



No 49 August 1996

## Nice weather for ducks!

**John Smith** reports on a damp but delightful day out at the Slimbridge Wildfowl & Wetlands Trust and at Berkeley Castle...

*"Take three coachloads of Rank Xerox pensioners, mix freely with several thousand wildfowl and waders, add the odd Hoopoe sighting and you have the perfect recipe for enjoying a wet day at this wonderful wildfowl centre. Slimbridge is the brainchild of Sir Peter Scott and is situated on the Severn estuary.*

*"Derek Allen's nose was actually seen twitching with excitement at the blissful prospect of sighting some rare species ... while the ducks and geese themselves could scarcely believe their good fortune as 82 pensioners, all armed with bags of bird food, descended upon them!"*



*"Berkeley Castle was our afternoon destination, a living relic of past glories still inhabited by descendants of the first Earl. Part of the castle is open to the public and we were able to view the dungeons, wine-vaults, kitchens and the many reception rooms containing a good selection of Dutch and English paintings, including a fine George Stubbs.*

*"The pièce de résistance was rightly kept till the end - afternoon tea with lashings of jam and local cream! Our thanks to RXPA Secretary, Barbara Keech, for planning such a wonderful day out."*

### Inside this issue



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# High Days and ...

## A look back at some recent RXPA events ...

### VAUXHALL VISIT

A small group of pensioners was invited to tour the Vauxhall Motors plant at Luton in April. The visit was arranged by **John Handscombe** and we had an excellent guide with wide shopfloor experience who was able to take us through the total construction process, starting with a side panel and ending with a finished Vectra being driven off the ramp. Total Quality Control was much in evidence on the production line, with each stage of the operation being closely monitored. At the end of our tour, we were entertained to a fine lunch.



*RXPA members seeing how things are done at Vauxhall Motors*

### GOLF SOCIETY SPRING CUP

Weston Turville Golf Club, near Aylesbury, was the venue for the RXPA Golf Society's Spring Cup in May and, although a cold and windy day did not encourage the most sparkling golf, the 19 members who came along had a very enjoyable day. **Rod Jessop** recorded the best score of the day, with 34 Stableford points, with runners-up **Roy Belcher** (33), **Tony Elmore** (31) and **John Elliston** (30).

*(See page 4 for details of future Golf Society events.)*

### SPRING IN THE DUTCH BULBFIELDS

This year's RXPA spring break in Holland began with visits to The Hague and to Rotterdam, the latter being the site of the 160-metre-high Euromast. Our intrepid travellers all declared themselves game for a trip to the top, involving a "rocket" ride in a revolving glass-fronted lift. The views of the harbour and the city were truly spectacular and well worth the ride.



*Our canal cruiser in Amsterdam*

We spent our third day exploring the real heartland of Holland, with its beautiful riverside residences, before setting off early the next morning for one of the flower auctions at Aalsmeer. Here cages of blooms were spread in an array of colour over a huge area the size of ten football pitches. The blooms were sold in a computerised Dutch auction, where the price starts high and gradually reduces.

Our visit to The Hague gave us the opportunity to enjoy the museum which houses Mesdag's famous 360° mural of the seaside town of Scheveningen as it was in 1881. The mural is viewed from a central platform, with the light



diffused down on to it through a huge glass dome.

Our visit to the Keukenhof was marred by the fact that, as a result of the cold winter and late spring, none of the bulbs was in bloom. Nonetheless, we were still able to enjoy the flowers which had been raised in the huge greenhouses.

We really enjoyed this return visit to Holland, a beautifully clean country with such friendly people!





## Seaside Holiday in Devon

**Ken and Molly Kingham** have happy memories of the recent RXPA holiday in Devon.

*"Sand dunes .. Sea .. Surf .. Sport .. Scents .. Service .. Smiles ... what do these conjure up? For those RXPA members and friends who joined the recent visit to Croyde Bay Holiday Village, they will recall a super week's holiday.*

*"Sand dunes bordered the compact bungalows, set around grassy areas, which accommodated us very comfortably. The inner man was amply catered for in the restaurant, bar, coffee shop, bistro and general store. For meals, our nine tables were all by the window ... how did Barbara manage that? We enjoyed excellent service from the charming and efficient staff.*

*"A wide variety of sports and activities was available and there was plenty to do and see in the locality. We also ventured further afield in Bernie's coach. We spent a full day on nearby Exmoor,*

*particularly enjoying the Heritage Centre there. Another day was spent visiting Monkleigh Pottery and Dartington Glass at Torrington, the former a successful one-man business run by Richard Champion in his old farm and the latter a vast*



