arrives, or until the heart is felt to be beating normally again.

8. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.

9. Tell as many other people as possible about this. It could save their lives!

10 A cardiologist says if everyone who gets this mail kindly sends it to 10 people, you can bet that we'll save at least one life.

Streetlife

Streetlife is a social network for local communities. It is a free and easy to use site that enables users to connect and share news, views, recommendations and resources. You can use it as little or as much as you want. Joining is simple and by giving your postcode you can, if you so wish, narrow your audience to only those around you. It is as anonymous as you wish it to be. For more details go to www.streetlife.com and see what you think.

April Quiz

The quiz this time is based on popular TV shows:

1. Who was the longest serving presenter of Blue Peter?
2. How many contestants at the start of The Chase?
3. Happy Rabbit was the original name of which cartoon character?
4. Which English comedian calls himself "the pub landlord"?
5. Which comedian had the catchphrase "just like that"?
6. Going Straight was the sequel to which British television series?
7. Who plays barmaid Michelle Connor in Coronation Street?
8. Miss Gatsby and Miss Tibbs were elderly residents in which UK tv sitcom?
9. Who played Mr Darcy in Pride and Prejudice?
10. Actresses Judi Dench, Helen Mirren and Maggie Smith hold which title?
11. Who plays Violet Crawley, Dowager Countess of Grantham in Downton Abbey?
12. What is the name of the dog in The Magic Roundabout?
13. What character did Alan Alda play in Mash?
14. Saffron and Bubbles are characters in which UK comedy series written by Jennifer Saunders?
15. What is the highest "blue" amount of money on Deal or No Deal?
16. What model car does Mr Bean drive?
17. What is the surname of the family in Bonanza?

18. What are X factor contestants John and Edward Grimes better known as?

19. Which long running UK police drama series was first broadcast as a single drama called Woodentop?

20. Which fictional scarecrow has a set of interchangeable turnip, mangel wurzel and swede heads?

As usual, a £10 M&S voucher goes to the winner. Entries must be received before Friday 22 May. Good luck

Answers to February Quiz

1. Wrong
 2. Edam
 3. SWIMS
 4. The letter N
 5. Kevin
 6. You take a photo with a camera
 7. Horse riding
 8. The third as the lions would be dead
 9. 2nd
 10. All matches are, as he predicted, 0-0 before they start
 11. E N T (eight, nine, ten)
 12. Boxing
 13. They are husband and wife
 14. Tug of war
 15. There is no letter 'e' in the paragraph
- The only correct answer received was sent in by Bill Saul and a £10 M&S voucher is on its way to him.

This is the second time on the trot he has won, so let's have a few more entries to stop the hat trick please!

Mickies Palace, Thursday February 12

57 Pearly kings and queens left Luton for a right old Cockney ding dong at Mickies Palace. The place was full to capacity and once all 150 were seated, drinks were ordered and a roast beef mains followed by apple pie with cream was heartily consumed. Just time for a raffle and then the show started with an old fashioned, rousing sing song followed by an interval when ice cream was served. The second half of the show was a very funny comedian and then another singer who managed to get a few people dancing in the aisles, before as is the way all good things end and the curtain came down.

Legal London, Thursday March 26

A full coach left Luton at 08:30am and Sarah, our guide for the day, climbed aboard around 10:15am in London. First stop was coffee/tea and a comfort break at the Mad Hatter Hotel, much to the relief of all on board! We then had a guided walking tour of the Inner and Middle Inns of the Temple before viewing the Halls of Justice, where some took the opportunity to listen in on live courtroom action. We then returned to the Mad Hatter for a very agreeable lunch before another guided walking tour of Lincolns Inn and Lincolns Inn

Field before ending the day with tea/coffee and biscuits in the Grays Inn Hall. A great day was had by all and as you might expect with all that walking the coach was pretty quiet on the way home.

Upcoming Events in the South

Thursday April 23

Ashdown Forest Explorer East Grinstead & tour of Ashdown Forest by coach. Minimal walking involved. Includes morning coffee and lunch at Heaven Farm, a guided tour and cream tea in the afternoon.

£35.00 pp

Thursday May 14

Steam trip - Severn Valley Railway and visit to the Engine House Visitor Centre at Highley

£27.00 pp

Saturday June 6

Annual outing to Brighton - coach only

£12.00 pp

Thursday June 25

Visit to Winchester - coach only

£15.00 pp

Thursday July 16

Kennet & Avon Canal trip

Visit Hungerford and then enjoy a horse-drawn canal barge ride with afternoon tea.

