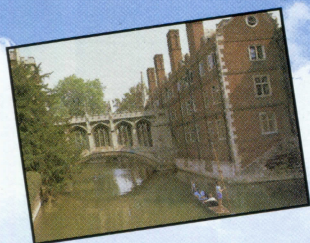
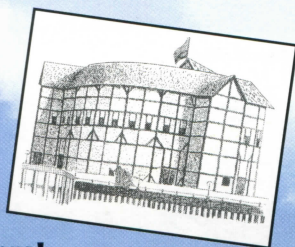


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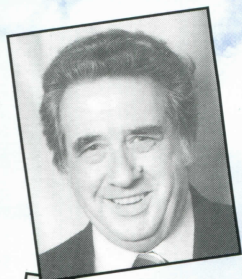


Events to look forward to
page 2

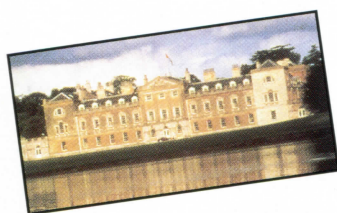


Encore!
... at the Globe **page 3**

Our new visitor **page 5**



What did you do
in the war, Dad?
page 10



Preparations continue
for XPA's 20th birthday
page 4

and lots more.

Join us at Beaulieu!



We have arranged a day's visit to Beaulieu in Hampshire – the home of the Montagu family since 1538 – for **WEDNESDAY 7TH JULY**. Do come and join us! There is so much to see ... it will be a really full and interesting day.

Our visit will include a guided tour of the family home overlooking the Beaulieu river. Originally the Great Gatehouse of Beaulieu Abbey, the building's monastic origins are reflected in features such as the fan-vaulted ceilings. Many of the treasures in the house are reminders of travels all around the world by past generations of the family.

The National Motor Museum is another of Beaulieu's attractions, housing as it does one of the world's finest collections of vehicles – more than 250 are on show, ranging from world land speed record-breakers to sleek Formula One racers. There will also be the opportunity to take a ride on a replica 1912 open-topped London bus and to travel on the high-level monorail.

Lunch and afternoon tea have been arranged in the Brabazon Food Court. Coach travel will be provided from areas where there is sufficient support but, if you wish, you can make your own way and meet us there. Interested? ... then please complete and return the Application Form enclosed with this Newsletter.

SUMMER AT HOMES ...

... a chance to keep in touch with what's happening in the Company and to meet old friends. You are warmly invited to the following At Homes:

- ◆ **Uxbridge, Bridge House** – Wednesday, 19th May, 6 p.m.
- ◆ **Marlow** – Wednesday, 14th July, 2.30 p.m.

Please complete and return the enclosed Application Form to **John Smith**, Central Region Co-ordinator.

Forthcoming Events ...

WALKS

... in town

**Cambridge, Tuesday
25th May**

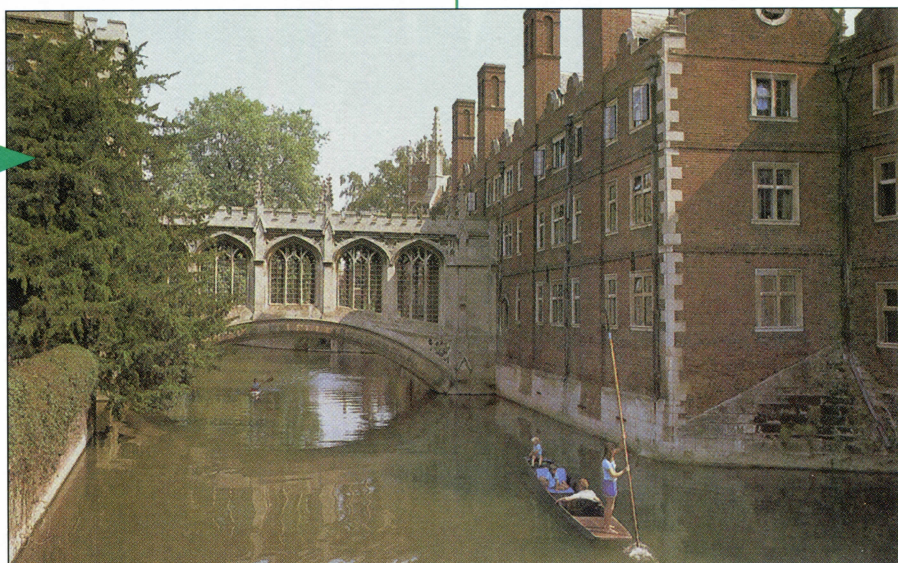
This is a two-hour guided walk, which will start at Silver Street Bridge – where we shall meet our guide – and will include a visit to either King's College or St. John's College. We shall hear about the University, its buildings and its famous people. Our walk will be followed by lunch in the University Centre and, in the afternoon, you will be free to look around the city until departure at around 4 p.m.

Coach transport will be provided from areas where there is sufficient support. Alternatively, you can make your own way to Cambridge and meet us there.

... and country

**Riverside ramble,
Friday 9th July**

Continuing the popular Thameside theme of previous walks, **Doug Nevell** has planned this summer ramble to explore the stretch of the river between Marlow and Cookham. The day will begin with an enjoyable hour's trip on one of Salter's river cruisers. Then the walk itself will be approximately 4 1/2 miles, on flat ground and good paths. A pub lunch will allow us a break from our exertions! Numbers are limited to 50, so please reply promptly on the enclosed Application Form if you would like to come along.