*The carousel at the foot of Capstone Point*

*factory floor which was quite a contrast to the intimacy of the pottery but where the scurrying glass-blowers still had much in common with our friendly potter.*

*"Market day in Barnstaple was full of scents, sights and sounds. A real live cattle-market, a rare sight*

*even in the pre-BSE nineties, was all hustle and bustle. One side of a street called Butchers' Row is divided into identical shops, many displaying half and quarter meat carcasses and the rest now occupied by fishmongers and greengrocers.*

*The Pannier Market on the other side of the street has a high arched roof covering stalls selling everything from cheese to clothes and antiques. "Wild flowers still grow in profusion in the Devon countryside, with carpets of bluebells, hedgerows and ditches lined with red campion, and roadsides white with cow parsley. There are also many animals, in addition to the famous Exmoor ponies. The sea and sand were never far away.*

*What more could we have wanted? Only, perhaps, a little less wind and a little more sun to provide the finishing touch to what was a very enjoyable holiday, offering very good value for money."*

**... and as we're on the subject of holidays in Britain ...**

### HOLIDAY ACCOMMODATION

**Brian Grix**, who worked as a Service Engineer in the Birmingham area, has a holiday cottage in Snowdonia available to let to RXPA members. The cottage, on the Llyn peninsular ten miles from Caernarfon, has two bedrooms, lounge, kitchen, and bathroom with shower, toilet and wash handbasin. There is a fold-down settee in the lounge which can be used for two extra people.

The cottage has a small garden and enjoys beautiful views of the mountains behind and the sea in front. There is a general store and post office next door and three restaurants all within five minutes walk. Rates are £80 - £105 per week according to season and more information can be obtained from **Brian** or his wife, **Beryl**, on 01827 830363.





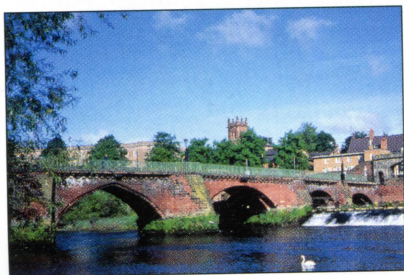


# Come and join us!

**We have a number of events planned for later this year and hope that as many members as possible will feel moved to sign up. PLEASE COMPLETE THE APPROPRIATE APPLICATION FORM.**

## VISIT TO CHESTER

**Sunday 29th/Monday 30th September**



*Chester provides a delightful venue for our two-day visit*

Following the success of our visit to York last autumn, we have arranged a similar trip with overnight accommodation this year, this time to the beautiful city of Chester. We shall be staying at the Queen Hotel and our visit will include lunch when we arrive on Sunday, free time in Chester during the afternoon, and a buffet with musical entertainment in the hotel's Osborne Suite in the evening. Chester has many places of

interest and we shall arrange a choice of activities for Monday morning before our mid-afternoon departure, which should get us home between 7.00 and 7.30 p.m. Bed and breakfast will be available on Sunday night, for those who require it, at a cost of £30 per person in a double/twin room or £40 per person in a single room.

## POLITICAL

**LONDON Monday 28th October**

On this day out in London, we shall meet at Westminster and undertake a guided tour of the Houses of Parliament in the morning, then enjoy a pub lunch before setting out on another in our popular series of London walks, this time on the theme of "Political London - Government and Parliament". The walk will include a visit to Downing Street and the splendid Banqueting Hall where King Charles I was executed.

## NAVAL HERITAGE, CHATHAM **Wednesday 30th October**

From wooden warships to steam-powered iron-clads and submarines, Chatham has always featured prominently in Britain's naval heritage. Today, the town's Georgian dockyard is an award-winning living museum on an 80-acre site boasting 47 historic monuments. Our day visit, which will include lunch, will give us the opportunity to view the "Wooden Walls" exhibition, the quarter-mile-long Ropewalk, and the many fascinating artefacts from Britain's great naval past. A new attraction this year is "Lifeboat", the RNLI's story told through its own collection of historic lifeboats.

## AT HOMES

**DON'T FORGET ... the At Home to be held at Wokefield Park on Monday, 19th August.**

Further At Homes are scheduled for:

### Exeter

Tuesday 3rd September

*This is a new venue, providing the opportunity to view a Rank Xerox concessionaire at work.*

### Welwyn Garden City

Thursday 19th September

### Mitcheldean

Wednesdays 11th, 18th and 25th September

### Warrington (new venue)

Thursday 31st October

If you would like to come along to any of these At Homes, please complete the Application Form enclosed with this Newsletter and return it to the RXPA Officer indicated.

## GOLF SOCIETY

The RXPA Golf Society has arranged a challenge match against Rank Xerox IHQ to be held on **Wednesday 14th August** at Weston Turville Golf Club, near Aylesbury.

