



Family Feeling

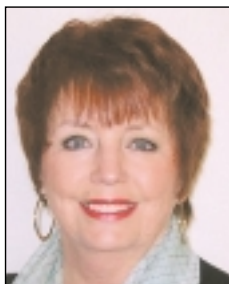
One big family – that's a phrase that crops up in a lot of the letters and articles that come into the Xerox Pensioners' Association from all parts of the country. It's a phrase that reassures all those who work on your behalf that the Association is succeeding in helping you to keep in touch with each other and with the Company.

The Association's Regional Co-ordinators and Pensioner Visitors play a vital role in providing this two-way link – particularly important in the North, where our members are more widespread. **Keith Boughton**, Visitor in Staffordshire, writes about this Region.

The North Region ... is that something to do with 'Come Dancing' you may say? Well not exactly, although the XPA Visitors in this area are available by special request to exhibit their Line Dancing skills, and I assure you it is a sight to be missed!!

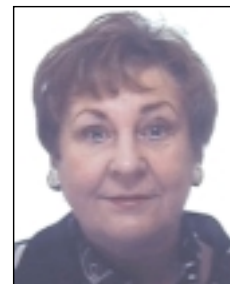


Murdo Orr



Barbara Kaye

***The North Region** comprises roughly the area from Northamptonshire to John O'Groats, including Northern Ireland and the Isle of Man, quite a Region! Within this area, just over 1,000 of us Xerox pensioners reside – some born and bred here and some relocating to be near friends or relatives, others deciding to uproot and settle in one of the many quaint locations, yes there **is** life North of Watford Gap! And lots of it.*



Sheila Webb

Our Regional co-ordinator **Sheila Webb** lives in Leeds. To assist Snow White, sorry, I mean Sheila, are her seven little helpers – **Murdo Orr**, living in East Renfrewshire and covering the whole of Scotland, **Barbara Kaye**, living near Sheffield, **David Pinnegar** in Derbyshire, **Bob Johnson** and **Keith Boughton** in Staffordshire, and **Frank Godfrey** in Northamptonshire – visiting pensioners when they ask. Special occasions like 80th or 90th birthdays are also recognised, thus keeping the Xerox 'family' alive. In fact, if you would just like to have a chat over the phone, then let us know.



David Pinnegar



Bob Johnson

I did say seven little helpers, but **Harry Patterson** of Southport, Lancashire has, unfortunately, now retired from his Visitor's role. Sheila and all of us within XPA wish to say a big 'Thank You' to Harry for the help and support he's given freely over the years.



Keith Boughton



Frank Godfrey

This newsletter gives all of you the chance to pass on your news. Many of you have gone on to other careers, using the skills developed at Xerox – many of you have tried new leisure pursuits and reading about your experiences can be an inspiration to others. The newsletter also keeps you informed. What would you find useful? Please let us have your views; help the XPA to help you in the ways you would most appreciate.

STOP PRESS PART TIME JOB

Are you a handy man/woman local to High Wycombe?

If so, Xerox Pensions may need your help for five to six hours per week to suit.

Please contact **Ron Hitchins** on **01494 615156** if you are interested.



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VISITS PAST...

Christmas and New Year get-togethers

Over the festive period, nearly 400 Xerox Pensioners and their guests attended our get-togethers at the regular venues of Mitcheldean Sports & Social Club, Letchworth Hall Hotel, Guido's at Amersham, Norwich, St Leonards (Hants) and Rotherham. There was also an evening buffet at the Dog and Doublet, Sutton Coldfield.

This year, with Derek Blundy's help, we added a further venue for the East Sussex and West Kent Pensioners with a lunch at the newly refurbished Wealden Indoor Bowling Centre at Maresfield in Sussex.



*Above: XPA President, Barbara Keech, with Southern Region Co-ordinator, Anne Cain, at Guido's
Left: XPA members celebrate at Letchworth Hall Hotel*



These events offer a chance to meet up with old colleagues and often last until well after the food has been cleared away. Look out for the next round of get-togethers in the September issue of our Newsletter.