New Bridge on the River Cam behind St John's College, Cambridge

XPA GOLF SOCIETY

Last year, the Golf Society met six times between April and October. Honours were well spread, with no less than 14 different members winning prizes.

Geoff Paton, in his first victory, won the end-of-season Invicta Cup.

In addition to these regular meetings, the Society entered two teams to contest the Haggett Trophy. Both turned in a very creditable performance, finishing around the middle of the total entry of 13 teams.

Average attendance at last year's meetings was 22 and we look forward to increasing this at the following events planned for 1999:

- **Tuesday 20th April** Weston Turville, Aylesbury
- **Friday 21st May** Hatfield London, Essenden
- **Thursday 24th June** Aylesbury Vale, Leighton Buzzard
- **Friday 23rd July** Weston Turville, Aylesbury
- **Monday 16th August** Hatfield London, Essenden
- **Thursday 16th September** Aylesbury Vale, Leighton Buzzard



Geoff Paton receiving the Invicta Cup from Barbara Keech

If you are not already on the Golf Society's mailing list but would like to be, please contact:

Paul Donegan.

Tel 01727 862004.

**e-mail paul@pdonegan.
freeserve.co.uk**

By popular request ...

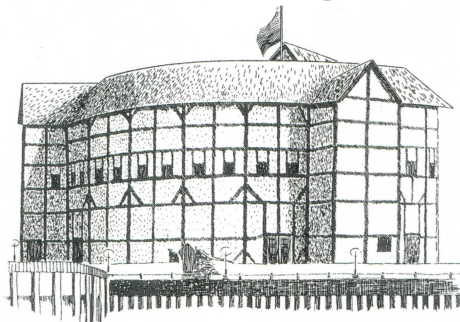
This year, we are planning to repeat some events which have proved to be particularly popular in the past.

Shakespeare's Globe Theatre

Tuesday, 8th June

Our visit to Shakespeare's Globe Theatre last autumn was a great success, so we are pleased to have been able to book seats again, this time for the matinee performance of *"Comedy of Errors"* on 8th June.

The format for the day will be similar to last year. During the morning, we shall be able to enjoy a fascinating guided tour of the theatre. Here you can discover what an Elizabethan audience would have been like, find out about the rivalry between the Bankside theatres, and learn about bear-baiting and the stews. Then we shall move on for lunch at Bankside House before returning to the theatre to take our seats for the 2 p.m. performance.



Historical note

Re-creation of original journey to the Globe Theatre

At the end of December, a procession re-created the original journey – 400 years ago – which brought the timbers of the dismantled theatre at Curtain Road, Shoreditch across the Thames to build the Globe at Bankside. In the reconstruction of that historical event, a cart drawn by two magnificent oxen and accompanied by a crowd of supporters carried a huge oak tree along the streets to the new Globe. Hot mulled wine met the procession on arrival and old-fashioned carols were sung by Mark Rylance, the theatre's Artistic Director, and cast members, all dressed in costumes of the time.

If you would like to join any of the events featured on the front page or on these two pages, please complete and return the relevant Application Form enclosed with this Newsletter. Please note that the Application Form for the Grand Tour of Lord's will accompany the **next** Newsletter.

Grand tour of Lord's

Lord's Cricket Ground Sunday, 5th September

This will be our third visit to Lord's, always a popular venue. This year, we shall be watching the Village Cup Final, the exciting finale of a competition involving more than 420 village teams. The finalists will be able to rely on plenty of support from the coachloads of cricket enthusiasts who will be "up for the cup".

Lord's has some extra attractions this year, notably the NatWest Media Centre, which is on schedule for opening in time for the World Cup. Incredibly, the naval architects managing this project claim that, if Lord's were ever to be engulfed by floodwater, the structure would actually float! Our man on the spot assures us that the new Centre will feature in our tour of the ground.

We shall also be able to visit The Museum, which has recently been refurbished and which will be staging a World Cup exhibition. There will be an opportunity too to see a choice of films in the newly-opened Brian Johnston Film Theatre.

Please make a note of the date of this visit. Further information and an Application Form will be included in the **next** issue of the Newsletter.

SAILORS AHOY!

As promised last year, we are now able to offer XPA members a further opportunity to sail on XEPHA, Xerox Sailing Association's 10-metre yacht, which is moored near Lymington on the South Coast. Members who signed up for last year's days afloat certainly learned a lot about being under sail and navigating in the busy Solent. But they all had plenty of fun too! The dates for this season are:

Thursday, May 20th

Friday, May 21st

Monday, August 9th

Monday, August 16th

If you would like to take part in any of these day sails, please complete the enclosed Application Form and return it to XEPHA's skipper,

Dave Newbury.

XPA birthday plans progress



As reported in previous issues of the Newsletter, XPA's 20th birthday celebrations will be held at **Woburn Abbey on Wednesday, 21st June 2000**. Invitations will be sent out with the **December 1999** issue of XPA News and, if you want to come, your reply must be received **no later than 29th February 2000**. The numbers we shall be able to accommodate at this event will be limited and, if applications exceed this number, they will all be placed in a hat and the appropriate number drawn on **1st March 2000**.

Crafty people wanted!