Weston Turville will also be the venue for the Golf Society's Autumn Cup, to be held on **Friday 27th September**.

We are also hoping to arrange a four or five day golf tour in Scotland during May or June next year. Look out for further details in the next issue of the Newsletter.

If you would like more information on any of these events, please contact **Paul Donegan** on 01727 862004.

## AUTUMN BREAKS

If you would like to get away for a late break, we still have a few places left for the holiday in Austria (**Thursday 5th - Sunday 15th September**), for our trip to Shanklin on the Isle of Wight (**Wednesday 2nd - Sunday 6th October**) and for our "turkey and tinsel" weekend in Bournemouth (**Friday 22nd - Monday 25th November**). Full details of all these breaks were included in the last issue of the Newsletter. Please contact RXPA Secretary, **Barbara Keech**, if you are interested.





## A VINTAGE YEAR

During 1995, Rank Xerox earned record profits before tax of £616 million. Commenting on the results, Managing Director **Bernard Fournier** said *"The magnitude of this year's achievement is perhaps best illustrated by explaining that equivalent profits were £435 million in 1994 and £241 million in 1993, representing 155% growth in two years"*. The 1995 figures reflected a significant improvement in productivity and a permanent reduction in the Company's cost base resulting from the previous year's re-structuring programme.

During 1995, Rank Xerox launched 30 new products - over half of which use digital technology - including the Regal digital colour copier and the Document Centre Systems 35 and 20. At the same time, Docutech continued to increase its share of the professional production environment. The Company is well placed to take advantage of emerging market opportunities in India, Eastern Europe and China.

Xerox Chairman, **Paul Allaire**, declared 1995 *"a vintage year for Rank Xerox"* and was confident that profitable revenue growth and improved productivity would be achievable targets for 1996.

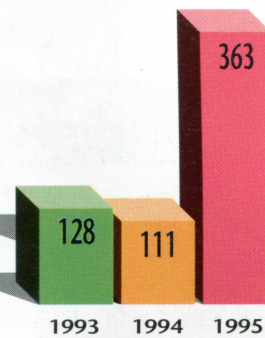
Turnover £m



Profit before tax £m



Profit after tax £m



Note: Figures for 1993 and 1994 cover the 12 months to 31st October. The figures for 1995 relate to the 12 months to 31st December.

\* Before re-structuring costs of £186m.

## BIG BANG

Big Bang is the name of Rank Xerox's latest integrated advertising, direct marketing and telesales campaign - the largest it has ever undertaken - which runs from June until the end of November. The aim of the campaign is to build awareness of Rank Xerox as The Document Company and to make customers appreciate how it can add value through its knowledge and superior technology.

More people than ever before will see the ads, which will be carried in the national and trade press and, initially in the London area, on roadside billboards and on TV. They use creative visuals, yet carry a straightforward message - that The Document Company is dynamic, innovative and approachable in the products and services it can offer.

The ads present situations in which people use Xerox solutions to enhance their performance in a variety of work situations. Shot with a real flare for colour, they reveal a younger generation of business people gaining a competitive edge over their rivals - with the help of The Document Company. *"Either you've got it or you haven't"* is the message, underlying the implicit wisdom of going the Xerox route.

Big Bang is also being extended through public relations activity to gain maximum editorial exposure in the media. Telesales are being used to capture enquiries and sales leads. The extensive coverage which the promotion is generating should enable Rank Xerox to make inroads into its competitors' markets and to capture incremental business in new industry sectors.







# Focus on people

## Marathon Man

**Graham Welch**, who worked as a Quality Technician at Mitcheldean, successfully completed the London Marathon this year - for the fifth time! He has also run five other marathons, one of which was the Walt Disney World Marathon in Florida earlier this year.



**Graham Welch – ten marathons to his credit and still going strong!**

Starting last September, Graham, a member of Gloucester Athletic Club, undertook four months of dedicated and determined training for the Disney race. He arrived in Florida at the end of December and, despite picking up a cold and throat infection in the days before the race, was on the start line close to the Epcot Centre at 6.30 a.m. on January

7th. The route was an unusual one, passing through the Disney theme parks - Magic Kingdom, MGM Studios and Blizzard Beach - and their associated roadways. Graham was disappointed by what he saw as his *"below par"* time of 4 hours 12 minutes 46 seconds but was pleased to be placed 1,640th out of 9,000 starters.

