

PENSIONERS' EDITION

The write stuff

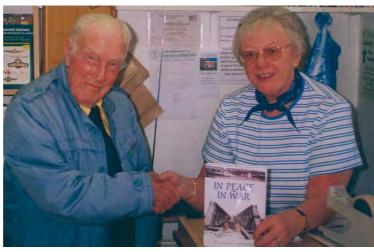
You are never too old to achieve a dream, as former London Underground employee Sidney Snowsell has shown.

Sidney, 98, has co-written a book with his brother Don entitled *In* Peace – *In War, a Family in Fulham,* documenting his family's history through the war and on the railway.

"I worked on the railways in Neasden for 40 years, starting in 1931," said Sidney.

"I thoroughly enjoyed my time on the Metropolitan Railway. Working for the Underground was a proper job and I made a great many friends there."

Sidney started writing down his memories in 1970 and, with the help of Don, who is already a published author, finally got his work in print last year.



Sidney sells another copy of his memoirs in a bookshop in Brixham, Devon.

Sidney added: "I can't believe how many copies I have sold already. I think writing must run in the family!" Copies of the book are available from the Harbour Bookshop,
Brixham on 01803 857901.

PENSION FUND NEWS

Increase for 2004

The pension increase from 1 April 2004 will be 2.8 per cent and is based on the rise in the Retail Price Index over the 12 months ending in September 2003.

This will be paid to eligible pensioners on 4 May 2004.

An extra payday

During this tax year (2003/2004) you will receive 14 pension payments instead of the usual 13.

This occurs once every 12 to 14 years because pensions are paid four-weekly rather than monthly.

You will be entitled to free pay as usual, so your tax position should be unaffected.

The first pension payment in the 2004/2005 tax year will be made on 4 May 2004 and will include the above pension increase.

John's special memory at the Cenotaph

Servicemen and women formerly of London Underground and Buses marched to the Cenotaph on Remembrance Sunday.

They joined Learning and Development Trainer John Nicholas in an 80-strong procession of Transport for London staff.

As well as representing all those who died in the two World Wars, John was marching for his 20-year-old son Barry, who was killed on a UN peace-keeping mission to Bosnia in 1994.

"This year was the 80th year that London Transport has marched on Remembrance Sunday," said John.

"They were first invited to take



Vice Chairman of the London Transport Old Comrades Association John Nicholas wears his poppy with pride.

part by King George V to honour the Busmen who ferried supplies to front line troops in World War I."

John joined London Underground after six years' service with the 17th/21st Lancers, part of the Royal Armoured Corps. He first took part in the parade in 1995 when he was an Instructor Operator at Upminster.

The following year he was asked to lay London Transport's wreath. Two years later he found himself leading the contingent.

"When I march, I think about my son and the heroic efforts of everyone who gave their lives for their country."



Pensioners' reps seek greater consultation

The latest Pensioners Forum meeting was held on 17 December 2003. Here is a summary of the minutes:

☐ The pensioners' representatives welcomed the new otm digest as a step in the right direction, but still regretted that there was no

TfL-wide publication. They suggested the inclusion of a newsletter in a spring or early summer edition, giving a flavour of the TfL annual report.

☐ The pensioners' reps once again made representations for the Forum to be consulted on the findings of the current triennial actuarial valuation of the Fund. It was agreed that the Forum would be given a presentation on the Summary of Results at its next meeting in February.

☐ The pensioners' reps continued to press for a review of the Pensioner Liaison Scheme, taking account of schemes operated by other companies.

Please turn to page 6 for more information about the Pensioners Forum and other pensioner organisations.

Age Concern on the lookout for volunteers

Do you have time to spare which you could put to a good cause?

Age Concern is always on the lookout for volunteers to help with a huge range of initiatives.

You could work with children in the Intergenerational Programme, work with adults on computer skills or help spread the word about staying healthy and active.

All the time you'll be learning new skills and meeting people who share your interests, and

Age Concern will provide out-ofpocket expenses, offer practical support and provide relevant insurance cover.

Email aau@ace.org.uk to find out more.

