

Living your dreams

How many of us resign ourselves to believing that our dreams are out of reach. But dreams can come true. Here are stories from two of our members to illustrate the different ways this can happen. John Bridge (see *Paddle your own 'canoe'* below) used his imagination and skills to realise his dream and now enjoys the fruits of his labour. For Gerry Carpenter, it was a different story. The answer to his dream came, literally, out of the blue!

Flying high

Gerry Carpenter, ex Service Wales and Birmingham, writes:

I was only seven when the war ended but one event remained forever in my memory - the visit and display in the town of a Spitfire, when communities were encouraged to collect money and 'Buy a Spitfire'. I queued for ages to sit in the cockpit, only to be told by an observant airman that, as I was continually queue-jumping, I'd have to go away and give someone else a chance. Despite joining the Royal Air Force and serving fourteen years, I never had the opportunity to be in close contact with a Spitfire again - until some sixty years later.

Driving between Shrewsbury and Ellesmere one day, I spotted a Spitfire circling the airfield of Sleaf and drove over to investigate. As the aircraft was being refuelled, I discovered that there was a limited opportunity for a flight as a passenger. Leaving my details, I carried on with life until, almost a year later, a phone call came asking if I would be available to fly the following day! The answer, of course, was 'Yes!'

A careful briefing in safety procedures, a general



Spitfire - manufactured in Birmingham 1944; at the end of the war, stored with Italian Air Force and then on to the Israeli Defence Force; found in a kibbutz in Israel, purchased and rebuilt as a two-seater in 1980; sold to an American company; purchased by the present owner in 1998.

inspection of the aircraft and it was down the runway for the take-off. I requested that we flew over Oswestry and Mile End golf courses where friends were playing in competitions that morning, the latter where my son is the professional golfer. There followed a flying display over both courses, including barrel rolls and loop-the-loops! I was even given control of the aircraft for about 50% of the flight. It ended all too soon but as an experience it has to be one of the best of my life.

Paddle your own 'canoe'



John Bridge, who lives in the Ribble Valley and who worked as a service engineer in Manchester from 1967 to 1983, sent us this picture of the paddle boat that he built over a two-year period. The *Autumn Breeze* uses a 1930 Lister D engine. John and his wife, Diana, operate it on the local canal network or in the Lake District.

Last year they spent a week on the Norfolk Broads where *Autumn Breeze* gave them and spectators a bit of fun and this year John has entered it in the Traditional Henley Regatta. The Cavalier King Charles spaniel, Sophie, loves it too!

VISITS PAST...

Visit to Exbury Gardens – 15th May

Exbury Gardens is a 200-acre landscaped woodland garden to the east of the Beaulieu River. Although our journey down to the New Forest was fairly eventful, due to traffic delays and an overturned caravan on the Winchester bypass, we all felt that May is certainly the best time of the year to go to these beautiful gardens. The rhododendrons, azaleas and camellias were an absolute delight.

We learned that the plants were collected originally by plant hunter, George Forrest, between 1904 and 1932 from



Yunnan in South West China. Here, three mighty Asian rivers – the Salween, Meekong and Yangtze – fall from the Tibetan plateau and create a variety of habitats that support a wide range of plant and animal species – including elephants in the southern jungles and snow leopards on the northern crags.

The gardens are very user-friendly – for children, with the Exbury Garden Railway, the Plant Centre for those of us with green fingers, and the Buggy Tours accommodating up to seven passengers and lasting approximately 45 minutes. There are also routes around the gardens specially designed for wheelchairs.

Bicentennial Rail Celebration – York – June 5th

On Saturday 5th June, the 08.18 from Kings Cross to York, picking us up from Potters Bar and Stevenage, arrived in York on time at 11.28. Time passed quickly as we tucked into a hearty English breakfast and placed our orders for dinner on the way back.

The Bicentennial Rail Celebration was set up in an area next to the National Rail Museum, very close to York station. New track had been laid to accommodate various steam and diesel engines, early Sprinters etc, and we were particularly pleased to be able to stand on the footplate of the Flying Scotsman, not to mention visiting the beer tent! It was altogether a good show, particularly with so many engines in steam, several of which provided a great backdrop as they ran in and out, giving footplate rides from the adjacent Rail Museum sidings.



