



Good news on two fronts

Paul Hopkins, Director of Pensions, writes:



I'm delighted to be able to report good news on two fronts. First, the funding level of the Xerox Final Salary Pension Scheme has benefited from the recent improvement in the world's stock markets. And second, the Xerox Pensioners' Association is offering more opportunities for pensioners to "meet up and join in" than ever before in its history.

Improving funding position

As you will all know, the world's financial markets – notably in company shares and property – took a beating in the period from October 2007 to March this year. Equity and property values fell by about a quarter during the 12 months ending 31 March 2009. The good news is that, since the middle of March this year, world equity prices have experienced a significant increase and, while it is too early to say that the markets are on a long-term upward trend, the recent increase has so far had quite a positive impact on the funding level of our Scheme.

You'll recall that, when we issued the Summary Funding Statement in June this year, we estimated that the shortfall in the funding level, as at 31 March 2009, was around £600 million. That estimate turned out to be unduly pessimistic as the real figure, when calculated by the Scheme's Actuary, was closer to £520 million. Furthermore, thanks to the recent improvement in the global equity markets, the value of the Scheme's investments had increased by around £200 million as at the end of August 2009. This will have had a positive impact on the funding position. In addition, the Trustees and their advisers are working strenuously to improve the position further, without exposing the Scheme to undue risk.

Your pension is not at risk

A number of pensioners have written asking if their pensions are at risk as a result of the Scheme's current funding shortfall. Although the shortfall is large, we do not believe that this puts the payment of pensions at risk. The Scheme has plenty of money (more than £1.6 billion) and is comfortably able to meet its obligations to our current pensioners.

More activities than ever on offer by XPA

Thanks to the efforts of a growing number of former Xerox employees, I believe that the Pensioners' Association is currently offering more opportunities for pensioners to meet socially than ever before.

I know that not everyone has their own PC but, for the increasing number of pensioners who do and for those who use PCs in their local libraries or internet cafes, you'll find that the XPA website has an expanding calendar of events and an XPA *Newsdesk* that is updated every month.

On page 5, you'll find a report from **Allan Vickery**, East Region Co-ordinator, that will give you a feel for the sort of things that are available to our pensioners in many parts of the country. It also describes how email is bringing past and new work colleagues together to share in a range of social activities.

To access the XPA part of the Xerox Pensions website, go to **www.xeroxpensions.co.uk** and click on **XPA** in the list. If you don't have access to the website, contact Indre Numgaudyte on **01494 615159** and she will be able to provide you with a calendar of events.

Christmas and New Year get-togethers ... sign up now!

Take a look at the enclosed leaflet of XPA Christmas and New Year lunches and dinners. If there's not one in your area and you're willing to help organise one, please have a word with the Co-ordinator in your Region – see *contact details on page 7*. **Don't forget to reply!**



Reporting back on recent events

Special thanks to all those who took the trouble to send in articles for this issue of *XPA News* and apologies too! Because we have had such a great response, we have had to use the editor's scalpel more than we would have liked. You will, however, find the full articles on the Xerox Pensions website – go to www.xeroxpensions.co.uk, click on **XPA** and then on **XPA Newsdesk**.

Bentley car factory in Crewe, May 2009

Report by Bob Johnson

The party of 20 Xerox pensioners was treated to a tour of the immaculate, technically state-of-the-art works. The bodies, which are assembled in Germany, are mated with locally produced engines and other mechanical parts, while the staff are encouraged to stop production at the slightest hint of a concern with any particular vehicle. The attention to detail impressed all of us – in particular, each leather-bound steering wheel takes about 4 hours to produce, with the holes for the laces of the leather wheel rim being pierced by hand with something resembling a kitchen fork!

As far as I am aware, none of the XPA party placed an order – well not on the day anyway!

Spa Valley Railway, August 2009

Report by Eddie Barnes

Our trip started with XPA member Mike Billington, a former mainline engine driver, giving us a talk about his life with British Rail and his subsequent involvement as a volunteer with the Spa Valley Railway.