 Do you already help out with a charity or cause close to your heart? Want to show others the benefits of volunteering? Why not share your story with otm. Contact us (details below) and you could see your story in print.

Your contacts at your magazine

Do you have something you'd like to include in the next pensioner edition of otm? Let us know!

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Blanket care

Please take care when using an electric blanket this winter.

Age Concern research in 2002 showed that more than 70 per cent of blankets they tested were unsafe and had to be repaired or replaced.

Old or damaged blankets cause more than 5,000 house fires a year and older people aged 65 or over are particularly at risk, with

six times the national average of fatal injuries.

Age Concern joined forces with Powergen in **October and November** to offer free blanket testing across the UK to try to prevent accidents this winter.

Electric blankets should be checked by an expert every three years for signs of wear or damage.

You can reduce the risk of fire accidents by:

- Always buying a new product secondhand blankets may not be safe
- Getting your blanket checked every three years or as directed by the manufacturer
- Always reading and following the instructions
- Never using a blanket with scorch marks or exposed elements
- Never using a hot water bottle and electric blanket together
- Checking the plug cord for wear and tear
- Never fitting the blanket to an adaptor or multisocket block with another appliance plugged in
- Making sure the power is turned off at the wall and the blanket unplugged when not
- Keeping the blanket stored carefully in summer
- Checking instructions before washing the blanket - most are designed not to be washed.

A man of many modes

Planes, trains and automobiles - Bill Pearson has worked on them all!

Bill, who is the Pensioner Liaison Representative for the

Acton area in west London, started his career with London Transport building buses when he was just 14.

Bill said: "I started an apprenticeship, but war broke out so I joined the Navy.

"When I returned, I got a job as a Body Maker at the Ealing Common Train Depot for London

Underground - I worked on the first ever training train."

Following that, Bill found himself building planes at Southend Airport, before joining the production line at Ford.

He returned to Ealing Common for 15 years before his retirement in 1990.

"You could say I've worked on practically every mode of transport invented," Bill added.

"I've been a Pensioner Liaison Representative for nine years and enjoy providing a friendly ear and giving advice."

Bill, who has three children,

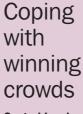
five grandchildren and four greatgrandchildren, is also a member of the London Transport Old Comrades and he enjoys catching up with former colleagues.

"I visit about 400 people who really appreciate my time."

Pensioner

Liaison Representatives act as the link between the pensioner and the Pensioner Liaison Manager.

If you would like to know more about becoming a representative, please contact Judi Yapp, Pensioner Liaison Manager, 15th Floor, Windsor House, 42-50 Victoria Street, London SW1H OTL. Tel 020 7941 4418.



Central London almost ground to a halt when rugby fans descended on the capital to salute the England team's World Cup victory parade.

Motorists were told to leave their cars at home and buses were brought to a standstill, **leaving London Underground to**



Liz Sheridan joins the crowds to cheer on the England team.

keep the crowds moving.

Passengers could use bus tickets on the tube.

At Charing Cross, Station Supervisor Greg Stark said: "It ran smoothly and the atmosphere was electric. At no point did we have to consider shutting the station."

At Piccadilly Circus, extra staff and British Transport Police officers were on duty. Customer Care Assistant Liz Sheridan said: "We had no trouble. I was cheering as loud as everyone else, even though I'm Scottish!"

READER SURVEY RESULTS

Bill Pearson.

Not bad for starters

A huge thank-you to all of you who took the time to complete the reader survey in the last (October) pensioner edition

Your feedback and suggestions

are extremely valuable and we will take them on board.

Most of you (85 per cent) said you like the new quarterly pensioner-only version and almost 90 per cent said the pensioner-specific articles are useful.

Not everyone agreed - some said there was too much crossover material from the

staff version of otm, which they had already seen as they subscribe to it.

Top of the list of interests was

general pensions and finance matters, followed by news about the LT pension fund.

You also said you'd like to see news of discounts for LT pensioners - we are looking into this for future issues.

PENSIONERS EDITION

Welcome to your

exclusive issue of

Items such as 'whatever happened to...', reminiscences and different ways of enjoying your retirement also scored highly - but we need your contributions to help us cover these stories!