Seven hours looked like a long time to amuse ourselves but, after a late lunch and a few glasses in The Maltings, a real ale pub close to the city wall, plus a quick circuit of the Rail Museum, it was 18.15 and time to board our train. The restaurant staff had their work cut out to serve four courses and coffee in the scheduled two hours to Stevenage – they made it, and we alighted, more or less in a straight line, spot on time! The meal and wine, whilst perhaps not to Raymond Blanc's standards, were substantial and drinkable. We would certainly be tempted to do it again but we need time to save up!

... AND FUTURE

Durham or Newcastle – explore a city

Saturday 6th November

The train picks up from King's Cross, Potters Bar, Stevenage and Peterborough.

The cathedral and castle dominate the compact city of Durham, surrounded on three sides by the meandering River Wear. In Newcastle, the choice of things to do is limitless, with the MetroCentre shopping complex nearby and the Tyne & Wear Metro (now extended to Sunderland) an ideal way of getting around city and coast. You have around five hours in either Durham or Newcastle.

Autumn tints – a walk in the Forest of Dean

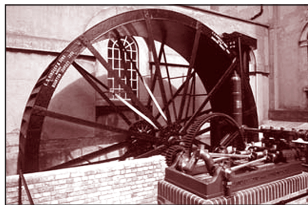
Sunday 7th November

There will be a guided walk through the forest to admire the kaleidoscope of colours of the wonderful mixture of native trees. A welcome lunch of hot soup and crusty roll back at Beechenhurst Lodge will round off a memorable morning. Meet at the Lodge at 10.30 a.m. The cost is £3.50 per adult or £8.50 family ticket (including lunch).

Kew Bridge Steam Museum

Saturday 20th November

Your day ticket for the Live Steam Model Railway Show at Kew Bridge Steam Museum will be provided and will enable you to visit the museum at a time to suit you. The event features large displays of live steam model railways and there will be the opportunity to take a ride around the site on a narrow gauge loco. There are facilities for hot lunches or sandwiches at the museum and there are also two good pubs in the area.



Royal Albert Hall Classical Spectacular

Sunday 21st November

Last year's visit proved popular, so this year offers you another chance to marvel at the incredible lights, lasers and special effects that make Classical Spectacular a unique experience. The programme will include brand

new pieces as well as all-time favourites, including *Rule, Britannia!*, *Jerusalem*, *Nessun Dorma*, *Land of Hope and Glory* and many more, ending with the thundering cannons, muskets and indoor fireworks of the *1812 Overture*. An added attraction this year will be the Can-Can!

STOP PRESS Bedfordshire Steam & Country Fayre

Saturday 18th and Sunday 19th September

The Fayre is set in Old Warden Park near Biggleswade and is a must for steam enthusiasts. Gates open at 10am and the event continues into the evening, if people want to stay. There are various things of interest on the site – a Birds of Prey centre, Swiss Garden and probably some of the Shuttleworth vintage aircraft will be flying. Entry is £6 for seniors and there is free parking. Food is also available.

Christmas/New Year Events

Last Christmas and New Year, over 400 XPA members and their guests met together to celebrate at annual dinners and lunches held all over the country. This year there is a new event for those of you living in East Sussex/West Kent. These functions offer a pleasurable chance to catch up with old friends and exchange the news. It is all too easy to lose touch and the meals offer a happy opportunity to maintain connections. If you haven't attended before, check the list below to see if there is a meeting near you and join in the fun.

Details of venues appear on the red form enclosed with this newsletter.

If you wish to attend one of these events, please complete this form.



Diary of Events

September

18th Bedfordshire Steam &
+19th Country Fayre

November

6th Durham or Newcastle by train
7th Autumn tints – a walk in the Forest of Dean
20th Kew Bridge Steam Museum
21st Royal Albert Hall Classical Spectacular

December

2nd Mitcheldean Christmas lunch
7th Norwich area Christmas lunch
15th Hampshire/Dorset Christmas lunch

January

11th Midlands Region New Year buffet supper
13th Amersham New Year dinner
20th East Region New Year dinner
27th East Sussex New Year lunch



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, 23a 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@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.