Only one day after returning to England, Graham received a phone call telling him that he had a place in the London Marathon - so training began again! The race took place on April 21st, an unexpectedly hot day which took its toll of all the runners. Graham himself admits that it was *"a hard grind"*, although relieved by sites of London's famous landmarks along the way: Cutty Sark six miles, Tower Bridge 12, Docklands 16 to 20, Tower of London 22, Big Ben 25, Buckingham Palace 26, and finally the finish in The Mall. Graham finished the race in 4 hours 7 minutes 59 seconds, some five minutes faster than Florida but 20 minutes slower than his time in the 1994 London Marathon. Nonetheless, Graham sees it as a *"fair"* result in view of the unfavourable conditions.

A glutton for punishment, Graham is already back in training for his 11th marathon, which he hopes to complete later this year!

## NEW VISITOR

We are pleased to welcome

### **Anne Pearce**

as a new member of our Eastern Region visiting team. Anne, who lives with her husband in North

Walsham in Norfolk, spent many years as a *"temp"* at

Denham and during that time was involved in all aspects of customer billing. She retired from Park View in Uxbridge in October 1994 as Special Billing Quality Co-ordinator, responsible for accurate and timely invoicing of those customers requiring special billing arrangements.

Anne is enjoying her new life in retirement. Since moving to Norfolk a year ago, she and her husband have been keen members of their local Gardening Club. They also love bird-watching and exploring the coast and countryside around their new home. Anne enjoys cookery, knitting and dress-making and is looking forward to her new role as a Visitor *"meeting others who have moved to this lovely part of the country"*. She can be contacted on 01692 407456.



**Anne Pearce joins the Eastern Region Visitors**

## Just Natural

**Brian Weyman** acquired wide-ranging business experience whilst working for Bell and Howell at Mitcheldean, for Rank Xerox at Welwyn as Director, Manufacturing & Distribution, and finally for Xerox Corporation in California as Vice-President, Printing Systems Division. He is now putting this experience to good use in pursuit of a long-cherished ambition to run his own company.

Working with his family, Brian is now worldwide distributor for the *"Just Natural"* range of hair and beauty products. The preparations, which are hand-blended on Lord Henniker's estate in the heart of rural Suffolk, are of the highest quality. They contain no animal derivatives and are not tested on animals. If you would like more information on the products, please contact Brian at 43 Cottonmill Lane, St. Albans, Herts AL1 2BT; telephone: 01727 854744.