The Noticeboard section drew many comments - we are

pleased you found it useful.

We're glad you liked the launch issue. Hopefully this one will meet your expectations too.

Where are the **bus stories?**

Why don't we have many stories from bus people?

That was one of the most frequently asked questions in the survey.

We realise that not everyone who receives this edition of otm is a former London Underground employee. However, this publication is run by, and funded by, London Underground, as well as its sister version for the 12.000 current staff. The two magazines run in tandem, so the stories are primarily from the London Underground business.

In the pensioners' quarterly edition, we do try to include some stories other than those from London Underground, and we are developing our contacts across the business to achieve this.

If you have a story for otm from any part of TfL, we will certainly consider it for a future issue. Please see our contact details on page 2.

on the move

A shoulder to lean on

London Underground's Chaplains have been providing a friendly ear and a shoulder to cry on since the mid-1970s.

London City Mission Chaplains Eddie Cooksey and Steve Nichols deal solely with London Underground and the British Transport Police, responding to requests for help or just travelling the network and listening to people's problems.

Eddie, who has worked with us for four years, said: "The service we provide is for people of any faith, or indeed none at all.

"We do not convey our religious beliefs unless asked and we can put staff in touch with people of their own faith if they prefer.

"Our service is also entirely confidential."

Steve is a newcomer to London Underground but has already received a great welcome from the staff he has met.

He said: "The job we do is so varied and very rewarding when you feel you have helped someone."



Chaplains Steve Nichols (left) and Eddie Cooksey provide a friendly ear for a member of staff.

Touring the time tunnel

London's oldest tunnel had its cobwebs dusted down for 60 lucky people to take a tour.

The Thames Tunnel, linking Rotherhithe to Wapping, was built by famous father-and-son duo Sir Mark Isambard Brunel and Isambard Kingdom Brunel in 1843.

Public Affairs Executive Victor Odumenya helped conduct the tour to celebrate the tunnel's 160th anniversary.

Victor said: "Opening up our building as part of the London Open House scheme is a great way for us to give our customers the opportunity to see and appreciate the history and architecture of London's transport infrastructure."

Neil Kermode was one of the members of the public who went on the tour.

He said: "We had a fantastic and



Model behaviour

Transport enthusiasts – here's a date for your diary.

A London's Transport in Miniature exhibition will be held at London's Transport Museum Acton Depot on 6 and 7 March 2004.

It will include collections of model layouts depicting 20th century London transport from professional and amateur modellers, many inspired by real London locations.

Workshops for children will include making models in card and dressing up to be mini London transport workers!

The depot is at 118-120 Gunnersbury Lane, London W3 8BQ. The nearest tube is Acton Town. By bus, travel to Acton Town station or Gunnersbury Lane junction with Uxbridge Road. The exhibition will be open from 11.00 to 17.00 (last admission 16.00).

Admission (tickets valid both days): Adults £6.95, concessions £4.95, accompanied children under 16 go free. Avoid the queue and book in advance, either in person or by posting a cheque to: Resource Desk, London's Transport Museum, Covent Garden WC2E 7BB. Bookings to be received by 20 February.

Introducing retirees and long servers . . .

Longest serving employee

We've managed to track down London Underground's official longest serving employee!

Tom Scott, Duty Manager Trains at Queen's Park, has notched up 45 years since starting out as an Office Boy at Earl's Court.

"The part I like most about this job is

meeting customers and solving problems when they occur," he said. Tom was a keen member of the LT Players theatre group which ran plays and musicals, but has now disbanded.

He added: "I'm 61 now and should be retiring soon, but I'm in no hurry to go."



Retiring Peter wins prize

It's good to achieve everything you want in your career before you retire.

So Peter Norris, who retired as Station Supervisor at Epping in October, was delighted when the station finally won the annual London Underground station garden competition.

"I've wanted to win for ages and we always miss out," said Peter. "It was the icing on the cake and great to go out with a bang.



Green-fingered retiree Peter Norris

"I'm 65 but I don't feel like retiring – I'm still a young man! It's been a pleasure to come to work here for the last 32 years and I will miss the comradeship."



