

Pensioners' Newsletter – October 2014

News from the South

Hi everyone:

As I sit here writing this article it appears that we are finally saying goodbye to summer, and what a beautiful summer it has been. Now we can look forward to short days, long nights and the imminent arrival of winter. Looking on the bright side though, no more gardening and DIY!

You will read elsewhere in this Newsletter information regarding Age Concern and the work they do and what they can offer to the likes of us. They are looking for volunteers over a wide range of activities, so if you feel the urge why not give them a ring.

The December Newsletter will hopefully contain full details of all of the trips for 2015. Please try to participate as we need full coaches to keep the costs down.

A similar situation exists with the Christmas Party. We need reasonable numbers to ensure its continuation so please do try to attend. Well that is it for this time. As usual go safely and do enjoy the early Christmas shopping.

John Boast

News from the North

Dear all

And so the summer goes on and long may it last. I hope you had a restful summer and enjoyed some away time. Our week with the three grandchildren was most enjoyable if exhausting. The weather was beautiful so we did lots of crabbing, playing on the beach and watching the dolphins swimming by. Since then I have been somewhat out of the loop having been in Canada with my son. He lives in a spectacular if remote little place on Vancouver Island, so we spent three happy weeks camping, hiking, cycling and kayaking, just what all sensible, or should I say daft, pensioners should do.

As you may realise from the last Newsletter, that due to the sad deaths of Ken and Billy we are now getting very depleted on the Committee so if you fancy joining us you will be made most welcome. It just requires a few spare hours a month for the social nights and the Committee meetings.

The Bury Market trip was a success. I hope those of you that bought the famous Bury Black Pudding enjoyed them. The day was rounded off with a visit to Salford Quay where some people visited the Imperial War Museum.

Our annual donation to the Hospice of The Good Shepherd will be presented to a representative at the October social night. Our annual dinner dance will be held this year on Friday December 19, so I hope you will all

shake the moth balls out of your finery and be ready for a night of good food and entertainment. Details of cost and menu will be available nearer the time.

Till next time keep on enjoying the summer.

Kind regards

Dave Williams

Remembrance Sunday

Vauxhall will be marking Remembrance on Sunday November 9 at 8.30 am at the Kimpton Road memorial. Anyone wishing to attend is welcome.

Southern Plant's Christmas Party

This year's festive event takes place on Thursday December 4 in the Riverside Suite, Gipsy Lane. Guests will enjoy a three course meal (with choice of menu) and entertainment all evening. This year we welcome back Victoria Yallop, who previously impressed us with her violin playing and also the ever popular Danny Glass will provide music to dance the night away. There will be a Grand Raffle with lots of excellent prizes and also Christmas crackers and festive decorations. All of this is only £22 per person which is superb value. Book early via the office to avoid disappointment.

Home Security

With winter and the darker nights that come with it fast approaching the police have asked that we highlight what can be done to help prevent burglaries.

- Use your lights as burglars will always prefer an unlit house to a property with lights on. Use timers if you can. Timers are good for the radio as well as lights.
- Securely lock all doors and windows
- Double lock all UPVC doors
- Fit locks to the top and bottom of patio doors
- Always lock garages, sheds and other external buildings
- Fit strong, high gates across side passages
- If you have a burglar alarm use it when you leave home
- Check for weak spots and sagging fences on your boundaries
- Be alert to strangers loitering in the area and if dubious call the police
- Do not hide keys under a mat or flower tub/pot. It is the first place they look
- Do not leave wallets, bags and house or car keys in a prominent position near doors or windows.

By following the above suggestions the police estimate that a high number of the incidents they attend would not have happened. So it is worth a little extra care on all our parts.

Move Over Melvyn Bragg!

I have recently been reading a book entitled "Littlejohn's Lost World" written by Richard Littlejohn, who has had a long career in tv, radio and as a newspaper columnist, as well as an author. What is interesting to me is that he grew up in the 1950's and 60's which is when a good number of VPA members were sprouting hairs and moving from soprano to baritone.