Would you like to be visited?

At the time you retired, whether it was two years ago or 20, you would have been sent a form giving details about XPA and asking you whether you wanted to be a Visitor, or be visited. At that time you probably had big plans for your retirement: now you might welcome a phone call or even a visit from one of our team. If so, it couldn't be easier. Just pick up the phone and call the Regional Co-ordinator for your area. He or she will put a Visitor in touch with you.



New Members

If you would like to see a list of new members since our last issue, just contact our Administrator, Margaret Brooks (*contact details above*).

Visitors needed – West Region

We still need Visitors in the West Region, particularly Bristol. Each Visitor is allocated no more than 25 pensioners and the 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. If you live in the West Region and feel you could undertake this rewarding task, please contact John Court (*contact details above*).

Sad news – Ray Lait

We are sorry to record the death on Wednesday 4th August of Ray Lait aged 76, our XPA Visitor for the Welwyn/Stevage area. Ray retired from the Post Coat Quality Control Department in Welwyn in 1990 and became a valuable member of our Visiting team in 1997. We send sincere condolences to his widow, Elsie, and to his family.

Absent Friends Here is list of our members who have died in the last few months, showing their ages. Our sincere sympathy goes to their families.

LEEDS				UK CO				WATERSIDE	
Christopher R Collins		Eileen Brown	72	Myra Nicholls	82	Alfred Brazier	75	Graham Wing	51
	61	Audrey Carr	78	Jestyn Perry	70	Olive Browning	84		
MANCHESTER				Peter Pritchard	71	Joyce Deville	77	WELWYN	
Dave F Hardman	59	William Collins	90	Ambrose Redding	86	Ray Foster	76	Cyril Burnage	74
MARLOW				Thomas Ryan	71	William Heath	65	Peter Kissane	89
Margaret Bangay	87	Annie Davis	77	Edith Selfe	81	Dave Langley	63	Ray Lait	76
Michael Greenfield	75	Jim Evans	90	Albert Smith	84	Maria Lehner	74	William Leahy	84
Roy Morrison	67	Desmond Hoskins	71	Terence Sullivan	67	Raymond Sharpe	76	Christopher Penson	60
MITCHELDEAN				Nellie Thomas	79	John White	63	Gertrude Redwood	86
Daisy Barnard	78	Gordon Jones	70	Thomas Thomas	94			Nigel Sharp	57
Michael Benbow	70	Leonard Jones	80	Ivor Townley	70	UXBRIDGE			
George Brooks	92	Lionel Jones	77	Dennis Trigg	83	Jose Baker	71	WESTBOURNE HOUSE	
		Leslie Lane	84	Flora Webb	86			Helen Bruce	80
		William Matthews	86	Des Witts	79				
		Henry Nicholls	85						

USEFUL TO KNOW

About the home

For most of us, our home is our biggest investment. We may want to put more money into it – for convenience or comfort – or we may want to release some of the capital tied up in it. Here are two publications that you might find helpful:

Repairs and adaptations

A useful guide to help older and disabled people organise building work at home has been published by Care and Repair England. The guide provides detailed advice on how to raise money for home repairs and adaptations. *In Good Repair: A Guide for Older and Disabled People about Organising Home Repairs and Adaptations* is available free by calling **0115 982 1527** or clicking on **www.careandrepair-england.org.uk**

Raising money

The Financial Services Authority has published a factsheet about raising money from your home. The factsheet explains the two main types of equity release schemes – lifetime mortgages and home reversion. To get a free copy of *Raising Money from Your Home*, ref: CRED62aFP, call the FSA on **0845 608 2372**.

Sensitive issues

Considering our own or someone else's infirmity or death is not an easy thing for most of us to do, but the peace of mind that forward planning can bring is worthwhile. Here are some publications that can help you to deal with some hard-to-tackle problems:

The cost of care

Changes to the way pensioners are charged for residential accommodation in care homes for the disabled or infirm came into force in April 2004. The Department of Health (DoH) has published a circular to explain the situation. For more information, call the DoH on **0870 1555455** and ask for the Local Authority Circular – LAC (2004) *Charges for Residential Accommodation*.