Jack the Ripper guided walk

Our walk began at Whitechapel on one of the hottest days last summer. Jack the Ripper was originally known as the Whitechapel Murderer so it was appropriate that our route took us to the heart of the area of his progressively brutal crimes. During the mid 19th century, the area was a slum of narrow alleyways and courts, housing about a million people, the vast majority in single, poorly-furnished rooms in decaying houses and tenements which had neither adequate water supplies nor proper sewage facilities. We saw Flower and Dean Streets, where most of the Ripper's victims lived, and Hanbury Street, where Annie Chapman was murdered.

We learned that in medieval times bricks and tiles were manufactured in Brick Lane, long before the establishment in 1724 of Ben Truman's Black Eagle Brewery, and that The Frying Pan of 'Alley Fame' got its name from the ironmongers who used frying pans to identify their premises. In sharp contrast we saw a



An Air Ambulance lands at the Royal London Hospital

modern day Air Ambulance landing a patient at the Royal London Hospital. After the walk, our group of 59 had an excellent high tea at the Aldgate Exchange.

Summer Ramble

Liz Macree writes:

Friday 12th September dawned bright and sunny. Arriving early at the Swan Hotel, we had time for coffee before walking across the bridge to the lock where we met the rest of our group and boarded the boat for Pangbourne. We travelled through very pleasant countryside, sometimes with fields down to the water's edge, sometimes with gardens with moorings and boathouses. There were lots of swans, ducks and geese, and we were lucky enough to see a heron and a kingfisher. At Pangbourne, after a short stroll along the riverbank, we had lunch at an Italian restaurant. After lunch, we walked through the pretty village, down leafy lanes and, further along, joined the towpath on the riverbank. Finally getting back to the Swan Hotel, we all had tea and a bit of a natter before making our separate ways home. The weather had been ideal and everyone seemed to have had a good time.

(Liz was suffering from painful backache at the time and wishes to thank those who helped to make her day one to be treasured and remembered.)

... AND FUTURE

All our days out now have to be self-financing. In some cases we have to pay the money 'up front' so we regret that, in the case of late cancellations, we may not always be able to give refunds. If you are interested in any of the outings, please complete the enclosed form and return it to Margaret Brooks (contact details on page 4).

APRIL	Thursday 22nd – Day trip to Bath Perhaps treat yourself to afternoon tea in the Pump Room.
	Thursday 22nd – Chilterns Spring tramp Keeping up the Spring habit, Doug Nevell proposes another excursion in the Chilterns for keen walkers. Something old, something new in this nine-mile hike, starting at the car park on Chipperfield Common and taking in Sarratt, the Chess Valley, Latimer and Flaunden. A pub lunch is included.
MAY	Wednesday 5th – Historic Mayfair walk Mayfair – one of the most elegant areas of London – is surely at its most romantic and charming on a Spring afternoon. Our walk will begin from Green Park underground station at 2pm and we will visit Berkeley Square (where the nightingale sang) and stand outside the most haunted house in London. We will see houses which were once homes to Royalty and the famous and hear stories of their past – some amusing, some ghostly. The walk will finish with afternoon tea at the Audley Public House.
	Saturday 15th – Visit to Exbury Gardens This is positively the best time to view the rhododendrons and azaleas in these gardens.
JUNE	Saturday 5th – Train trip to York The price includes full English breakfast, entry to the Bicentenary site and four-course dinner. The train starts from Kings Cross and stops at Potters Bar and Stevenage.
	Sunday 20th – Midsummer meander We begin with a B.B.Q. at Beechenhurst Lodge, Forest of Dean, then take a guided walk around the Sculpture Trail to see some old favourites and some new arrivals, finally seeing the sun set over the Forest from the Giant's vantage point.
JULY	Tuesday 6th – Much Ado about Nothing at The Globe Theatre Matinee performance at 2 pm.
	Thursday 8th – Thames riverside ramble In contrast to the Spring ramble, this is a relaxed stroll by the River Thames from Henley – starting around 10 am – alongside the famous regatta mile as far as Hambleden Lock, then up the delightful tributary valley to Hambleden village for lunch. We'll return to Hambleden Lock to board the Salters cruiser returning to Henley by 4 pm. The route – barely 4½ miles – is flat, over good paths. The price includes lunch and boat fare.
	Thursday 29th – Old Tyme Music Hall in the New Forest The price includes entry and afternoon tea.
AUGUST	Saturday 14th – Day visit to France We will see the splendid beaches and stylish elegance of Le Touquet. There will also be time during the day for a short visit to a hypermarket. The price includes the Channel crossing with Eurotunnel.