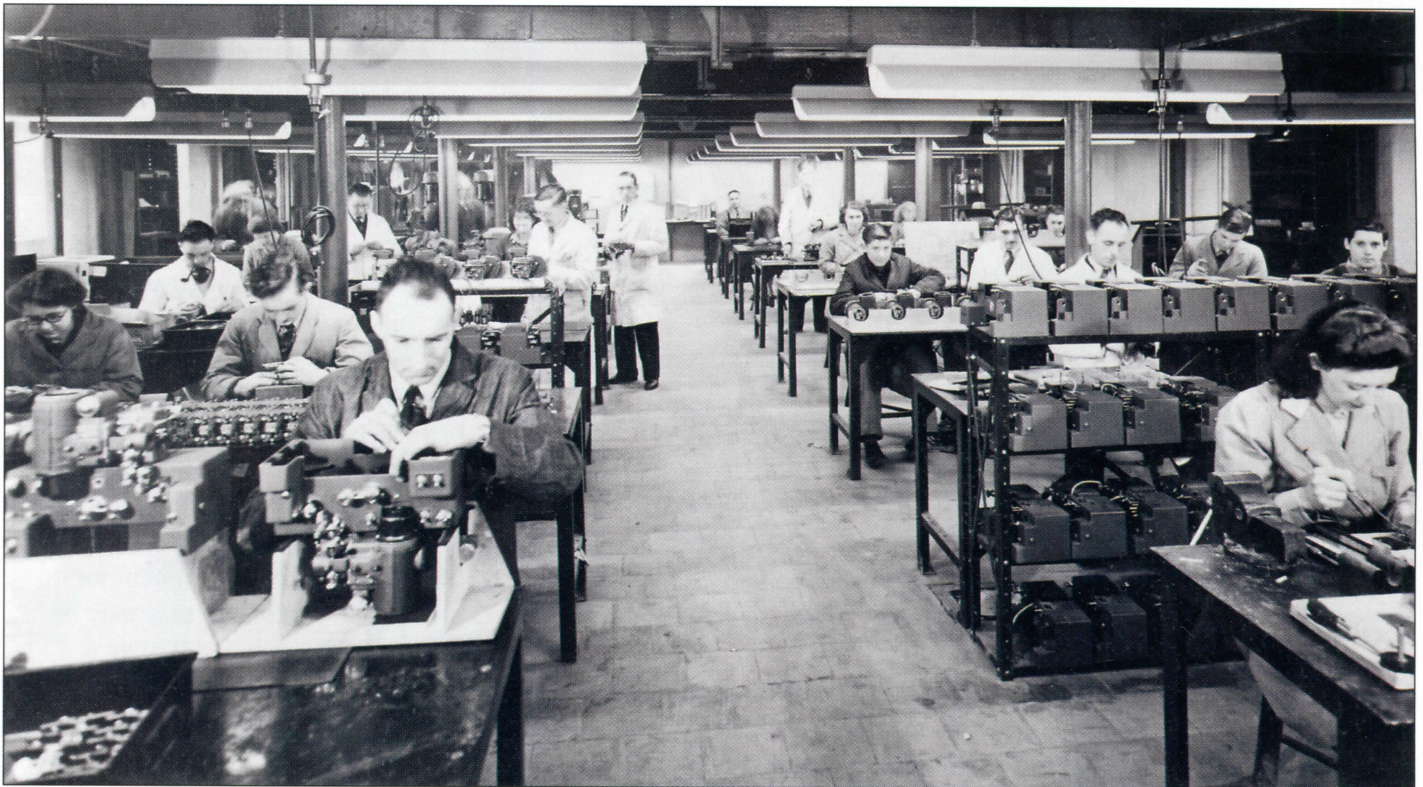


# Remember when?



## TWO MORE REMINDERS OF THE PAST ...

This photo, sent to us by **Doug Lindsay** (back row, second from left), shows the Fax Training Course held at Newport Pagnell on 28th September 1973. It would be interesting to find out how many of those in the picture are now RXPA members so, if you are in the line-up, please send a note to **Lois Dawson** at Rank Xerox Pensions indicating your position in the photo. We shall try to identify as many as possible of those present in the next Newsletter.



Our second photo was taken at Mitcheldean in the late 1940's or early 1950's and shows part of the assembly line there. Again, please drop **Lois Dawson** a line if you recognise yourself in the picture. And perhaps you could also fill us in on what was actually being done there at the time?





## HOW TO FIGHT THE FLU

***If you are reading this in the middle of summer, you may not want to think about winter flu bugs ... but, as Dr. Terry Burgess explains here, you should take early action if you want to protect yourself through vaccination.***

During last winter, there were several local epidemics of influenza. An epidemic occurs when more than 100 cases arise in 100,000 of the population.

spluttering. These droplets are full of the virus and, after an incubation period of some 48 hours, the new host develops flu symptoms. The flu virus is of three main types - A, B or C - with many sub-types. Type A is the most virulent and responsible for most serious epidemics.

### GET PROTECTED!

Achieving a successful vaccine is not easy since it requires anticipating which strain and type of influenza will be around after the vaccine has been prepared. Virus A especially and also Virus B are constantly altering their structures.

The worst flu epidemics in this country occurred in 1918/19 (Spanish flu), 1957 (Asian flu) and 1960 (Hong Kong flu). Although it is difficult to predict when we shall be hit by another epidemic, it's worth seeking protection each autumn through vaccination.

Flu is caused by a virus which attacks cells in the respiratory tract, affecting throat, breathing passages and lungs. It usually appears in the winter with the rapid onset of high temperature, sweating, sore throat, cough and aching muscles. The high temperature in turn often causes a severe headache. Symptoms are invariably severe enough to make you feel quite ill and incapacitated for three or four days. Recovery usually takes a week, although tiredness and lethargy may continue for longer.

The infection is spread by breathing in minute droplets produced by coughing and

The vaccine is prepared in chick embryos, so people who know they are allergic to eggs should report this before receiving their injection. There are no significant side-effects apart from a slight soreness around the injection site experienced by about a third of recipients.

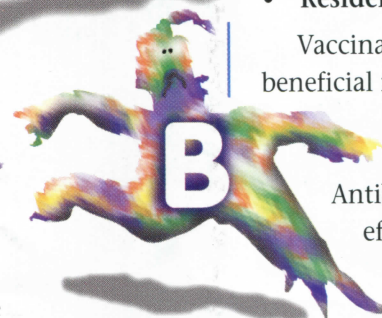
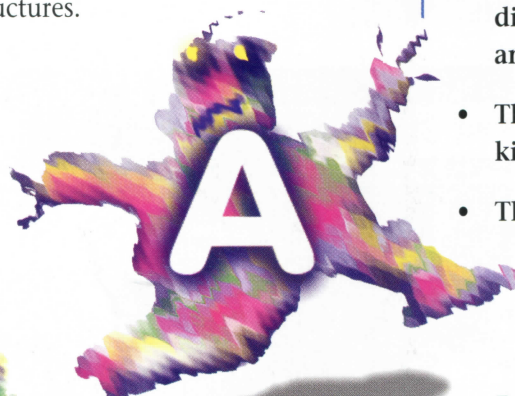
Protection is established within a few days of the vaccination and lasts for several months; it will certainly carry over a whole winter. Vaccination is about 70 per cent effective and is particularly recommended for the following "at risk" groups:

- People with chronic lung disorders, including asthma and bronchitis.
- Those with chronic heart or kidney disease.
- Those with diabetes.
- People whose immune systems are weakened by disease or treatments.
- Residents of nursing homes.