It was not just another century, it was another country. Children growing up in these times were always outdoors playing in cornfields, on building sites and in the odd air raid shelters. How many of you remember Parkies (park attendants) who every child vowed to torment as much as possible? I can still taste the tang of a Jubbly, a triangular frozen orange iced confection that on a good day could last for thirty minutes. We all used libraries as there was no internet. Instead of satellite tv or i-pods we had Radio Luxembourg under the bedclothes on a Sunday night listening on our transistor radios to Alan Freeman and the charts. The list could go on and on.

Richard revives his childhood memories and visits his childhood haunts (Ilford and Peterborough) and encounters an England changed beyond recognition to what it is today. By the way, ignore the locations this book is so typical of anywhere in England and I defy you not to empathise with what is written. From Andy Pandy, Muffin the Mule to Jimi Hendrix at the Isle of Wight festival in 1970 this book is part memoir, part social documentary. I can only urge you to read it. Needless to say I have no vested interest in whether you do or not except that I do believe it will be of great pleasure to you. If you do read it then please let me know.

At Last We Feature Age Concern Luton

Colette McKeaveney, Director of Age Concern Luton has kindly provided the following two articles concerning her organisation, what it can do and how members of the VPA can benefit from it.

Although this centres around Luton those of you elsewhere in the UK should be able to get in touch with either your local Age Concern branch or indeed Age UK. As ever if you have any feedback that you think is interesting or helpful to VPA members please let us know.

Volunteering with Age Concern Luton

Age Concern Luton is a charity working hard in Luton to help older people and their families enjoy the benefits of growing old. We are always on the look-out for people who want to help us deliver services, raise money, and add to our established volunteer team. Expenses are paid and we keep paperwork to a minimum!

There are plenty of volunteering opportunities available. For instance, we are keen to recruit individuals that can help market the charity and generate extra publicity for it. This could mean helping prepare and run one of our advice and information stalls around the town, no experience is necessary, just a friendly manner!

Right now we are recruiting more drivers for our community car scheme. If you have a clean licence, a 4 door car, and a few hours to spare each week you can help elderly people with essential travel, for example to medical appointments or to visit loved ones in care homes or hospital.

Our reception team need new volunteers – if you are friendly, can make people feel welcome, can answer a phone and make a decent cup of tea we'd love to meet you!

We also need befrienders. This entails visiting housebound older people, who live alone for a chat about mutual interests and hobbies.

Making friends is what this role is all about.

We would especially like to speak to prospective befrienders in the LU4 area of the town.

If you can speak one of the many community languages spoken in Luton, we would be delighted to hear from you. We require translators to support our advice team and befrienders so that we can expand our reach and help those who do not speak English as a first language.

Our menu of volunteer roles is not exhaustive so if you have an idea, please give us a shout. If you are interested in helping us raise money we are very interested to hear from anybody who is intending to run a marathon, shave their head, hold an event or any other sponsored activity. We can set up a secure web page for sponsors to donate to as well as providing publicity and materials to help you fundraise! Edwin recently cycled from London to Windsor and raised over £500 for Age Concern Luton. He said *"To raise money for a great local charity was simply too good an opportunity to pass up. Yes, my back and legs were aching but on the whole it was great fun."*

We are extremely grateful to all our donors who supply us with money, legacies (remembering us in wills), items to sell in our charity shops, and buying our products. All the income we raise is spent on older people in Luton, so you can be assured that all donations are spent correctly.

If you would like to donate via our secure webpage please go to UK Virgin Money Giving and search for Age Concern Luton. If you would prefer to send donations, or leave a legacy in your will, please make cheques payable to Age Concern Luton, registered charity number 200463. Please do not send cash in the post. If you are interested in

volunteering or donating please contact us on 01582 456812.