GOLFING DAYS

XPA Golfing Society matches for 2004:

Weston Turville Monday 10th May

Mentmore Monday 21st June

Weston Turville Thursday 15th July

Wokefield Park Sunday 22nd August –

Haggett Trophy

Mentmore Friday 10th September

All regular players will automatically receive full details from Paul Donegan's database. If you have not yet played with the XPA Golf Society, contact Paul, tel: **01727 862004** or email: **pauldonegan@waitrose.com** and he will provide further information.



SAILING DAYS

● **Wednesday 26th/Thursday 27th May**

● **Wednesday 16th/Thursday 17th June**

● **Tuesday 27th/Wednesday 28th July**

● **Tuesday 24th/Wednesday 25th August**

Our sailing days with the Xerox Sailing Association proved extremely popular last year and we are pleased to announce that the XSA is, once again, offering our members dates for this year. Don't be nervous about trying this activity for the first time – good advice is on hand from experienced sailors and you are well looked after. If you are interested, please return the completed form to Margaret Brooks (contact details on page 4).





Xerox Pensioners' Association

XPA website:
www.xpa.org.uk

All Xerox pensioners are automatically members of XPA

AIMS

1. To establish and maintain a two-way personal link with all pensioners.
2. To be informed about pensioners' needs and problems in order to assist where possible.
3. To help pensioners keep in touch with each other.

Change of contact details for XPA President

Our President, **Mrs Barbara Keech**, is available on telephone **01923 820034 – 9 am to 5 pm Monday to Friday**.

Barbara's address is 1 The Manor House, Eastbury Avenue, Northwood, Middlesex, HA6 3LJ.

Email: barbara.keech@btinternet.com

XPA Administrator

You may telephone **Margaret Brooks**, the XPA Administrator, on **01494 615159, Mondays, Tuesdays and Wednesdays only**. Margaret's address is Xerox Pensions Ltd, 20-24 Temple End, High Wycombe, Bucks HP13 5DR.
Email: margaret.brooks@gbr.xerox.com

Regional Co-ordinators

West Region John Court

Stockwell Farm, Aylburton, Lydney, Glos GL15 6DN

Tel: 01594 843651 Email: john@courtjb.freemove.co.uk

The West Region is based on Mitcheldean and covers:

Avon, Cornwall, Devon, Gloucestershire, Herefordshire, Shropshire, Somerset and Wales.

East Region John Handscombe

Town Farm House, 51 High Street, Henlow, Beds SG16 6AA

Tel: 01462 814009 Email: johnhandscombe@onetel.net.uk

The East Region is based on Welwyn and covers: Bedfordshire,

Cambridgeshire, Essex, Hertfordshire, Lincolnshire, Norfolk and Suffolk.

South Region Anne Cain

24 Maygoods Lane, Cowley, Uxbridge, Middlesex UB8 3TE

Tel: 01895 231420

The South Region is based on Bridge House, Uxbridge and covers:

Berkshire, Buckinghamshire, Dorset, Hampshire, Kent, London, Middlesex, Oxfordshire, Surrey, Sussex and Wiltshire.

North Region Sheila Webb

18 Kennerleigh Crescent, Leeds, West Yorkshire LS15 8RS

Tel: 0113 2646979

The North Region covers: Cheshire, Cumbria, Derbyshire, Durham,

Lancashire, Leicestershire, Northamptonshire, Northumberland, Nottinghamshire, Staffordshire, Warwickshire, Worcestershire, Yorkshire, Scotland, Northern Ireland and the Isle of Man.