Sorting things out

A new edition of *What to Do When Someone Dies* will soon be available. The book is a practical guide to the administrative and legal requirements that follow someone's death. The book, published by *Which?* and written by Paul Harris, is £10.99. For more information, call free on **0800 252100**.

Planning ahead

If you would like to create a living will and an enduring power of attorney but don't know how to go about it, the Pocket Lawyer series has produced a new guide. The guide explains what a living will is and lists the arguments for and against making one. *Living Wills and Enduring Powers of Attorney*, by Mark Fairweather and Rosy Border, costs £12.95 and is produced by Cavendish Publishing. If you are interested, call **020 7278 8000**

Extra benefit for over 70s

Pensioners aged 70 or over will get an extra £100 cash boost in the autumn to help with council tax payments. The new money will be paid automatically with the 2004-2005 Winter Fuel Payments. So a household with someone aged 70 or over will receive £300 (£100 plus £200 Winter Fuel Payment) and a household with someone age 80 or over will receive £400 (£100 plus £300 Winter Fuel Payment).

- To qualify for the £100 payment you must be residing in the UK and be aged 70 or over before 26th September 2004.
- The extra £100 will be paid to everyone aged 70 or over on the qualifying date, including people who already receive help with council tax payments.
- The £100 payment will not affect any other benefits or entitlements.

PENSION MATTERS

Pension Data Verification Exercise – P to Z surnames

In the spring issue of our newsletter, we advised that pensioners with surnames in the final section of the alphabet, P-Z, would be receiving their verification forms. These were despatched in August and if your surname is in that section and you have not yet returned your form, you are urged to do so now.

This is a very valuable procedure for us and enables our database to be kept up to date. Please keep us informed of any changes at any time.

Pension Dates 2004/5

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

PENSION	PAID IN
October	Friday 1st October
November	Monday 1st November
December	Wednesday 1st December
January	Friday 31st December
February	Tuesday 1st February
March	Tuesday 1st March

Health Watch

Understanding Carpal Tunnel Syndrome

The key to understanding carpal tunnel syndrome is to think of it as a pinched nerve which occurs in the wrist and leads to symptoms such as numbness or tingling. This nerve sits inside a tunnel in the hand whose floor and walls consist of bones known as carpal bones.

Besides the nerve, there are nine tendons that run to the fingers and thumb through the canal and when the lining around these tendons is inflamed, there is less space for the nerve and it becomes compressed. The symptoms most frequently reported are numbness and tingling in the hand, which often begins at night. It is also quite common to experience pain and weakness in the hand, particularly in the thumb. The condition often coincides with related conditions such as tendonitis in the fingers or in the wrist.

What can you do about it?

Since carpal tunnel syndrome results from compression of the nerve by inflamed muscles, it stands to reason that reducing the swelling would be a practical approach. Your doctor will typically give you anti-inflammatories, but there are other methods that do not entail taking drugs. For instance, a night splint can help. The splint does not allow you to flex the wrist at night, which often occurs during dreaming. This relieves some of the pressure within the canal.

Also self-massage can be very effective. Unlike back pain, the nice thing about massaging the arms, wrists,

fingers and hands is that you can reach all of it. You don't need any special tools or equipment and your fingers and arms will feel renewed.

If the condition is acute (having existed for less than two weeks), an ice massage may be in order. Get a paper or styrofoam cup, fill it with water and freeze it. Tear the lip of the cup back and use the ice to massage your wrists and forearms.

If the condition is chronic (over two weeks), massage the area from elbow to fingertips slowly and gently with your other hand, using a circular motion on both sides.