Age Concern Services

If you are older and live in Luton we can help you with:

Enhancing Lives – well qualified advice & information workers to help you to solve your problems (F)

Meet and Greet - practical help and support to settle in back home when you come out of hospital (F)

Handyman – for a wide range of jobs around the home; the labour is free but you pay for materials (F)

Home Support - for help with housework, shopping, laundry and bill paying (£)

Heater loan (F)

Visiting scheme for the housebound (F)

Telephone friendship club (F)

Weekly lunch clubs, social events, trips (£)

Chiropody – low cost foot care in the comfort of your own home (£)

Services marked (F) are free to people living in Luton, those marked (£) make a small charge.

Ring us on 01582 456812 for more information.

August Quiz – Answers

- 1 A **bridge** of admirals
- 2 A **melody** of harpists
- 3 A **nye** of pheasants
- 4 A **confederacy** of dunces
- 5 A **bench** of judges
- 6 A **deceit** of lapwings
- 7 A **school** of porpoises
- 8 A **superfluity** of nuns
- 9 A **crew** of sailors
- 10 A **family** of sardines
- 11 A **litter** of cubs
- 12 A **curse** of creditors
- 13 A **murder** of crows
- 14 A **regiment** of hypocrites
- 15 A **pride** of lions
- 16 A **dish** of gossips
- 17 A **plot** of playwrights
- 18 A **brace** of orthodontists
- 19 A **gaggle** of geese
- 20 A **coven** of witches

The M & S voucher was won by Allan Oliver and we congratulate him.

Wednesday August 6

Lords Cricket Ground Tour

A less than full coach went to Lords, writes Bill Saul. Participants ranged from grandchildren to grandparents. VPA visitors saw the world famous Long Room, the players changing rooms and stood on the balcony surveying the pitch. The oval shaped pod which houses the press box was a firm favourite. On the way home the group stopped at a carvery in Boreham Wood.

Thursday September 11

Denbies Vineyard Tour

A coach full of would be Peter Barlows toured the Denbies Wine Estate, England's largest vineyard located in Dorking, Surrey. First up was the outdoor train tour with the driver providing a humorous commentary which worked nicely to complement the panoramic views on offer. Next stop was the restaurant to take on board refreshments (and no doubt help absorb the produce of the vineyard at the wine tasting yet to come).

After lunch there was a virtual vineyard tour giving the geology and history of the place, followed by a guided tour of the working winery before hitting the main event, namely THE WINE TASTING!! Lastly there was the opportunity to buy bottles of wine for gifts or home consumption. A good day was had by all and thanks to the Committee members who organised it.

Upcoming Events in the South

Thursday October 9

Imperial War Museum Duxford - £27 pp

November 24 (4 nights)

Tinsel & Turkey, Warners Hotel, Bodelwyddan Castle, North Wales
£275 pp

Thursday December 4

Christmas Party - £22 pp (see details at beginning of this Newsletter).

2015 Events

The VPA Office are finalising details of the trips planned for next year. We are planning a Scottish Break (to include The Edinburgh Tattoo), Tea on the Severn Valley Railway, a tour of Legal London and a Tinsel and Turkey break to Dawlish Warren. Full details will be sent to members on our mailing list in the near future. If you would like to receive an Event List, please contact the office on 01582 427921 or by email to vpa@gm.com.

If you have any questions regarding the above or require more information, please ring the office where Sue, Sylvia or David will be only too happy to assist.

VPA Golf Section - 2014 events

Tuesday October 7 – Buckingham Golf Club.
A pairs competition, with members playing for the Peter Johnson Trophy.

Tea Dance Schedule

October 8, 29

November 12, 26

December 10

Upcoming Events in the North

Wednesday October 22

Trip to Blackpool

Cost £10 pp

Leaving Club at 10.00 am

Monday November 24

5 day Turkey and Tinsel holiday to Tenby is fully booked.

Friday December 19

Cost/menu will be available nearer the time.