At the Woburn Abbey celebrations, we plan to have marquees displaying various crafts (such as quilting, knitting, painting, embroidery, soft toys, wood-turning etc) and vintage vehicles. A number of volunteers have already offered to participate in, and co-ordinate, these displays. More help would, however, still be much appreciated. So, if you have not already volunteered but would like to offer your services or exhibit some of your own hand-made crafts for sale, please let XPA Secretary, **Barbara Keech**, have your name and address.

In the next issue, we are planning to publish the names and telephone numbers of all the volunteers. In due course, they will be contacting participants to obtain details of exhibits.

POETRY PLEASE!

XPA member, **Roy Herbert**, developed his interest in poetry and all kinds of writing as an evacuee in Devon during the War. The only form of lighting then was an oil lamp and he had candles to light him to bed. There was not even a radio, so Roy turned to the library for his entertainment.

Roy started work for Rank Xerox as a Technical Author at Middlesex House and he was responsible for writing an updated manual for the 9200 copier. He moved on to Hampden House in Aylesbury and several more copier manuals followed. As light relief (and to win a competition), Roy composed a limerick. That was just the start of Roy's writing career ... in recent years, he has had several poems and a short story published in various anthologies here and in America.

This is a Shakespearean sonnet composed by Roy which will appear shortly in an anthology entitled "Crystal Moons":

A Sweet Fate

*I was around a long time before you
Came but I recall not about such date
That in my mind remains a hazy blue
And thinks not meeting would have sealed my
fate*

*I do not wish to dwell upon those days
When life was twisting turning flotsam
Where I could have strayed in divers ways
Victim of where ever fate's will plots 'em
But I can, thankfully, fast forward go
And blend these happy days, spent at your side
With plans ahead of days and years that flow
When we two will ride gently on life's tide
Our dwelling will have laughter in the rain
To bring sweetness once more where all was
pain.*

GREEK HOLIDAY HOUSE TO LET

Traditional town house available to rent on the beautiful Greek island of Leros, near Kos. Two double bedrooms plus third bedroom suitable for children. Harbour and beach just 10 minutes walk. £150 per week April-September.

For further details, please contact **Nicky Brichard** on **01553 660926**.

Pension "clawback"



*There has been some discussion in the newspapers recently about the issue of "pension clawback" and some XPA members have contacted Xerox Pensions about it. Here **Tony Phillips**, Xerox Director of Pensions, explains the position with regard to Xerox pensioners.*

The Xerox Final Salary Pension Scheme, in common with many other company schemes, takes account of the fact that its members receive a Basic State Pension in addition to their Xerox pension.

This practice is known as "integration" but has also been referred to as "clawback", particularly in press reports over recent months. Some of these reports have suggested that some pensioners are not receiving in full the benefits which they have paid for. I am very pleased to be able to tell you that this is **not** the case at Xerox and to outline for you how our own process works.

Each year that you were a member of the Final Salary Scheme, your contributions to the Scheme were calculated on your appropriate remuneration **above** the Lower Earnings Limit (LEL). The LEL is broadly equivalent to the single person's Basic State Pension. When you retired, your Xerox pension was based on your Final Pensionable Earnings, which were also reduced by the amount of the LEL. The net result is that you neither contributed on nor received a pension on the LEL.

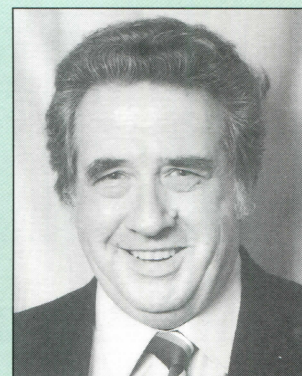
At age 60 for women and 65 for men, you receive your Basic State Pension entitlement and this is paid **in addition to** your Xerox pension. There is, therefore, **no reduction** in your Xerox pension when you start to receive your Basic State Pension.

Special arrangements apply to the few pensioners who elected to retire with a "stepped" pension.

NEW VISITOR

We are pleased to welcome **Colin Smith** as a new Visitor in the North Bucks area. Colin joined Rank Precision Industries at Shepherd's Bush as a Cine Service Technician and then moved with his department to Mitcheldean, where he was involved with the team building the pre-production 914 trial machines. After moving to outside service and gaining experience in several branches, Colin was promoted to the position of Service Manager at Great Portland Street and Northdale House. A move to Personnel brought him experience in health and safety, local community support, and youth training. Colin retired after nearly 30 years with the

Company and now runs a small printing business ... but he hopes to still find time for Visiting. He can be contacted on **01908 607172.**



Information Pack

XPA produces an Information Pack, available on request, which contains details of goods and services on which discount is available to members, including:

- | | | |
|-----------------------------------|----------------------------|---|
| ◆ Forte Leisure Cheques | ◆ American Express | ◆ Direct Line house and vehicle insurance |
| ◆ Jarvis Hotels Leisure Breaks | ◆ Worldwide Travel Service | ◆ Xerox staff discounts |
| ◆ Europcar Vehicle Rental | ◆ Rank Holidays Limited | ◆ Holiday accommodation offered by XPA members. |
| ◆ Disney Magic Kingdom Membership | ◆ Shearings Holidays | |
| | ◆ Dove Travel vehicle hire | |

If you would like to receive the Information Pack, please contact XPA Secretary, **Barbara Keech**.

XPA

Xerox Pensioners' Association

Aims

1. To establish and maintain a two-way personal link with all Xerox pensioners, who are automatically members of XPA.
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.

Regional Co-ordinators

Western Region **Jeff McCoy**

Chy-Reen, Mayhill, Longhope,
Gloucestershire GL17 0NL.