NEW MEMBERS & ABSENT FRIENDS

If you would like to see a list of new members and/or pensioner deaths occurring since our last issue, you may obtain both from our Administrator, Margaret Brooks (*contact details above*).

VISITORS WANTED!

We have a strong network of Visitors and details of their addresses and phone numbers are shown on the XPA Officers sheet enclosed. Each Officer is allocated no more than 25 pensioners to contact. Their main purpose is to make contact twice a year with a phone call or visit if required. Pensioners welcome your phone call for information or a chat.

Some of our Visitors have been performing this valuable service since the early days of the Association and naturally feel the time has come when they want to put their feet up. In consequence, from time to time, we look for new volunteers to fill the spaces. Currently we have the following vacancies:

- **North Region**, to replace **Harry Patterson** in the Liverpool area
- **West Region**, to replace **Bill Beech** and **John Earl** in the Drybrook and Cinderford areas and to replace **Paul Pilbrow** in the Bristol area
- **South Region** to replace **Ron Greenland** in the Uxbridge area.

We offer our grateful thanks to these five retiring Visitors, and look forward to welcoming new volunteers to cover these areas.

Pension Dates 2004

Your Xerox pension will be paid into your account as follows:

PENSION	PAID IN
April	Thursday 1st April
May	Friday 30th April
June	Tuesday 1st June
July	Thursday 1st July
August	Friday 30th July
September	Wednesday 1st September

Pension verification exercise

We have reached the last section of the alphabet in this ongoing exercise and those pensioners with surnames beginning with P–Z will receive their forms for completion in August. Since this is an ongoing exercise, the whole process will begin again next year at the beginning of the alphabet.

We would like to thank everyone for his or her participation in this exercise, but don't forget to keep us informed of any future changes.

POEMS FOR PLEASURE

The War is over by June Jackson

I remember the parties

On tables in the street

Jam butties was my favourite

And red jelly was a treat

The games we played about that time

Were HopScotch, ropes, tops and whips

And the goodies we bought from corner shop

Were gobstoppers, pear drops and cherry lips

My dad came home from the war

And lifted me up real high

Then all the neighbours shook his hand

And Gran began to cry

Dad brought me home a pressie

The best doll I had ever had

It had a pot head and rag body

And its face looked ever so sad

The Sunday after Dad came home

We had the bestest dinner of the lot

Rabbit, peas, carrots and potatoes

My Gran made the best hotpot

I have to say I've enjoyed myself

Walking down memory lane

Times were hard and money short

And I don't wish them back again

But one legacy I would like to keep

From my fulfilled memorable life

Is happy, caring, smiling neighbours

Not hostile ones full of strife

June Jackson has had a number of poems published and is a member of the National Poets' Society.

Thank you, XPA

Phyll Perkins wrote in after receiving a birthday card and gift voucher on her 80th birthday late last year:

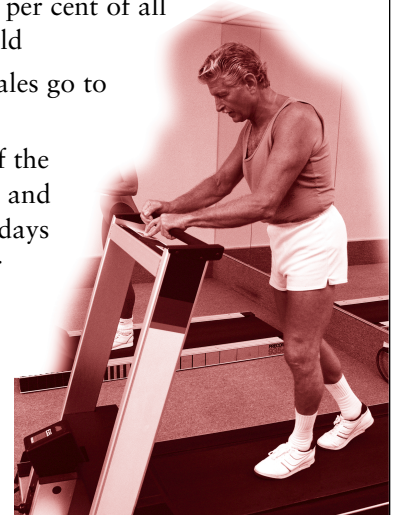
It was such an unexpected pleasure to receive your kind thoughts – just one pensioner out of 6,000!

Sometimes, in these days of computers, life can seem impersonal. This is not the case with the Xerox Pensioners' Association. I feel more like one of a big family.

Today will certainly be one I will never forget. Thank you again.

GREY POWER

- Almost 45 per cent of the UK's adults are over 50
- In 20 years' time, more than 50 per cent of the population will be over 50
- The over-50s spend £240 billion a year
- This age group buys 80 per cent of all top-of-the-range cars sold
- Half of mineral water sales go to the over-50s
- Last year, 75 per cent of the over-50s took a holiday and 14 per cent bought holidays worth £1,000 a head or more
- More than 30 per cent have PCs at home, 40 per cent with internet access.