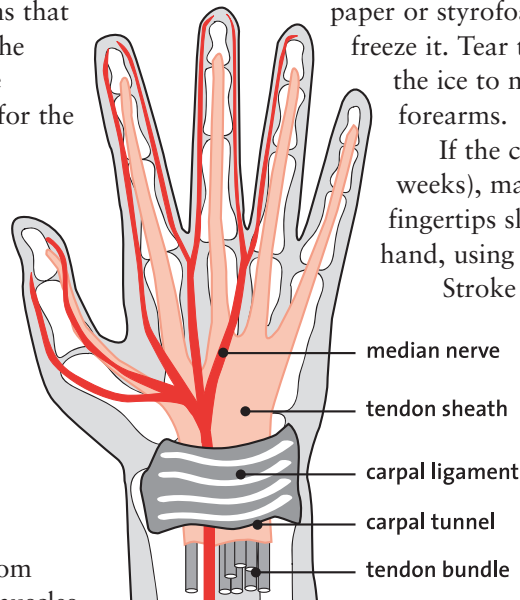
Stroke up the arm after you finish massaging an area.

Inflammation means that you need to work gently. **Your finishing strokes should always be from the hand up the arm.**

You can use the same process for prevention, the only difference would be that

the amount of pressure could be a lot greater. The hands and fingers are hard working and seem to like a good massage. The key is dilating the blood vessel to relieve the tension and to bring healing and repairing nutrients into the area as soon as possible.

If the condition is severe and the problem doesn't respond, the next step would be surgery. Don't be too worried, as this surgery is minor and can be extremely successful.



FIVE EASY WAYS TO 5 A DAY

There's plenty about '5 a day' in the press, on supermarket shelves and in magazines. Fresh, frozen, chilled, canned and dried fruit and vegetables, and 100% juice, all count towards 5 A DAY. And variety helps, too. A portion is about three ounces (80 grams) – half a grapefruit, an apple, an orange, two satsumas, three heaped tablespoons of peas, carrots or beans etc. If you have decided you want to eat more fruit and vegetables, here are some simple ideas that may help:

- Think about the fruit and vegetables you enjoy eating.
- Decide what simple steps you can take to eat more.
- Aim to eat a bit more, more often.

Breakfast

Have fruit juice or fruit, or both, with your breakfast every day.

Mid-morning

Keep a well-stocked fruit bowl to pick at during the day.

Lunch

Try adding an extra serving of vegetables or a side salad.

Mid-afternoon

Snack on some fruit or sticks of raw vegetables like celery, carrots or peppers.

Evening meal

Serve two types of vegetable (potatoes don't count) with your dinner, and make the portions a bit bigger.



Just Eat More
(fruit & veg)

It's worth a bit of planning to feel the extra vitality that comes from healthy eating!

Company News

Xerox DocuShare software helps NASA scientists

Millions of miles into space, NASA's two Mars Exploration Rovers are busy mining data about the red planet. The NASA project personnel are analysing their findings and using Xerox Corporation's DocuShare Enterprise Content Management software to create an out-of-this-world information collection that can be easily accessed and exchanged by Mars project members anywhere.

NASA scientists and engineers used the web-based system extensively during the development phase of the Mars Exploration mission for daily storing and exchange of a variety of planning documents. DocuShare also allows scientists to share various data that has been continuously transmitted since the two Rovers – Spirit and Opportunity – landed in January and began to roam the surface of Mars.

Currently, there are hundreds of files – including photos and data about surface temperature, project summaries, sensor readings and the angles of the Rovers' robotic arms – uploaded into DocuShare.

'Since 1998, NASA JPL (Jet Propulsion Laboratories) scientists have used DocuShare to collaborate closely on a series of high-profile projects, leading up to the Mars Exploration Rover mission,' said David Smith, Vice President and General Manager, Xerox DocuShare Business Unit. 'DocuShare helps NASA JPL to be more productive by providing real-time access to data and eliminating bottlenecks caused by working with multiple systems.'



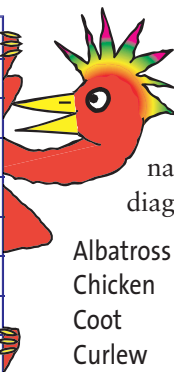
Xerox reaches for the sky – six-storey Olympic banner

In support of the 2004 Summer Olympic Games and to help bring the global spirit of 'Team Xerox' to Greece, Xerox Corporation (NYSE: XRX) has created a massive six-storey banner out of the individual portraits of more than 27,000 Xerox employees from more than 60 countries around the world. The banner's overall image depicts the message 'Welcome Home' in English and Greek, celebrating the return of the Olympic Games to its historical birthplace. The banner covers nearly three sides of Xerox's office building in Athens and will remain in place throughout the summer and autumn. Xerox has been an Olympic Sponsor since 1964.