Tel/fax: 01452 830600.

The Western Region is based on Mitcheldean and covers Wales, Gloucestershire, Herefordshire, Shropshire, Avon, Devon, Somerset and Cornwall.

Eastern Region **Paul Johnson**

49 Brandles Road, Letchworth,
Hertfordshire SG6 2JA.

Tel: 01462 686736.

The Eastern Region is based on Welwyn and covers Hertfordshire, Cambridgeshire, Bedfordshire, Essex, Suffolk, Norfolk and Lincolnshire.

Central Region **John Smith**

Blewbury Cottage, Bulstrode Way,
Gerrards Cross, Buckinghamshire SL9 7QT.

Tel: 01753 884486.

Fax: 01753 890650.

The Central Region is based on Bridge House, Uxbridge and Marlow and covers the rest of England and Scotland.

XPA Secretary

A reminder that our 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.** If Barbara is not available, you will either hear an answerphone message or your call will be switched automatically through to Xerox Pensions. Barbara's address is 84 Swakeleys Drive, Ickenham, Uxbridge, Middx UB10 8QG.



Taxation & State Benefits specialist

XPA can provide members with specialist help on any problems relating to taxation or State benefits. Please contact XPA Secretary, **Barbara Keech**, for more information.

Xerox Pensions

Our main point of contact at Xerox Pensions is **Mrs Lois Dawson**, who can be reached at Compton Court, 20-24 Temple End, High Wycombe, Bucks HP13 5DR. Telephone **01494 615160**.

Where are they now?

Ken Gooch (ex-Workshop Operations Manager, International - Denham) has sent this photograph of a group of Operations Managers, which was taken at a "Finance for Non-Financial Executives" course held near Maidenhead in November 1970. Among the group are some mainstream Rank Xerox managers from Europe. Do you recognise any of them?



Standing, left to right:

**K. Gooch
J. Jewell
T.J. O'Grady
S.J. Cox
G. Pratt
D.B. McHugh**

Seated, left to right:

**H-J. Lavik
E.J. Kampman
Ch. Kramer
E.R. Lambert
I.C.E. Telfer
D. Jenkins**

Membership File

Newcomers We are pleased to welcome the following new members:

IHQ Diane Ackery Roy Capon Alan Covacic Liz Edgell John Halstead Keith Holbrook Myra Johnson Eddie Kennedy Bob Oliver Malcolm Oliver Dave Pione Roy Richardson Dave Scott William Starkey Sue Van Raat Paul Vitek Mike Wicksteed Mitcheldean Roger Bailey John Baker David Barrett Harold Boseley Jeanne Chandler Christopher Cinderey John Coldrick Mike Cooper Roger Court Bob Dixon John Flynn Clarence Games John George Mike Gunn Daniel Haines Christopher Hamblett Royston Harrison Graham Hook Keith Horrobin	Monica Hutchinson Garth Hyndman Graham Jones Trevor Jones Philip King Dwight Lally Colin Lees Yvonne Miles Richard Morgan David Morris Barry Morse Jestyn Perry Sidney Phelps Roger Preece David Price Michael Reed Brian Reeks Bob Reid Terence Robinson Christopher Saunders Gary Sleeman Creidwyn Stacey Brian Sterry Gerald Ward William Ward Michael Watkins Valerie Whitlock Raymond Whittington Keith Williams Anthony Wood Donald Wood Radlett Mick Buttery Derek Chapman John Flynn Malcolm Turner	UK Company John Allen Ron Andrew Robert Armstrong John Baldwin Dave Barnett Richard Bing Larry Blake Alan Bolton Graham Bowden Alan Bowen Mike Bower Sid Brazier Geoffrey Brinkman Roger Britton Shelagh Broderick David Brown Peter Bryan Ron Chamberlain Ronald Clarke Frank Cook Sam Cowan Dave Couch Michael Dallyn Alan Day Robert Denyer Colin Dingley Jenny Dixon Derek Douty James Egan Robert Fitzsimons Trevor Flanders Andrew Flett Dave Foster David Francis David Freegard David French Michael Fugle Leslie Graham	Peter Gray John Guy Philip Haberfield David Hancock Brian Harbison David Hardman Brian Harman Keith Hesketh Michael Hobbs Graham Hudson Graham Hunt Ivan Hunt John Hunt Barry Hyatt Albert Jackson Karen Jakes David Jarvis Keith Jarvis Bill Johnston Iain Jolly Reginald Jones Ian Kelly Robert Kernahan Steve Key Robert Kinsman Michael Kirk Janet Lang William Lawrence David Lazenbury Steve Lee Paul Lerch Frank Lum John Marshall Keith Martin Suzanne Martin Mary Mayor Duncan McGregor David McKittrick Stuart McLagan	Tom McMillan Michael Mee Roger Miller Barry Moore Steve Moore Terence Moore Monica Moran Barry Morse David Nicklas Clive Openshaw Rita Overall Graham Padget Robert Parr Howard Paton-Barnes David Peace Barry Pearson John Peters Raymond Piggott Roger Plant Hugh Pollock John Poole Lawrence Powell Alan Pradey Syd Prentice Nick Prior Gerald Quicke Boris Roberts Fred Roberts William Roberts Gerry Russell Pranab Sarkar Alex Smith John Smith Chris Srivalsan Anthony Stewart Barry Stopgate Michael Strevens Roger Taylor Richard Taylor-Smith	Roy Theaker Teresa Theobald Ian Thomas Barry Turner Robert Wade Jim Wakefield John White Peter Whiting Sonia Wiggins Colin Wilde Peter Wilding Alan Williams Ray Williams David Wren Welwyn Bill Andrews Joan Bamborough Geoff Beck Anil Bhagwat Peter Burt Doug Childs Rob Deville Bob Enticknap Gill Jeynes (née Watkins) Mike Ladell John McShane Geoff Miller Geoff Parkes Ivor Rawlings Roy Read Wendy Turner XES Paul Carruthers Alan Smart Les Wise
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Absent friends We record the deaths of the following Scheme members, whose age and last place of work are shown, and offer our sincere sympathies to their families.