Vaccination is especially beneficial for members of these groups who are over the age of 60.

Antibiotics provide no effective treatment for flu, although they may be required if there is

additional respiratory infection. The best treatment is to go to bed for a day or so, drink plenty of fluids and take simple aspirin or paracetamol to relieve headache, sweating and muscular pains. If the symptoms persist or you feel particularly ill, then call your doctor.



Every two years, the World Health Organisation recommends which strains should be incorporated in a vaccine for future use. However, this is often only inspired guesswork based on reports of the size and movement of epidemics from all around the world.





## DEALING WITH YOUR SELF ASSESSMENT TAX RETURN

*We took a preliminary look at the new system of Self Assessment in the December 1995 issue of the Newsletter. In this article, Jack Bonney, RXPA's own Taxation and State Benefits Specialist, examines in more detail the deadlines which you have to meet and the penalties for failing to do so.*

Self Assessment is not a new tax but a system which allows you to assess your own taxable income instead of this being done by the Inland Revenue. There will be a combined tax return covering **all** sources of income and gains, together with reliefs and allowances, for one year. As well as assessing your taxable income, you can also, if you wish, calculate your own tax liability - although you can still opt to have this done for you by the Inland Revenue.

There will be stiff penalties and surcharges levied automatically on those who fail to submit their tax return or tax payment on time. Although not all taxpayers will receive tax returns, those who do should ensure that they are completed properly and returned by the due date. The first full year of Self Assessment will be the tax year 1997/98 - i.e. the 12 months from 6th April 1997 to 5th April 1998 - but certain aspects of the new system will come into force prior to this.

### THE FIRST PHASE

From 6th April **1996**, it is a legal requirement for **all** taxpayers (whether or not they receive a tax return) to keep records of all their income, including for example:

- P 60's
- Building society certificates
- Dividend warrants
- Statements of National Savings interest
- Bank statements

These records must be kept for 22 months after the end of the tax year to which they relate.

The self-employed are required to keep additional and more detailed records, including for example:

- Sales invoices
- Purchase invoices
- Details of expenses
- Cash book
- Details of personal drawings

Furthermore, these records must be kept for five years after the date of filing the tax return. Failure to maintain or retain adequate records may attract a penalty of up to £3,000.

### DATES OF SUBMISSION

The new-look tax return will be received each mid-April for completion.

- If you want the Inland Revenue to calculate your tax, the form should be returned by 30th September.
- If you want to calculate your own tax, the form should be returned by 31st January.

### PENALTIES FOR LATE RETURN

If the form is not returned to the Inland Revenue by 31st January, a fixed penalty of £100 will be levied automatically. A further £100 penalty will be charged if it is still not returned by the 31st July following. Thereafter, the Inland Revenue can impose further penalties of up to **£60 per day**.

If you receive a tax return, therefore, it is essential that you give it early and careful attention. If you have any problems completing the form, ask for advice. However, beware of self-styled "tax experts" who look set to take over from double-glazing salesmen as the 1997 "cowboys"!

*In the next issue of the Newsletter, Jack Bonney will look more closely at how Self Assessment affects the payment of tax on self-employed earnings and the treatment of capital allowances.*

### PENSION PAY DATES

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

September pension	– 30th August
October pension	– 1st October
November pension	– 1st November
December pension	– 29th November





# Safe Driving Tips

**At present, over 10 million drivers in this country are aged 55 or over and this figure is likely to increase to 12 million by the year 2001. A recent communication from Buckingham County Council's Area Road Safety Officer looks at some of the particular problems facing older drivers.**

Driving experience means that drivers in their fifties are generally at less risk of having an accident than those in other age groups. However, the risks increase steadily after the age of 60 and, by the age of 75, drivers are twice as likely to be involved in an accident as when they were in their fifties. Evidence suggests the following common causes of accidents involving older drivers:

- Failure to give way when entering a major road (usually a problem of pulling out rather than of overshooting).
- Turning right.
- Making U-turns.
- Reversing.
- Rural road junctions (these seem to pose a particular problem).