'The Olympic Games symbolise the teamwork and pride that unite people across the globe,' said Diane McGarry, Xerox Chief Marketing Officer. 'The employee mosaic captures the message of unity that is the cornerstone of the Olympic spirit, key to our success at Xerox and core to the experience we deliver to our customers.'

COMPETITION *Spot the birdie!*

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



Last issue's picture quiz proved a tricky one so here's hoping a few more of you have a go at the word search below. Can you find the names of these birds in the grid below? Don't forget, the names may run up, down, forward, backwards, diagonally in any direction – they may even overlap.

Albatross	Emu	Macaw	Snipe	Swan
Chicken	Hawk	Parrott	Sparrow	Teal
Coot	Heron	Pelican	Starling	Thrush
Curlew	Kingfisher	Robin	Stork	Vulture

Cut out your marked-up grid, write your name on it and return it to **Margaret Brooks** (contact details on page 4), no later than 31st December. First correct answer out of the hat wins £25.

Name _____

Address _____



Congratulations to the lucky winner of our March competition

The object in the picture in the last issue was a hair dryer. We received two correct answers and the first out of the hat was **Zena Carter** from Gloucester. Zena receives a cheque for £25.

Life after Xerox

RELAX – Costa Blanca style!

In 2003, the Relax Club of the Costa Blanca held its inaugural meeting at the Las Brisas restaurant in Javea. Tony Luckhurst, DSM and bar (distinguished shouting medal and propping up of bars) coined the term RELAX – Retirees Enjoying Life After Xerox – and, somehow managed to organise a lunch for all known Xerox retirees living or holidaying in the area.

Amazingly, for the first lunch he found eight retirees all living within a ten-mile radius of one another. Each attending retiree was appointed a Director of the Relax Club and had to invent a completely meaningless title to describe their role in the group – something most of us felt well equipped to do after our combined 190 years' service with Xerox. The lunch was such a great success – setting records in endurance and capacity (five hours and numerous bottles) – that it was decided to repeat the occasion in 2004.



The Relax Club now boasts 13 known Xeroids (and there may be more lurking around the Costas who have yet to join). Relax Club meetings are completely devoid of any quality processes and are, therefore, extremely enjoyable and totally non-productive.

If you either live or holiday in the Northern Costa Blanca, please contact Jo Williams, Dir. Relax Communications and Synchronised Swimming Specialist at librewilli@terra.es

HAMPDEN HOUSE REMEMBERED

Ray Grolimund, Gloucestershire, writes:

Over the years, I often heard colleagues exclaim upon retirement from Xerox that it was the people they worked with whom they missed the most. This was no surprise to me as, in my opinion, many of the people who worked for Xerox were exceptional characters and not easily forgotten.


By the time I joined Rank Xerox in early 1980, the 'Golden Age' of the 70s was already a distant memory. Starting briefly at Observatory House, our department then moved to Aylesbury, where we took up the newly refurbished offices which became our place of work for the next ten happy years. During that time, many changes of organisation took place and people came and

went, as we saw one 'New Broom' after another sweep away the apparent inefficiencies of the previous organisational structure. Despite this background of change – not always for the better – there remained a very good atmosphere and camaraderie amongst the employees. Work was fun and friendships flourished – and survive to this day.

Sadly, all this came to an end in 1990, when the departments were split up and the move to Welwyn took place. The spirit that existed in Hampden House to all intents and purposes died with the move. Things were never the same after that.

Now, more than two years into retirement, I am fortunate to have remained in regular contact with many of my old colleagues from Hampden House, though they be scattered all over the UK, and even more fortunate that I can call them my friends. Not everyone may have this same perspective of Hampden House, but for me, my time spent there was my 'Golden Years' with Xerox.

Ray was Product Manager, Technical Services Department in Aylesbury, moved to Welwyn then to Mitcheldean, where he retired as Asset Recovery Manager in 2002. He can be reached at Ray.Grolimund@btinternet.com



How are you doing?

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 Keech or Margaret Brooks (contact details on page 4).