IHQ Gwilym Peregrine (75) Mitcheldean Mervyn Alder (54) Richard Beveridge (73) Ron Blanckley (76) Nesta Brain (92) Fred Bullock (75) Dennis Burford (74) William Carpenter (73)	Thomas Davis (68) Derrick Hatton (70) John Hawker (69) William Hopkins (65) George Hyett (84) Herbert James (89) Verdun Jones (82) Alan Marrott (63) George Meek (68) James Merry (71) George Perriman (77)	Jo Phillips (80) Sadie Pritchard (82) Yvonne Randall (61) Walter Roberts (77) Margaret Sharpe (63) Hartley Smith (73) William Williams (71) UK Company Alf Bragg (71) Frances Bull (83)	Queenie Cadden (79) Edward Dennehy (79) John Hackett (72) Doris Holmes (76) Terry Johnson-Cooper (67) David Mossop (52) Kenneth Mott (78) William Ogier (63) Clive Scott (81) Jill Sharp (49) Fred Sibson (74)	Arthur Tunstall (81) Colin Worman (47) Welwyn John Badham (50) Elizabeth Fry (53) Robert Norton (78) Joan Robson (78)
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GOLDEN TRIO

Many congratulations to the following three couples who have all recently celebrated their Golden Wedding anniversaries:

Alan & Phyllis Styles

Nancy & George Belsham

Tony & Margaret Cale



PENSION PAYDATES

Your Xerox pension will be paid into your bank account on the following dates:

May pension	Friday 30th April
June pension	Tuesday 1st June
July pension	Thursday 1st July
August pension	Friday 30th July

A different kind of Xerox ...



Xerox Channels Group

Peter Jones is Customer Support Manager with Xerox Channels Group, which he says is an entrepreneurial "company within a company" dedicated to becoming the fastest-growing source of personal and networked document solutions sold through indirect retail and office channels worldwide. Technically, a "channel" is the way a product or service is sold to the end-user. A sales representative can sell it directly to someone; alternatively, it can be sold indirectly through an intermediary such as a retailer or a reseller.

The Xerox Channels Group sells the way customers buy, serving the fast-growing small office/home office (SOHO) and networked office markets with laser and ink-jet printers, multi-function products, personal copiers, fax machines and supplies, all backed by world-class service and support.

The Document Solutions market is huge! It is \$90 billion today and is expected to double in the next two to three years. Not only is the SOHO sector growing rapidly but also people are changing their buying habits. They are turning to indirect channels – the retailers, resellers and dealers.

The chief business goals of the Xerox Channels Group are:



To create a stand-alone organisation to find and implement solutions for the channel.



To aggressively negotiate alliances and partnerships.



To continue to develop a broad product portfolio suited to the office and SOHO markets.

All Xerox staff and pensioners may now purchase the product range of Xerox Channels Group at special discount rates. Pensioners should contact **Rachel Merrick** at Bridge House on **01895 843442** for specific items. Details of special offers will be circulated from time to time with this Newsletter – you will find the latest of these enclosed with the current issue.

XPA Holiday Discounts 1999

We have been able to retain holiday discounts for XPA members from Rank Holidays Ltd and Shearings Ltd. Full details opposite.

Please note that letters of confirmation of XPA membership are now required only for Shearings holidays.

If you are thinking of booking a holiday, please cut out these details and keep them in a safe place for future reference.

Holiday company	Discount	Reservation Number	Code
WARNER			
7-night hols June/July/August	15%	01705-478888	HAX01
Other breaks in 1999 brochure	10%	01705-478888	HAX01
OASIS			
Brochure price	10%	0990-086000	HAX01
HAVEN			
UK holidays (self-catering)	15%	0990-233111	HAX01
Half/full board	15%	0990-233222	HAX01
EUROPE	15%	0990-233777	HAX01
Brochure requests		0990-233444	
BUTLINS			
Family Entertainment Resorts (self-catering)	25%	01243-860068	075
Entertainment Hotels (half-board)	20%	01243-860068	075
SHEARINGS			
	Discretionary discount	01942-824824	Letter from Regional Co-ordinator
People with special needs		01942-496507	Letter from Regional Co-ordinator

Letter from our Creuse (that's in France) correspondent

John Milligan lives now in Creuse, the least populated département (county) in France, which boasts more cattle than people. From this totally unspoilt rural idyll, John sent an amusing account of a recent encounter with a goat ...

Lawnmowers are to the Creusois as air conditioners are to Eskimos. Listening to local advice, the best thing for keeping down the meadow is a goat. As luck would have it, nearby was a goat farm specialising in goat cheese. "Good idea", I thought. Pop along and see if I could purchase one of these local lawnmower things. "No problem", the proprietress said, "We have a goat that is due to give birth in the next few days and you can have the offspring ... come back in two or three weeks".