After the talk, we wandered through the sheds to look at the engines and rolling stock in various states of repair. And then it was time for us to be shepherded into our 'own' dining car for a run through glorious countryside, whilst enjoying a plate of fish and chips ... and some delicious mushy peas!

The train was diesel-hauled, with two locos at one end and a third at the other. Several of our party enjoyed the chance to travel on the footplate – an added bonus indeed!

The Haggett Cup, August 2009

Report by John Talbot

72 golfers descended upon the superb location of Hawkstone Park, near Shrewsbury, for this year's Haggett Cup Golf Tournament. In a wet summer, the gods were kind to us and we were able to play without rain.



The 2007 winners (*pictured above*), made up from ex-WGC Xerox employees, were successful again. Their Captain is Bob Coleman while the rest of the team are John Jones, Ian Harpur, Paul Jeeves, John Cooper and Mike Brisley.

After the golf, we met for a formal dinner and were amply entertained by Lyndon Haddon, ex-RX General Manager, who enthralled us with his animated shaggy dog story!

The 2010 Haggett Cup will be held on 8 and 9 August at The Forest of Dean Golf Course. Anyone wishing to enter should contact **John Talbot** on **07785 365 367** or email john@talbot1.co.uk.

Frogmore Mill, Hemel Hempstead, May 2009

Report by Doug Nevell

20 pensioners shared a conducted tour of Frogmore Mill, the site of the earliest continuous paper-making business in the world! We were fortunate in being hosted by Jenni Anderson, one time Project Manager with the Xerox Paper Technology Group and now a volunteer at Frogmore.

The two-ton rolls, which are taken from the machine, are cut to practical sizes for distribution to customers. Two of the Mill's more unusual customers are the Wimbledon Tennis Club (where the paper included grass!) and Whipsnade Zoo (where the paper included elephant dung and is marketed as 'Elipoo bond' – honestly!).



There was general acclaim for the visit, which can be recommended to groups and families alike. Details of the location, opening hours and their events programme can be found on their website www.thepapertrail.org.uk or by phone to **0870 950 9272**.

Future events

A walk in the Northern Chilterns

22 October 2009



Doug Nevell is offering the opportunity to share a walk in the northern Chilterns area, based on a circuit from Lilley, just north of Luton. It is a less familiar part of the Chiltern ridge but makes for a very interesting circuit of 8-9 miles. Although it includes some steepish ascents, we will take them gently, and there will be a good pub lunch break mid-way.

If you are interested – without commitment – e-mail Doug at nevells@hotmail.co.uk or phone him on **01582 762120**. The walk is scheduled for Thursday 22 October.

LONDON WALKS

Four London Walks have been planned and, once again, we have been lucky to get London expert, **John Muffty**, as our guide. Each walk will take 1½ to 2 hours and be followed by lunch. The price will be £15 to include lunch but not drinks. If you would like to attend the first walk, please contact Indre (contact details below) by **2 November 2009**.

Royal & Aristocratic

11 November 2009

A walk round the districts of Mayfair and St James's.

Pirates, Smugglers & Pressgangs

27 January 2010

A tour of Wapping, the historic heart of London.

City of London, 2000 year history

10 March 2010

From Roman and Medieval to the present day. Visit the magnificent medieval Guildhall where some of the greatest events in English history have occurred.

The village of Clerkenwell

12 May 2010

The village of Clerkenwell clings to a low hill above the River Fleet. Come and explore its fascinating history.

For more information on any of these walks, please contact **Indre Numgaudyte** at Xerox Pensions on **01494 615159** or e-mail indre.numgaudyte@xerox.com.

Nidd Hall Hotel, Harrogate

4-night mid-week break, 19-23 October 2009

John Handscombe (with Intrepid Travellers' Club) has arranged a short group holiday at this Warner Leisure Hotel. Lose yourself in the beauty of this stunning building where Edward VIII is said to have first met Mrs Wallis Simpson.