In general, older drivers seem to find it more difficult to judge the speed and intentions of other drivers. Older drivers armed with this knowledge – and a willingness to adopt positive strategies to continue driving safely – should be able to cope with traffic conditions. In particular, you should think about:

## Leaving bigger gaps

This will give you more time to stop in an emergency and to interpret available information. Don't be bullied by other drivers into narrowing the gap.

## Planning your journey carefully

Avoid busy and/or difficult junctions and motorways or single-track routes if you find these stressful. Also stay clear of the rush hour and avoid driving at twilight or in the dark, if you are able to, because your eyes react more slowly to changing lighting conditions as you get older. Allow plenty of time for your journey and take regular breaks – don't forget that tiredness kills!

## Take account of any medication you are taking

It is easy to forget the effect which medication – even non-prescription drugs – can have on driving.

## TOP 10 TIPS

The following tips from the AA are relevant for all drivers:

1. Keep calm and show restraint.
2. They're not out to get you! *Most mistakes by other drivers are unintentional, so don't bite back!*
3. It's not just you on the road. *Give yourself time and space to react to other drivers.*
4. Don't retaliate or compete. *It only increases stress levels in you and others!*
5. Be patient.
6. Set an example.
7. Don't push in at junctions or contraflows.
8. Signal your thanks to drivers who treat you courteously.
9. Be magnanimous.
10. Keep alert at all times. *Never rely on other road users to do the correct thing.*

## Membership File

**NEW MEMBERS** We are pleased to welcome the following new members:

### ASSIGNMENT

Armando  
De S. Almeida  
Bob Ascroft  
Dave Sexton  
Garth Simpson

### CAMBRIDGE

Keith Graham

### MARLOW

Ray Beatty  
Graham Brown  
John Crane  
Mike Elliott  
Lyndon Haddon  
Tony Horne  
Lynne Taylor

### MITCHELDEAN

David Roberts

### UK COMPANY

Peter Broder

Keith Dale-Crossley

Roy Denzey

John Greaves

David Hendry

Kathleen McLaughlin

Eric McRae

Raymond Rush

Richard Sparkes

### WELWYN

Jack Bell

Pamela Duxbury

Joyce Giles

**IN MEMORIAM** We record the recent deaths of the following members, whose age and last place of work are shown, and offer our sincere sympathies to their families:

### MITCHELDEAN

Linsey Artus (71)

Hermine Beard (73)

Philip Cleal (75)

Joan Davies (60)

Alan Davis (71)

Brian Davis (74)

Frederick Eacups (76)

Walter Gaylard (88)

Austin Hale (85)

Sheila Jacob (75)

Percy Lewis (75)

William Picton (83)

Myra Plaistowe (70)

Albert Trigg (78)

Betty Walton (77)

### UK COMPANY

Desmond Ballard (80)

Tony Berry (61)

John Burn (78)

Dennis Burr (65)

Gerry Collis (83)

Frank Houghton (72)

James McKinstry (69)

Brian Nicholls (67)

Barbara Terrill (70)

### WELWYN

Harold Lloyd (72)

Lionel Mercer (70)

May Moorton (76)

Michael Perry (65)

Queenie Robertson

(77)

John Taylor (73)





## INFORMATION PACK

**The Pack contains details of goods and services on which discount is available to RXPA members, including:**

- Rank Organisation holidays (including Shearings, Butlins, Warners etc).
- American Express Worldwide Travel Service (a full list of tour operators covered was included in the last issue of the Newsletter).
- Rank Xerox products.
- Magic Kingdom membership, including car hire.
- Forte Leisure cheques (10% discount).
- Top Quality Services, including RAC membership.
- Hertz car rental.
- Holiday accommodation offered by RXPA members.
- Travel & Leisure Club.
- Direct Line insurance.

If you would like to obtain an Information Pack detailing these services and discounts, please contact RXPA Secretary, **Barbara Keech**.



## What's your line?

If you are doing an interesting job, engaged in voluntary work, travelling to exotic places, or pursuing unusual or exciting hobbies, don't hide your light under a bushel! Write and tell us! All contributions for the Newsletter are much appreciated - please send them to either **Barbara Keech** or **Lois Dawson**.

## BENEFITS AGENCY

The Benefits Agency, which is part of the Department of Social Security, was set up in 1991 to manage the delivery of social security benefits. Its staff provide advice about benefits; handle claims, reviews and appeals; and arrange payments and recoveries.