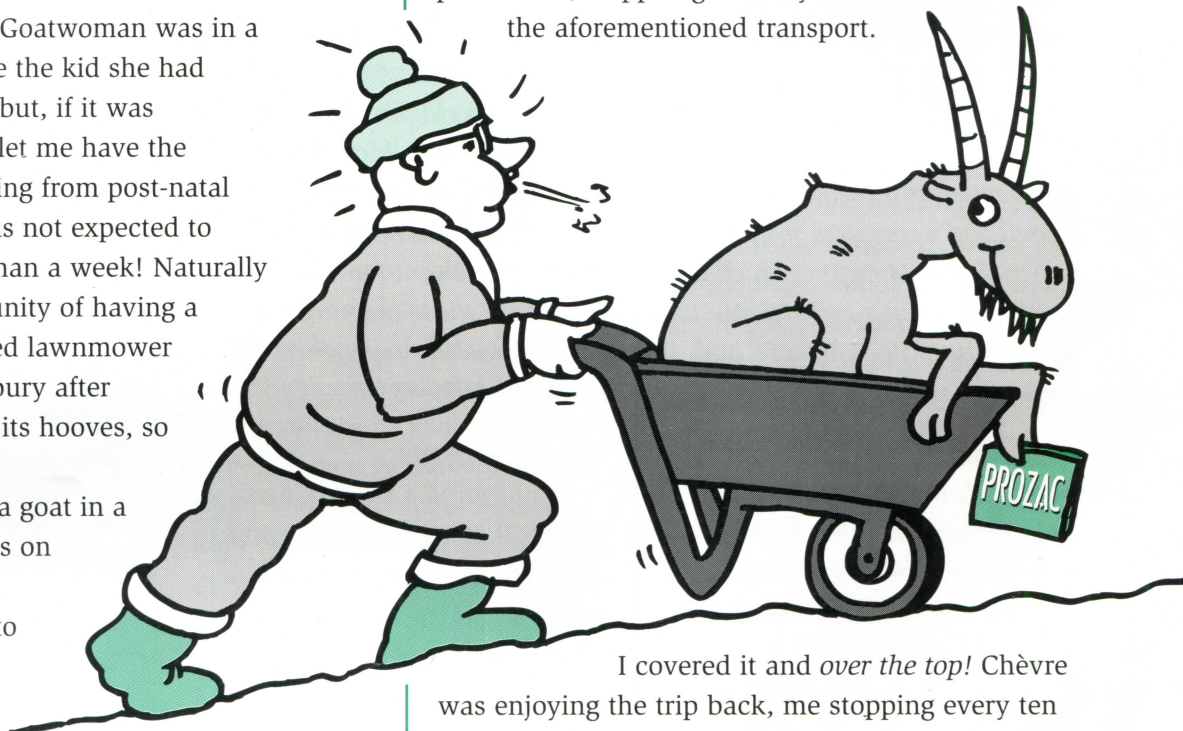
When I went back, Goatwoman was in a state of distress because the kid she had promised was stillborn but, if it was convenient, she would let me have the mother who was suffering from post-natal depression and who was not expected to remain alive for more than a week! Naturally I jumped at the opportunity of having a psychologically deranged lawnmower which I might have to bury after seven days if it popped its hooves, so to speak.

But how to convey a goat in a car? The only space was on the passenger seat and, having an English car, to the French it looked as though the goat was driving. Stopping to buy bread at the boulangerie, locals appeared from nowhere to examine the goat that could drive. The goat was loving every minute of it, almost showing off and looking very proud, horns ripping the headlining of the car and hooves stuck firmly in the ashtray.

Once home, I had to drag it out and secure it for the night, the only device at my disposal being a length of electrical cable and a stick. So, placing the "machine" in the part of the meadow with the longest grass, I retired and tried to imagine the circular centre court which the beast would have created during the night. Next morning, though, problem! Or, as they say in France, "Merde"! One stick, one length of cable, but no goat!

I began to comb the local surrounds calling out

"Chèvre". What else could I do? Play a track from "The Sound of Music" in the hope that it would respond to "The Lonely Goatherd" or perhaps a few bars from "New Kid in Town" by The Eagles? Frantic searching, its camouflage was finally unravelled, crouched close to the stream, looking near death. I decided to fetch the wheelbarrow and a cover because Chèvre was frozen. When I reappeared, Chèvre seemed to perk up a little and, with gentle persuasion, stepped gracefully into the aforementioned transport.



I covered it and over the top! Chèvre was enjoying the trip back, me stopping every ten metres to catch my breath, Chèvre appreciating the scenery.

Back on home territory, I secured the beast to a more substantial tether, a hawser like they use to secure ocean-going liners to docks. But it soon became all too apparent that my disturbed animated lawnmower didn't care too much for grass! Tender plants, daffodils, crocus, young shoots or anything vaguely ornamental ... but grass, no! The end of the story? The goat was given away as a gift to a local without any guarantees of longevity or information about its eating habits, together with the hawser and all its security devices.

I came away from the experience with the conclusion that a goat's ability to eat grass is a bit like the old 660 photocopier's solid area capability! But the feed system for the goat is easier!