Experience the tranquillity of the library, unwind in the sauna, enjoy a beauty therapy, or take a stroll around the magnificent grounds. Nidd Hall is just a few minutes from Harrogate and 10 minutes from historic and picturesque Knaresborough, with its beautiful castle and viaduct overlooking the River Nidd.



For more information contact John Handscombe on **01462 814009** or **07717 855557**.

Tour of the Morgan Motor Car factory

22 April 2010

Bob Johnson is organising a factory tour of the British treasure that is the Morgan Motor Company in Malvern. The cost is just £10 per person for the tour and there'll be lunch afterwards at a local bistro. The closing date for booking is 10 March 2010. For more details, please contact

Bob Johnson on oiltrail@hotmail.com or **01889 583363**.



For a complete list of all the XPA events on offer – go to www.xeropensions.co.uk, click on **XPA** and then **What's on**.

Company news – Ursula Burns

Ursula Burns took over as Chief Executive Officer from Anne Mulcahy on 1 July 2009.

Making the announcement to all Xerox staff, Anne had this to say:

“Ursula joined Xerox in 1980 as a mechanical engineering summer intern and quickly became a passionate member of the Xerox family. She climbed the ladder steadily, holding positions in engineering, product development and planning. She has led several business teams including the office color and fax, office network printing business and the departmental business unit. In May of 2000, Ursula was named senior vice president with broad leadership responsibilities for worldwide product development, manufacturing and our global supply chain. And then in 2007 – a little over two years ago – she was named President.

Ursula has been at my side for the better part of the past decade as we have turned Xerox around and transitioned our company for what we all anticipate will be a period of great growth in the years ahead”.

In her first communiqué as CEO to the staff, Ursula paid tribute to the enormous contribution Anne had made to the



dramatic turnaround and transformation of the Company and went on to say:

“As you well know, the global recession continues. This is no time to take a breather. In fact, I am asking you to be even more determined to do whatever it takes to contain cost, conserve cash and drive revenue. Our immediate task is to weather the economic slowdown, build momentum in the marketplace and emerge from the recession ready and able to take advantage of weakened competitors and pent-up customer demand”.

Our values unchanged

Ursula continued: *“You have my commitment that I will do whatever I can to nurture and strengthen our time-honored values... which include a passion for delivering value to our customers ... a commitment to treat all Xerox people with dignity and respect ... a belief that technology and innovation are at the heart of our success ... an aspiration to provide excellence in every task we do ... a commitment to do all we can to provide good returns to our shareholders ... and an abiding belief that we have a responsibility to help leave our communities and our world better than we found them.”*

Letterbox



John Bridge, who worked for Xerox in Manchester from 1967-1983, took this photo when he was on holiday in Brazil recently. Taken in Parintins, a small town in the middle of the Amazon rainforest, John wrote:

“Is this the local Head Office? If it was, it was closed for siesta at midday when the temperature was 85 degrees and it was raining!

Note the Company vehicle parked outside!”

Do you have any pictures of Xerox signs in interesting places? If so, please contact Olwyn Smith – for details see page 7.

Lilian Lomax from Trowell in Nottinghamshire, wrote to Jean Ball in Xerox Pensions following the death of Lilian's husband, Alan:

“Thank you for your sympathy on the death of Alan. I thought you might like to put a face to a name – the photo shows him in 1977 when he worked on the production line. He was later made an Inspector. We used to pull his leg and call him a Page 3 Boy!

Alan was still in touch with many of his workmates and very much enjoyed his time at Rank Xerox.”



Steve Phelan (ex Business Manager, Manchester and Vice President XSA) and his wife, **Doreen**, are currently sailing in the Mediterranean. If you are in the area and would like to join them, you would be most welcome. Go aboard for a chat and a glass of wine... and, if you are up for it, perhaps a sail!



You can phone Steve on **0033 675 859 545** or email him on **stephenphelan1sdp@hotmail.com** or by SKYPE – **doreen.phelan1**.