Monday April 20, 2015

5 day holiday staying at the Duke of Gordon Hotel in Kingussie, Scotland. The cost is £169 and a deposit of £50 is required.

Tea Dances

October 14, 21, 28

November 11, 18, 25

Luton Lottery (drawn August 13)

T.F. Davis	P1011663	£87.56
D. Morgan	P071220D	£87.56
J.G. Cohen	P1011994	£43.78
D.G. Dalley	P2007536	£43.78
E. Fawcett	P020486H	£43.78
J.J. Gallagher	P1005817	£21.89
D.G. Dalley	P2007536	£21.89
S.M. John	P070744E	£21.89
L. Boyce	PK010750	£21.89
B. Evans	P1005903	£21.89
E. Parson	P1009355	£21.89
M. Elliott	P1003813	£21.89
R.C. Cook	P026439G	£21.89

E/Port Lottery

No results available

In Memoriam – Luton

Allen, John William, Division 838
Died 16.8.14, Aged 80, Retired 1996

Armstrong, Kenneth George, Division 003
Died 25.8.14, Aged 75, Retired 2001

Bavister, Ronald Derrick, VM Staff
Died 18.7.14, Aged 97, Retired 1975

Bayne, Ann, Division 032
Died 25.7.14, Aged 73, Retired 1987

Campbell, Naomi Madoeline, Division 526
Died 25.8.14, Aged 73, Retired 1994

Capron, Leslie Edwin, Division
Died 23.7.14, Aged 90, Retired 1986

Chisholm, Kenneth, VM Staff
Died 25.7.14, Aged 82, Retired 1988

Clark, Eric John, Division 047
Died 28.8.14, Aged 84, Retired 1987

Demetrius, Lester Uriah, Division 873
Died 18.7.14, Aged 72, Retired 1988

Ewington, David Edward, Division 033
Died 17.7.14, Aged 79, Retired 1993

Frankilyn, Wilfred, Division 261
Died 18.7.14, Aged 87, Retired 1978

Frayne, William Albert, VM Staff
Died 21.8.14, Aged 93, Retired 1986

Impey, Leonard Charles, Division 419
Died 20.8.14, Aged 85, Retired 1988

Mendez, Pauline Euphemia, Division 894
Died 28.7.14, Aged 71, Retired 1981

Phillips, Anthony John, Division 534
Died 16.7.14, Aged 75, Retired 2001

Powell, Clifford Idwal, Division 877
Died 22.7.14, Aged 90, Retired 1980

Ripp, John Arnold, Division 267
Died 25.7.14, Aged 78, Retired 1988

Shepherd, Brian H., Division 526
Died 21.8.14, Aged 79, Retired 1984

Simpkins, Barbara Joan, Division 037
Died 3.8.14, Aged 70, Retired 1988

Small, Arthur Frank, Division 003
Died 19.8.14, Aged 99, Retired 1979

Sonagra, Mohanial Ramji, Division 032
Died 24.7.14, Aged 68, Retired 1998

Wilkins, Sydney John, BVC
Died 21.7.14, Aged 87, Retired 1986

In Memoriam – Ellesmere Port

Allen, Terence Edward, Division 670
Died 17.7.14, Aged 64, Retired 1979

Clark, Edward Arvid, Division 670
Died 29.7.14, Aged 85, Retired 1987

Edwards, Trevor, Division 759
Died 18.8.14, Aged 83, Retired 1989

Ellingham, Leslie Edward, Division 624
Died 21.8.14, Aged 92, Retired 1982

Hepworth, Eric, Division 616
Died 20.7.14, Aged 83, Retired 1996

Jones, Peter Harold, Division 691
Died 18.8.14, Aged 82, Retired 1997

Watson, Walter William, Division 623
Died 20.8.14, Aged 86, Retired 1985

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

How To Access the Newsletter and 2014 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 Monday, Tuesday and Friday between 10.00 a.m. and 2.00 p.m.

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.