Life with Dad's Army



Syd Roake, who was the Mail Room Supervisor at Xerox House, Euston Road, has recently been committing to paper memories of his time as a gunner in the Royal Artillery during the Second World War. Here we only have room for an extract from his interesting account, which details his experiences as a regular soldier working with the Home Guard. We have passed Syd's complete story to the Department of Documents at the Imperial War Museum, which was delighted to receive it for its records. The Department's archives are made available to those carrying out research into life in Britain and, in particular, into the experiences of those who served in the Home Guard during the 1939-45 War.

About the end of 1942, Anti-Aircraft Command decided to form Home Guard AA Rocket units in order to release regular troops to serve on the Second Front in Europe. I was transferred to a rocket battery in Sheffield and, shortly after, seconded to a Recruiting Office in Rotherham to start the process of obtaining recruits to form a Home Guard AA Battery.

The War Office decided a small nucleus of regulars should remain with each Home Guard unit to look after training, maintenance of equipment etc and, after much haggling, a battery establishment was settled at 56 regulars to 1,430 Home Guard. I was one of the fortunates or, should I say, unfortunates detailed to stay, initially as a recruiting bombardier and later as a

training sergeant.

In forming a Home Guard Rocket Battery, it soon became apparent that officers were selected not by their previous Army experience but by their position in civilian life. If you were a director of a business concern, you would qualify as a Home Guard officer. But, if you were only a shop manager, the highest rank you could ever hope to attain was that of sergeant. However, this system seemed to work and, with our Officers selected and some NCOs already with their stripes up and blanched, the recruiting of the gunners got under way.

Opening day was fixed for our Recruiting Office and, with full press coverage, all we had to do was wait for the recruits to roll up in their hundreds. All the "big brass" attended the opening

... the local Mayor, two Brigadiers, a couple of Lieutenant-Colonels with their underlings plus the usual photographers.

Unfortunately, no recruits turned up.

After waiting half an hour, the assembled company became very impatient and it was decided to ask the photographer's assistant to act as a recruit in order to obtain the necessary press pictures! But maybe the power of advertising had effect for, within a week, a steady flow of applicants came along to apply for enrolment!

My photograph, reproduced here, shows some of the VIPs watching me enrol the "fake" recruit.

Calling all Xerox Pensioners ...

Do YOU have any wartime memories?

When we sent Syd's story to the Imperial War Museum, they asked us to bring to the attention of other Xerox pensioners their interest in people's wartime experiences. If you have any diaries, letters or other documents relating to your own wartime service which you think might be of interest, the Museum would be glad to have them. They would be retained in the Museum and made available to interested researchers. Any contributions should be sent to:

Imperial War Museum

Lambeth Road

London SE1 6H2 and marked

For the attention of

Simon Robbins, Archivist,

Department of Documents.

WET AND WONDERFUL!

Did you know that each of us consumes, in an average lifetime, getting on for 9,000 gallons of water! Health Consultant

Ann Higgs looks at the vital part which "Adam's ale" plays in our well-being.

Water makes up almost 60% of our body weight and, although we perhaps take it for granted, the importance of water to our human existence cannot be over-emphasised. From helping the digestion and keeping us mobile to controlling body temperature and skin texture, water lubricates, transports, regulates and balances, all the time. Let's take a closer look at water's miraculous powers!

Present in saliva and stomach secretions, water is a key player in extracting nutrients from food and, via the digestive process and kidneys, contributes to the efficient disposal of waste products.

Water also represents the largest component of blood and, as such, helps the distribution of carbohydrates, fats, proteins, oxygen and hormones around the body, to feed and energise the muscles and regulate metabolism. Then, there are our muscles which are composed of ... guess what? Yes, they're about three-quarters water too and, where they attach to operate the limbs, water is again at work, in the

mechanism cushioning joints.

Pretty impressive, isn't it? But that's not all. Rather importantly, we also regulate body temperature by taking heat from the muscles and dissipating through the skin's surface, in the form of sweat. This can amount to quite significant leakage! If we add an allowance for bodily functions and water vapour produced simply by normal breathing, the average daily water loss is of the order of two pints. When the weather's hot or if we take vigorous exercise, this figure can easily double.

Resulting dehydration forces the organs to work less efficiently, can put a strain on the heart and may lead to high blood pressure. It can also result in the loss of valuable minerals and may result in the skin – the last in line to receive the benefits of water – losing condition. In a kind of reflex action, the ankles may become puffy, as the body tries to conserve the water it has.