Association news

East Region – a report from Allan Vickery



When I took on the role of the East Region Co-ordinator, the plan was to make telephone contact with every one of our 1,300 pensioners. This would allow us to understand who wanted to be kept informed about local XPA events in the Region, either by email or letter.

John contacts all 170 of his “parishioners”!

John Sanderson, one of our Area Co-ordinators, has been an absolute star and phoned all 170 pensioners in his area. Afterwards he joked that he now felt competent to get a job in a call centre! He also reported that, whether the pensioners wanted to join XPA activities or not, almost all were pleased to have contact with “the old firm”. 100 of John’s “parishioners” want to hear of events – 70 of these by email and the rest by letter.



Email list of 160

I am afraid that we have been less successful in phoning everyone else in the Region, not least because we don’t have enough Area Co-ordinators. However, what we have achieved is an email distribution list of 160 people in the East Region who now receive emails keeping them in touch with forthcoming events and reporting on recent activities.

Monthly events

So far, we’ve run an event a month for the past three months and you’ll find a fuller report of each on the **XPA Newsdesk** on the Pensions Website. Here’s a very brief report on each:

- In July, thanks to Dave Whyborn, 28 of us visited the Rye Meads RSPB nature reserve.
- In August, 20 of us went to the Xerox Welwyn site where we were given excellent demonstrations of some of Xerox’s latest product and technology developments. Many thanks to Bob Gaskell of Xerox for making this possible.
- And in September, we went to The Bedfordshire Steam & Country Fair at Old Warden, nr Biggleswade.

If you are in the East Region (Lincs, Cambs, Norfolk, Suffolk, Essex, Herts and Beds) and would like to hear about forthcoming events, you should email **allan.vickery@btinternet.com** or write to **Allan Vickery, Newcroft, South Park Avenue, Chorleywood, Herts, WD3 5DY.**

North Region – a brief report from Bob Johnson

Like Allan Vickery, Bob Johnson has not let the grass grow under his feet since his appointment as Co-ordinator of North Region. On page 2, you’ll find a report from him on the visit to the Bentley car factory and, on page 6, you’ll find an excerpt from Bob’s 15,000 mile trip round the US on his Norton Commando. You’ll gather that he likes motors which is why he’s organising a tour of the Morgan Motor Company in Malvern next April – see page 3.



Northern Region Golf Society

A reminder to all you golfers out there that **Eric Lee** has offered to organise golf days. Through his contacts with *Golfing Monthly*, Eric has access to some of the most interesting courses in the north of England. Please do contact Bob Johnson if you are interested (see *contact details below*).

More Visitors needed in North Region

But Bob can’t do it all on his own and so we need more Visitors in the Northern Region, particularly in the north-west and north-east. As Bob says: *“It’s a great way to keep in touch with old colleagues and the Company. It’s also a great way to get the latest information from Xerox Pensions and it really, really doesn’t take a great deal of your time.”*

For information on this, any of the North Region events or if you have ideas for future events, please do contact **Bob Johnson** on **oiltrail@hotmail.com** or **01889 583363** or one of the local XPA Visitors.

MORE VISITORS, PLEASE

XPA’s Visitors perform the very important role of providing a point of contact for fellow Xerox pensioners. It needn’t take much of your time, so why not consider volunteering in your Area. If you are interested in finding out more, please contact your nearest Regional Co-ordinator – see *details on page 7*.

YOUR NEWS Let us know what you are up to these days. Send us your letters, photos and articles, and share the things that make your life interesting for our *Life after Xerox* section. We will include as many of your contributions as possible. Please send contributions to Olwyn Smith (*contact details on page 7*).

Life after Xerox

14,740 miles across the USA on a Norton Commando

OK, so they are not Ewan McGregor and Charlie Boorman biking across Europe and Asia to the Russian Pacific but covering almost 15,000 miles across the USA on two 1973 Norton Commando 850 Interstates was challenge enough in 2007 for North Region Co-ordinator, **Bob Johnson**, and fellow pensioner, **Roy Horne**.