XPA HOLIDAY DISCOUNTS

We are pleased to say that we have renegotiated the holiday discounts with Bourne Holidays. When you book, please state that you are a Xerox pensioner and quote the appropriate code.

Holiday Company	Discount	Bookings hotline	Code
Warner 7-night holidays, June/July/August and other breaks in 2004 brochure Brochure requests 0870 242 2005	Up to 15% <i>But not on Bembridge Hotel for June/July/August</i>	0870 601 6012	HG499
Haven UK holidays Self-catering, full/half board Brochure requests 0870 242 2007	Up to 30%	0870 242 1111	PHC04
Butlins Family Entertainment Resorts (self-cater) Entertainment Hotels (half-board) Brochure requests 0870 242 2003	Variable up to 35%	0870 242 0870	Q108X/915
Shearings People with special needs 01942 496507	Discretionary discount	01942 824824	Letter from Regional Co-ordinator

Company News

Excellent fourth quarter – exclamation mark on a strong year

Reporting on fourth quarter and full-year results, Anne Mulcahy writes:

Results are positive and the trends are improving. We are operating on full throttle and producing winning results. Bottom line – we exceeded expectations and continued to build momentum in the marketplace.

Our operations continue to produce good results and manage costs well, but the really big news in the fourth quarter was on the revenue front. Equipment sales grew 11 per cent – the fourth straight quarter of equipment sales growth. About 60 per cent of all equipment sales in the quarter were generated from products launched in the past two years, reflecting a strong return on our R&D investment.

We continue to lead the ‘new business of printing’ by helping commercial printers and document-intensive industries make the transition from offset to the more dynamic world of digital. Production colour installs grew 19 per cent and, in its first full year of availability, iGen3 is now sold in 34 markets world wide. We have nearly doubled our portfolio of digital office systems. Installs of Xerox office monochrome systems were up 22 per cent, office colour multifunction installs grew 25 per cent and office colour printing was up 30 per cent. We also see a steady stream of big wins in the marketplace.

Everywhere you look you see energy and momentum – new products and services, breakthroughs in technology, big customer wins, product awards and accolades. All in all, an excellent quarter – an exclamation mark on a strong year.



PENSION MATTERS

from Paul Hopkins, Director of Pensions

Your pension increase – 2.8%

The increase to your pension payable from 1st April 2004

will be **2.8%** for those of you who retired on or before 1st April 2003. If you retired after that date, you will receive a proportion of the full increase. This increase is in line with the rise in the RPI (Retail Prices Index) as measured from December 2002 to December 2003. You may have heard a new term being used recently in relation to the rise in prices. This is the CPI (Consumer Prices Index), which differs from the RPI in that it does not include the cost of housing and council tax. (The rise in the CPI for the period used for calculating your pension increase was 1.3%.) Xerox pension increases will continue to be linked to the RPI.

A full explanation of how the pension increase is calculated is contained in the enclosed Factsheet – *Pension increases – your questions answered* – and on the Xerox Pensions website www.xeroxpensions.co.uk

Partner's Pension

You may already be aware that the Trustees of the Xerox Pension Scheme may pay a dependant's pension to someone other than a spouse. This would normally be someone who is wholly dependent on you – for instance in the case of a disabled relative. The Trustees now wish to clarify that they would also consider paying this pension to a partner of the same or the opposite sex.

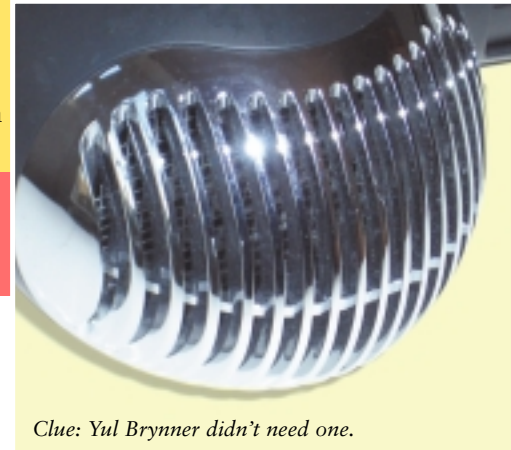
If you are an ex-employee and are not married but live with someone in a long-term relationship, you may nominate that person for a Partner's Pension. A partner is someone who also shares financial interdependence with you – this might take the form of a joint mortgage or joint account at the bank or building society.