It's clearly essential then that we keep the body's fluids in balance and

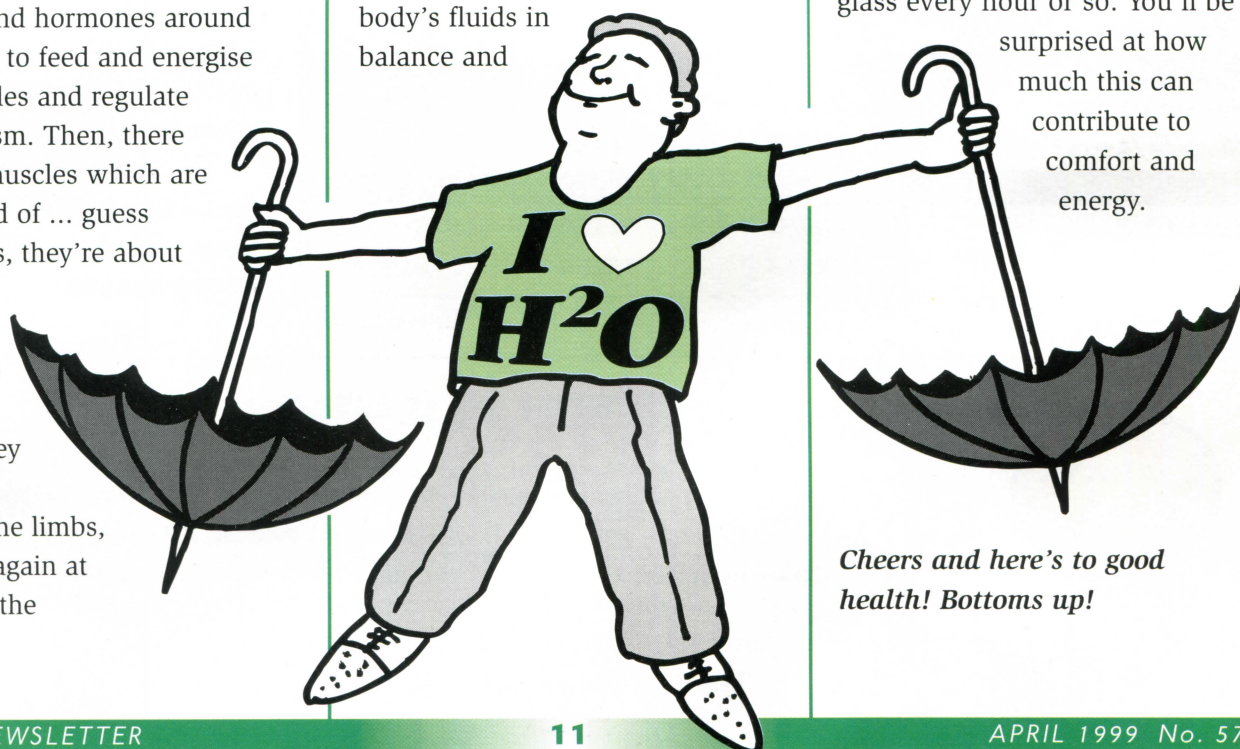
the easiest way to do so is by cultivating the habit of drinking plenty of water every day. We are fortunate that the Victorian engineers left us an excellent water supply network for the distribution of tap water, although some people may prefer to drink bottled, distilled or filtered water.

Adding fruit juice or flavourings to make water more appetising is fine and eating fresh fruit and vegetables can boost intake considerably. Lettuce is about 95% water and have you squeezed a plum recently? When fluid replacement is the prime concern, drinks containing alcohol and caffeine should be restricted. That's because they both have a diuretic effect, encouraging the body to release, rather than to retain, water.

Current thinking is that we should take a water-based drink before any serious exercise and, while we are engaged in strenuous activity, top up with a glass every hour or so. You'll be

surprised at how much this can contribute to comfort and energy.

Cheers and here's to good health! Bottoms up!



COMPETITIONS

The Missing Link

Congratulations to **Barbara Jeremiah** from Slough, who was the winner of the Missing Link competition in the last issue of the Newsletter. The Missing Link was OVER, producing the following list of new words:

WALKOVER, OVERCOME, FLYOVER, TAKEOVER, ONCEOVER, OVERRIDE, PULLOVER, OVERALL, HANGOVER, OVERHEAD, OVERTHROW.

DOWN THE TUBE!

For our Competition this time, can you find the names of the stations on the London Underground which are represented by the clues below?

Please send your answer on a postcard or the back of a sealed envelope to **Barbara Keech** to arrive by **Thursday, 1st July**. Don't forget to enclose your name and address with your entry. There will be a £25 prize for the winner.

1. Angry Monarchs
2. Patterned Stone Portico
3. Alpine Chateau
4. Nearly Round
5. The Garden of England
6. How Many Brides For Seven Brothers?
7. Weapon Store
8. Huge
9. The Knight Has Been Captured
10. The Vicar Is Envious – Or Sick
11. Ancient Thoroughfare
12. Cockney Child's Toy Is Unwell

Car hire – competitive rates for Spain & Portugal



If you're heading for mainland Spain this year or the Balearics, the Canaries or Portugal, you may want to take advantage of the competitive car hire deals offered by **Dove Travel**. Some examples of their normal weekly car hire rates are given below. For **XPA members**, they are prepared to offer a **£5 a week discount** on the rates shown.



	Low season	Mid season	High season
ALICANTE – MURCIA – VALENCIA AIRPORT			
Escort 1.6* 5-door	£103	£115	£133
Mondeo*	£209	£215	£233
MALAGA AIRPORT			
Escort 1.6*	£113	£137	£152
Espace Galaxy 7-seater	£285	£345	£382
MAJORCA			
Fiesta*/Corsa*	£83	£111	£129
Megane/Astra*	£131	£149	£156
FARO – LISBON – OPORTO AIRPORT			
Escort 1.3	£86	£119	£145
Fiesta	£115	£154	£190

* Air-conditioned

These rates are inclusive of: unlimited mileage, VAT, local taxes. Comprehensive insurance, roof rack and baby seats available on request. A deposit is payable to **Dove Travel** when you book a car, with the balance payable to the hire company when you collect it.

For further information, please ring **Gordon Day** at **Dove Travel** on **01705 554200**.



Don't forget

... If you have any contributions for the Newsletter, we are always delighted to receive them. Please get in touch with **Barbara Keech**, XPA Secretary, or with **Lois Dawson** at Xerox Pensions if you have anything which you think may be of interest.

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