You'll find a fairly unexpurgated version of their trip on **XPA Newsdesk** on the Pensions Website but, asked for the highlights of their trip, Bob and Roy agreed:

- The support of their wives, especially for keeping their bank accounts topped up while they were out there!
- The American friendliness and hospitality.
- Stunning roads and scenery, especially in the Rockies and Cascades.



Bob Johnson (right) and fellow Xerox pensioner, Roy Horne, preparing their bikes for transit



- Some really good beers – it was totally unexpected how popular micro breweries are becoming in America.
- Only once in the whole three months being asked if they were gay!
- The price of petrol... even though the Americans thought they were being ripped off at 40p per litre.
- The very pleasant policemen that stopped to chat to them on four separate occasions – neither Bob nor Roy could figure out why!
- Their treasured Nortons.

(As we were going to press, we heard of the sad death of Roy.)

From Land's End to John O'Groats

– raising £12,500 for the *Precious Lives* charity

John Drinkwater retired from Xerox in 2001 and since then has run 3 marathons and recently completed a walk from Land's End to John O'Groats in aid of the *Precious Lives* charity. You'll find the full version of John's article that he wrote specially for XPA News on **XPA Newsdesk** on the Pensions Website but here's a brief flavour of the trip:

"In a moment of Rioja-inspired madness, I decided to help a friend, Doug Kennedy, fulfil a long-nurtured ambition to walk from one end of the country to the other. And so, two days after my 60th birthday, we set off from Land's End – me with a rucksack weighing just 8kg and Doug armed with a professional quality camera, a laptop for our daily blog and, last but not least, a guitar for entertainment along the way!"



The Mayor of St Ives presenting John (left) and Doug (right) with their End-to-End certificates

We set off following the signpost that read "Easy route suitable for the elderly and push-chairs" and 51 days and 1,028 miles later, we reached John O'Groats – the last 10 miles from Wick being in a sea mist and zero visibility!

It was a tough trip! Would I do it again? No way, nor would I recommend it to others! Having said that, we raised £12,500 towards the Precious Lives appeal to build a third hospice on the outskirts of St Austell – this one for the children of Cornwall and Plymouth".

John (Guffy) Gutheil

I joined Xerox in 1973 when it was in its prime. I started as a replenishment driver in logistics and ended up as part of a team of asset planners in Radlett. For 26 years, Xerox looked after me as it did its entire staff, but there is life after Xerox...



With part of my redundancy money, I acquired my City and Guilds in Microcomputer Business Systems covering Word, spreadsheets, PowerPoint and project management. After temping for 3 years, I joined Defra in 2002. Since then I have worked in 7 different departments, met many ministers from both this country and overseas and currently I'm training to write submissions for ministers.

I owe all this to my days when I worked for Xerox, still the greatest photocopying company in the world. Not bad going for a replenishment driver!

Absent Friends

Our sincere sympathy goes to the families of members who have died since our last publication. Their names and ages appear below.