£30.00 pp

Wednesday August 26

Lochs & Glens tour including Edinburgh tattoo 4 nights staying at the Loch Long Hotel.

Deposit of £30.00 pp required by June 1

£260.00 pp

Thursday September 17

Visit Bakewell and Derbyshire Dales - coach only

£18.00 pp

Thursday, October 15

Tour of BBC Broadcasting House, London

£24.00 pp

Monday November 23

Tinsel & Turkey - 4 nights at the Langstone Cliff Hotel in Dawlish Warren

Deposit of £30.00 pp is required by August 1.

£240.00 pp plus coach (tbd)

Thursday December 3

Christmas Dinner & Dance

£23.00 pp

Please note that the VPA do not provide insurance cover for any of these trips and that for your own peace of mind and protection you may want to arrange your own cover. This particularly applies to the Lochs and Glens and the Tinsel and Turkey trips.

Message From The Office Regarding Trips

I have been asked to request that anyone booking a number of trips please include a self-addressed envelope for each individual trip so that the confirmation letter can be sent

to you with the minimum of fuss. The office will arrange for the envelopes to be franked. Thanking you in advance for your cooperation.

VPA Golf Section - 2015 events

Thursday May 7 - Texas Scramble at Abbey Hill Golf Club

Thursday June 18 - Singles Competition at Whipsnade Park Golf Club

Wednesday October 7 - Pairs Competition at Bedfordshire Golf Club, Stagsden

Tea Dance Schedule – 2015

April 22

May 6

June 3, 17

Upcoming Events in the North

Tuesday April 7

Club House – AGM followed by Hot Pot Supper commencing 7.00 pm

Monday April 20

5 day holiday staying at the Duke of Gordon Hotel in Kingussie, Scotland – **fully booked**

Thursday July 16

Bolton Market and Rivington Hall
Coach fare only

Wednesday October 7

Blackpool – more details to follow

Monday November 30

5 day Turkey and Tinsel trip to Torquay
£179 pp (a non-returnable deposit of £50 pp is required when booking)

Friday December 18

Christmas Dinner

Tea Dances

April 21, 28 (no tea dance on 14)

May 12, 19, 26

Luton Lottery

No results available

E/Port Lottery

No results available

In Memoriam – Luton

Abraham, Gerald, Division 011

Died 30.1.15, Aged 98, Retired 1974

Coleman, Lillian Elsie, Division 034

Died 2.2.15, Aged 99, Retired 1976

Dony, Ralph, VM Staff

Died 25.2.15, Aged 88, Retired 1986

Dunham, Eric Claude, Division 037

Died 26.1.15, Aged 93, Retired 1981

Gammie, Christian Geoffrey, Division 435

Died 26.2.15, Aged 88, Retired 1981

Hackett, James William, Division 002

Died 25.1.15, Aged 88, Retired 1986

Martin, Walter Alan, VM Staff

Died 30.1.15, Aged 101, Retired 1974

Mead, John, Division 089

Died 24.2.15, Aged 82, Retired 1998

Rooke, Joan Marie, VM Staff

Died 3.2.15, Aged 95, Retired 1970

Taylor, Jack James, Division 201

Died 23.1.15, Aged 93, Retired 1980

Wiggins, Arthur Henry, Division 957

Died 24.1.15, Aged 88, Retired 1985

In Memoriam – Ellesmere Port

Aird, Robert William, Division 718

Died 21.2.15, Aged 91, Retired 1981

Bowkett, Vivian John, Division 729

Died 25.1.15, Aged 88, Retired 1986

Crowder, Robert John, Division 640

Died 28.1.15, Aged 81, Retired 1993

Hamilton, Neil, Division 788

Died 26.1.15, Aged 85, Retired 1986

Lloyd, David John, Division 631

Died 20.2.15, Aged 74, Retired 1981

Muise, Lesley, Division 642

Died 1.1.15, Aged 84, Retired 1994

Mutch, Terence, Division 618

Died 14.2.15, Aged 67, Retired 2004

Sexton, Ronald, Division 628

Died 20.2.15, Aged 83, Retired 1993

Wellings, Fred, Division 631

Died 20.2.15, Aged 84, Retired 1981

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

How To Access the Newsletter and 2015

AGM Minutes on the Internet

www.thepensiondepartment.co.uk/vpp/pensioner_pages

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: jessica.porter@vauxhall.co.uk

Useful Telephone and Contact Information

VPA South

VPA Office 01582 427921

Office is manned Tuesday and Friday between 10.00 a.m. and 2.00 p.m.

E-mail vpa@gm.com

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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.