The Agency operates a number of specialist freephone lines which members may find useful:

Benefit enquiries	0800 882200
Form filling helpline	0800 441144
Social security advice	0800 393539

## HELPLINE

Help the Aged run a free national telephone advice and information service called SeniorLine for senior citizens and their relatives, carers and friends. Among the subjects SeniorLine's advisers can assist you with are:

- Welfare and disability benefits
- Housing
- Access to health services
- Support for carers
- Care in the community
- Residential and nursing homes
- Equipment and adaptations to assist independence
- Sources of local practical help
- Insurance

SeniorLine is open on weekdays from 10 a.m. to 4 p.m. and calls are free on 0800 650065. (If you are hearing-impaired but have access to a Minicom, you can contact SeniorLine on a separate freephone number: 0800 269626.)

## French Connection

A reminder that **Alan Young's** cottage in Cahors, east of Bordeaux, which we featured in the August 1994 issue of the Newsletter, is still available to RXPA members at a 10-20% discount on the brochure price. Accommodation comprises two double bedrooms, lounge/diner, toilet, bathroom and kitchen and there is a small secluded garden with a swimming pool. If you are interested, please contact Alan on 01985 218410.

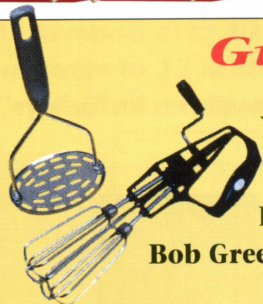
Early booking is recommended.





# Competition Corner

## Guess What?



Judging by the number of correct entries, our two mystery objects in the last Newsletter - a potato masher and a hand whisk - posed few problems.

First correct entry out of the hat came from

**Bob Greening** of Hatfield who receives the £25 prize.

## Where am I?

Can you tell us where this unusual looking tower is to be found?

Answers please - together with your name and address - on a postcard or the back of a sealed envelope to **Lois Dawson** at Rank Xerox Pensions by **Friday 4th October**. £25 prize for the first correct entry out of the hat.



## PHOTOGRAPHIC COMPETITION

**Friday 27th September** is the closing date for this year's Photographic Competition, so there is still time to submit entries. A reminder that the three categories are:

1. **Dusk to dawn.**
2. **Water.**
3. **Churches and chapels.**

Entries may be either black and white or transparencies or prints (between size EN and 10" x 8") and should be submitted to RXPA Secretary, **Barbara Keech**. The following information should be attached to your entry: name, address, telephone number, and the category you are entering. All entries will be returned after judging.

There will be a £25 prize in each category and the winning entries will be published in the next issue of the Newsletter.

## REAL MONEY

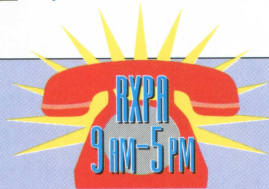
If you remember the days before decimalisation when we still had "real" money, then try your hand at this brainteaser. Use the following cryptic clues to identify the 10 amounts of old money (we've filled in two to give you the idea), then add them up to arrive at a grand total. Write this total on a postcard or the back of a sealed envelope, with your name and address, and send it to **Lois Dawson** at Rank Xerox Pensions by **Friday 4th October**. £25 prize for the first correct entry out of the hat.

1. Ill sea-creature  
(Sick squid = six quid = £6)
2. Opera singer
3. Small furry animal
4. Leather worker
5. Float up and down
6. Weight of a stone
7. Jupiter, Mars, Pluto (Three far things = three farthings =  $\frac{3}{4}$ d)
8. Part of a royal head-dress
9. Old transport
10. Incomplete underwear

## RANK XEROX PENSIONERS' ASSOCIATION

RXPA Secretary, **Mrs Barbara Keech**, has a dedicated telephone number - 01895 814226 - which is also a fax line. **PLEASE USE THIS NUMBER AT ALL TIMES AND CALL ONLY BETWEEN 9 A.M. AND 5 P.M. MONDAY TO FRIDAY.** If Barbara is not available, you will either hear an answerphone message or your call will be switched automatically through to Rank Xerox Pensions.

Barbara's address is **84, Swakeleys Drive, Ickenham, Uxbridge, Middlesex UB10 8QG.**



Monday to Friday

**01895 814226**

## Regional Co-ordinators

**WESTERN:** **Jeff McCoy**, Chy-Reen, Mayhill, Longhope, Glos GL17 0NL. Tel 01452 830600.

**EASTERN:** **Paul Johnson**, 49 Brandles Road, Letchworth, Herts SG6 2JA. Tel 01462 686736.

**CENTRAL:** **John Smith**, Blewbury Cottage, Bulstrode Way, Gerrards Cross, Bucks SL9 7QT. Tel 01753 884486.

## RANK XEROX PENSIONS

Our main point of contact at Rank Xerox Pensions is **Mrs Lois Dawson**, who can be reached at Compton Court, 20-24 Temple End, High Wycombe, Buckinghamshire HP13 5DR; telephone 01494 461700.