Basingstoke		James Hay	69	Norman Gent	87
David Newman	65	Julian Hazell	70	Terence Gould	65
Birmingham		Eileen Hill	82	Jean Hanks	73
Doug Campbell	62	Sheila Holbrook	70	Maureen Harvey	69
Roy Horne	66	Tony Howard	76	Maureen Heath	75
Bristol		Albert Howell	85	Joyce Hickman	84
James Evans	61	Beatrice Hughes	91	Gerald Howden	86
Glasgow		Anne Jones	88	Ann Irvine	66
Robert Kernahan	63	Kenneth Jones	93	Winifred Jellis	90
Leeds		Selim Lagnado	76	Laurence Jones	70
Rod Crabtree	60	Christina Maith	87	Ronald Kerr	64
Luton		Walter Manns	77	Dorothy Linnell	71
Arthur Adams	71	Colin Minchin	69	John Logue	60
London		Ivy Morgan	82	Sylvia Mansbridge	73
Brian Beckers	67	John Parry	71	John Marsh	83
Manchester		Eileen Parry	63	Peter Owen	58
George Phillipson	73	Anne Pearce	74	Alex Park	82
Marlow		Aclwyn Powell	96	Kenneth Potts	79
Terence Duffy	71	Glyn Preece	78	Gerry Pratt	84
Cyril Giles	77	Dennis Pritchard	85	John Sargood	89
David Jolley	80	William Rees	86	Megan Saville	87
Barry Plant	59	Eric Robinson	84	Raymond Seymour	80
Stanley Slade	80	Terence Robinson	68	Welwyn	
Mitcheldean		David Sibley	74	John Bertin	62
Evelyn Barre	91	Cyril Simmonds	90	Subash Bose	80
Mollie Batchelor	96	Joan Skillern	83	Eva Burnage	86
Brenda Beard	68	John Slevin	79	Michael Cardi	75
Florence Bell	86	Bertram Spurdell	87	Margaret Clark	73
Joseph Bennett	81	Margaret Stephens	76	Courtney Fry	68
Frank Bick	85	Anthony		Joseph Hale	78
Gerald Bishop	43	Stephenson	66	Verdun Harris	91
Gordon Bowkett	74	Edna Taylor	79	Gwendolyn Hill	85
John Brooks	87	Kay Thomas	63	Abraham Houlihan	83
Keith Browning	71	Albert Watkins	83	Arthur Howton	90
Joyce Buckley	80	Dennis Wedley	84	Alice Jorgensen	52
Doris Budden	92	Francis Whittington	87	Anthony King	71
Albert Byett	83	Edward Willett	76	Alan Lomax	80
Dorothy Crowden	85	Wilfred Williams	90	Arthur Manton	83
George Cullen	85	Smethwick		Alan Mardle	77
William Fowler	73	Reginald Kellow	74	Anne McCann	78
Betty Griffiths	76	Brian Yates	62	Eugene Meenan	72
Annie Hale	89	UK		Cyril Parker	85
Alex Hall	85	Raymond Bengé	71	Marion Symonds	92
Marie Hall	82	Winifred Birch	94	Ronald Taylor	76
Bernard Hanford	78	Werner Braun	70	Joan Tibbert	58
Joyce Hanford	75	Harry Burrows	85	Jackie Tutt	83
Irene Harris	81	John Clutterbuck	86	Harold Wallace	85
Violet Hawkins	90	Edith Crowe	85	Harold Wappett	76
		Robert Currie	69	Woking	
		Craig Dallas	47	William Denton	72
		Jack Drury	84		

XPA – Xerox Pensions contacts

All Xerox pensioners are automatically members of the Xerox Pensioners' Association.

Director of Xerox Pensions Paul Hopkins

Tel: 01494 615162

XPA Editor Olwyn Smith

Communication and Special Projects Administrator
Tel: 01494 615153 Email: olwyn.smith@xerox.com

Payroll Team Leader and XPA Administrator Jean Ball

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Payroll and Office Administrator Indre Numgaudyte

Tel: 01494 615159 Email: indre.numgaudyte@xerox.com

You can write to Olwyn or Jean at Xerox Pensions Ltd,
Compton Court, 20-24 Temple End, High Wycombe, Bucks
HP13 5DR.

XPA – Regional Co-ordinators

East Region Allan Vickery

Newcroft, South Park Avenue, Chorleywood, Herts
WD3 5DY. Tel: 01923 284286 Email:
allan.vickery@btinternet.com

The East Region covers: Bedfordshire, Cambridgeshire, Essex, Hertfordshire, Lincolnshire, Norfolk and Suffolk.

North Region Bob Johnson

27 Mersey Close, Rugeley, Staffordshire, WS15 2HB
Tel: 01889 583363. Email: oiltrail@hotmail.com

The North Region covers: Cheshire, Cumbria, Derbyshire, Durham, Lancashire, Leicestershire, the Midlands, Northamptonshire, Northumberland, Nottinghamshire, Staffordshire, Warwickshire, Worcestershire, Yorkshire, North Wales, Northern Ireland, Scotland and the Isle of Man.