While you may nominate a partner to receive a dependant's pension on your death, you must remember that payment of the pension will remain at the Trustees' discretion. You can find a form on the Xerox Pensions website at www.xeroxpensions.co.uk or apply to Jean Ball at Xerox Pensions, tel **01494 615160** or email jean.ball@gbx.xerox.com. Jean will also be able to answer any questions you may have.

COMPETITION TIME - What on earth is this?

We had very few responses to our last competition. We hope that you will enjoy a return to our picture puzzle. Here is another picture of a common object, seen from an unusual angle. **What do you think this is?** Answers on a postcard or sealed envelope, to Barbara Keech (*NEW contact details on page 4*), no later than **30th July 2004**. First correct answer out of the hat wins £25.

DECEMBER'S COMPETITION – congratulations to the winner. The answer to the picture quiz was **TAPIR** (Tortoise-Antelope-Panda-Iguana-Rhinoceros). Our lucky winner was **Mrs J E Beavan** of Lydney, who receives a cheque for £25.



Clue: Yul Brynner didn't need one.

Staying healthy as you grow older

Dr John Goodger, a retired company doctor, with some good tips on staying healthy.

Look here!

Let's start with eyesight. Our vision deteriorates with age whether we like it or not. We tend towards long-sightedness as our eyes change shape and we find ourselves holding the newspaper at arm's length in order to read. Eye testing is recommended at intervals of not more than two years and is free to the over-60s. You may have to pay for lenses and frames, but there are often good deals about or it may be possible to recoup all or some of the cost if you are on Income Support.

Make sure that your examination includes your eye pressures, namely a quick and painless test for glaucoma – a largely symptomless disorder in the early stages but a very serious threat to vision if overlooked long-term. People with known raised eye pressure are routinely tested free of charge, as also are those over the age of 40 who have blood relatives suffering from this problem. Diabetics are also eligible for free eye testing.



I beg your pardon?

And what of hearing? Age-induced loss is usually gradual and often noticed by spouses!! High tones become blurred and, in company, voices distort so that sufferers tilt their heads towards the speaker and tend to look more than usually perplexed! The TV is usually up a notch in volume too. Deafness may just be due to wax, so ask your GP to take a look and syringe if necessary. Otherwise a hearing test can easily be carried out and your doctor will advise if your hearing needs specialist referral.

Only skin deep?

As we get older, our skin becomes less elastic, wrinkled and loose! Of course, some rush to the plastic surgeon for a tuck or two but most of us convince ourselves that we are more interesting as we are! Being born with a good skin helps but avoiding too much direct sunlight (also advised to prevent skin cancer) minimises dryness. In bright sun, use a cream block. If your skin is dry, avoid de-fatting soaps in favour of emulsifying cream and use a bath oil and moisturiser.

Remember, it's not the years in your life that count, but the life in your years!

Ken Ford is remembered

Ken Ford, who died in 1998, was a Member Trustee from 1989 and was re-elected for a second term in 1995. He carried out his duties in a most professional manner until his untimely death at age 48. Ken's colleagues clubbed together to donate a bench in his memory. When his daughter, Helen, married last year, many of them joined in the wedding celebrations and our picture shows Ken's family making good use of the bench.

(Ken worked as Programmes Manager for the West London C.B.U. and was based at Milton Keynes.)



Life after Xerox

Something a little different!

Peter Thorne, second from right, retired from Xerox in January 2002 after nearly 25 years in a variety of Xerox organisations – IHQ (Euston Road and Marlow), RXUK, Southern Europe Region and Grenoble. He decided to use his experience to start his own consultancy and one of his clients is *Mountain Tracks*, a guided mountain adventure company. He started working with *Mountain Tracks* after a thrilling six-day adventure, ski-touring with them around the Vanoise National Park in France.