South Region Axel Dahl

Bishops Lea, East Burnham Park, Allards Road,
East Burnham, SL2 3TJ.
Tel: 01753 646975 E-mail: dahlaxel@aol.com

The South Region covers: Berkshire, Buckinghamshire, Dorset, Hampshire, Isle of Wight, Kent, London, Middlesex, Oxfordshire, Surrey, Sussex and Wiltshire.

West Region John Court

Stockwell Farm, Aylburton, Lydney, Glos GL15 6DN.
Tel: 01594 843651 Email: john@courtjb.freemove.co.uk

The West Region covers: Avon, Cornwall, Devon, Gloucestershire, Herefordshire, Shropshire, Somerset and South Wales.

Pension dates 2009/10

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

PENSION	PAID IN
November	Friday 30th October
December	Tuesday 1st December
January	Thursday 31st December
February	Monday 1st February
March	Monday 1st March
April	Thursday 1st April
May	Friday 30th April

Volunteer opportunities

If you would like to find out more about opportunities in the voluntary sector, contact:

National Council for Voluntary Organisations.

Tel: 020 7713 6161

Website: www.ncvo-vol.org.uk



Staying fit and active in retirement

Exercise and nutrition

Keeping mobile can be key to having an active and independent retirement. Adequate exercise and good nutrition are as important for maintaining health in later life as they are at any other time. It is never too late to change your diet or to take up some form of exercise. Many conditions, which can affect people in later life, can be prevented or eased through regular gentle movement and good diet.



Regular exercise can help to strengthen heart and lung capacity, lower blood pressure, help to increase alertness and energy levels and maintain flexibility and muscle tone. There can also be psychological benefits, including boosting a person's self-image and outlook on the future. Before starting any exercise programme, however, ask your GP what type of exercise would be most appropriate for you.

Nutrition is another important contributor to mental and physical health. Good eating habits, including regular well-balanced meals, are important to allow the body to maintain energy levels and resist illness. A good diet should include plenty of fresh fruit and vegetables and may mean cutting down on foods high in fat and sugar.

Leisure and learning

There are many leisure activities designed for older people, which can often provide an excellent opportunity to meet new people and develop interests. Examples of such activities, which are run by and for older people, include reading groups, exercise programmes, walking clubs and art activities. Some organisations are focused exclusively on meeting the needs of retired people.

The University of the Third Age (U3A) runs courses and activities on a wide range of subject areas, such as current affairs, discussions, water-colour painting and poetry appreciation. Tel: **020 8466 6139** Website: www.u3a.org.uk.

Another very well-known example of leisure provision for older people is **SAGA**. Not only do they specialise in holidays for the over-fifties but also offer a range of related services including lower cost car, home and travel insurance. Tel: **0800 414525** Website: www.saga.co.uk.

Paul Donegan 'retires' as organiser of XPA Golf Society

Someone who has sought to stay fit over the years is Paul Donegan but, after 15 years of running the XPA Golf Society, he has decided to stand down. In recognition of the superb job he did, his fellow members presented him with a voucher for a meal for two at The Riverside Inn at Bray plus a case of Vintage Claret!



Paul Donegan (right) receiving his case of wine from John Cash

Competition Time *Who's the Odd One Out?*

Five beautiful actresses from yesteryear... can you name them all and tell which is the odd one out and why?



Write your answer on a postcard or sealed envelope, and send it to Olwyn Smith (*contact details on page 7*), no later than **31 December 2009**. First correct answer out of the hat wins £25.

Congratulations to the lucky winner The correct answer to the last *Odd One Out* competition in our Autumn 2008 edition was **Gordon Brown** – the only one of the group not to have been elected by the public. Our congratulations go to William 'Barry' Robertson from Milton Keynes who received a cheque for £25.