Peter tells us, *'I decided that a bit of clear mountain air, pristine, unspoilt surroundings and good clean exercise was what I needed. Little did I know quite how much exercise was involved and how much virgin white wilderness I would be seeing – but it certainly cleared my head and the scenery was stunning!'*

Talking about his new job, Peter continues, *'It's fantastic to be able to use the skills and experience that I gained at Xerox in a totally different industry. It's easy to forget that Xerox has many industry-leading processes and working practices that other companies would love to implement – if only they knew about them!'*

Mountain Tracks specialises in holidays offering slightly different and 'out of the way' mountain experiences. Peter is still considering which of their adventures to go on next – maybe horse riding and trekking in Patagonia or Kilimanjaro or ... If this sort of thing appeals to anyone out there, feel free to contact Peter on tel **01494 871417** or email p.thorne@tesco.net.



Survival guide on breaking your hip or How I became a 'fallen angel' by Barbara Keach

Firstly, carefully select the day of your accident. A&E departments are notoriously busy on Saturdays, and at Bank Holidays they only employ 'skeletons', so a weekday is best – probably Wednesday.

Once home, you are very much left to your own devices, but with the clear instruction 'DO NOT BEND'!

You will need:

- a pure silk scarf for tying around your ankle when the leg just won't do what you want it to. *Tying the other end to the zimmer frame made the scarf easier to retrieve.*
- a litter picker (like Council workers use) for pulling up your socks/pants/trousers and picking up those errant items that always seem to finish up on the floor.

- a strong friend to put on your elastic stockings because you will never manage them on your own.

You have to wear them for six weeks and I chose the hottest summer for years to wear them.

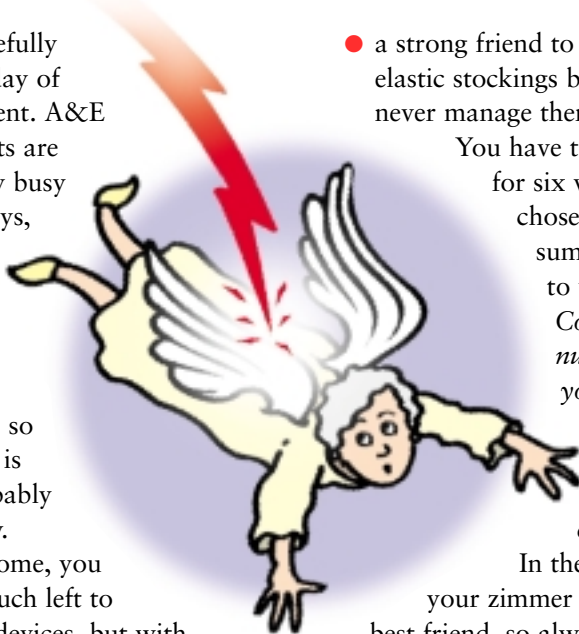
Con one of the nurses into giving you a spare pair otherwise they will stand up in the corner on their own.

In the early days your zimmer frame is your best friend, so always keep it close at hand. Always reverse on to chairs. If you don't sit down straight, it hurts! Then you graduate on to elbow crutches.

They are always falling over! PRODUCT DESIGNERS, PLEASE NOTE!

When I was discharged from hospital, I was assigned to a R.R.T. (rapid response team). I had visions of flak-jacketed and baseball-capped men coming in through the windows, but it turned out to be two very nice ladies who called each day to make sure I was okay. They arranged for all the equipment necessary to help us through the first weeks at home. It's amazing what is available – perching stools, plastic shower stools and high-backed, low seat arm-chairs – supplied to suit your height (or lack of it).

The whole experience taught me just how much help is at hand and left me full of praise for our much-maligned NHS!



How are you doing?

Please let us know what you are up to these days – in the form of a letter, snaps or an article – and share the things that make your life interesting. Please send contributions to Barbara Keach or Margaret Brooks (*contact details on page 4*).