From left: Jim Pascall, Cozmik Wilson, Ifhwar Chauhen, Suresh, Mohammed Rafiq, Steve Beverly and Paul Gardner celebrate 175 years' collective service.

Adding up the years

Seven District line Train Operators are celebrating 175 years' service between them.

Jim Pascall, Cozmik Wilson, Ifhwar Chauhen, Suresh, Mohammed Rafiq, Steve Beverly and Paul Gardner were rewarded with a thank-you at the Tower Hotel.

Train Operations Manager Jason Frew said: "Barking is a really popular location and there is a waiting list to transfer here.

"It's a small depot, so everyone knows each other and gets on well.

"There are around 20 Train Operators here with more than 25 years' service each. I am really proud of this group, with so much experience and knowledge between them."

Both sides of the track

Long-serving Station Supervisor Greg Marcellin has a real insight into the business.

Greg is celebrating 40 years' service with London Underground and has spent time on both stations and trains.

"After a stint as a Guard, I became a Train Operator and then Station Supervisor," said Greg, based at Tower Hill.

"I really enjoyed the trains side of things but I did experience some suicides which put me off.

"I do think working in both areas has helped me because I know that we sometimes have different priorities but the same ultimate goal, so I see the benefits of working as one organisation."



Ken Osifuwa says he will miss the job.

Changing of the Guard

Also retiring after 32 years' service is Piccadilly line Revenue Inspector Ken Osifuwa.

Ken started his career as a Guard and has worked in several roles and locations.

"I enjoyed every job I did with London Underground and will really miss it," he said.

"My colleagues have all been fantastic and I had a retirement party organised by my manager as a thank-you."

on the move

Living a tube life

Working for London Underground is a way of life, not just a career, according to former Holland Park Station Supervisor Tony Stivala.

Tony, who retired last month, enjoyed 31 years' service.

He said: "When I joined in 1972, I knew the Underground was the sort

of career you didn't leave, and I was proved right.

"I started as a Guard and wanted to progress. When I became Station Supervisor I knew that was the job for me. It's the comradeship which really makes life on the Underground so good."

Tony has seen many changes: "The Supervisor's office used to be just a desk with a pad and a pen," he said.

"New technology like computers has really made a difference to efficiency."

A great achievement for long server

Dave Farrugia has clocked up 35 years' service and has become the longest serving Group Station Manager's Assistant in London Underground.

Dave was the quickest promoted Station Foreman ever after just two years in the role. He has been a union rep and was instrumental in founding the Staff Assaults Committee in 1981 to help combat workplace violence.

"That was probably my greatest achievement," said Dave.

"When I look at the work the Crime and Disorder unit does now, I can feel proud that I was involved from day one."



Dave Farrugia is breaking records for service.

Have you ever wondered how LT pensioners are represented on pensions matters once they have retired?

There are a number of bodies giving pensioners a voice, with pensioners' representatives seeking to look after pensioners' interests and concerns.

otm helps guide you to the right one.

Finding your voice

- There are two pensionernominated trustees of the **Pension Fund** overseeing fund management and performance. Every year, pensioners are entitled to attend the Annual Members Meeting, normally held in October.
- Elected pensioner representatives also attend the **Pensions Consultative Committee** (PCC) meeting with TfL management and representatives of current members and Trade Unions. The PCC meets quarterly and its discussions cover pensions policy, fund performance and benefits, as well as any implications for the fund of the wider financial climate.
- The Trade Unions have separate negotiating rights on behalf of their members through the **Joint**Working Party, although pensions

The LTPA in more detail

The three founding organisations of the LTPA are:

- The London Transport Superannuitants Association (LTSA)
- The London Transport Retired Staff Association (LTRSA)
- The 55 Society.
 They each nominate four members to attend the quarterly meetings.

The LTPA also receives a small grant annually from TfL to assist with the running costs of

other organised groups of retired LT staff.

At no cost, all pensioners (including dependants of deceased members) and deferred pensioners of the LRT Pension Fund can register for life membership of the LTPA.

The relevant forms will be sent if you send a stamped addressed envelope marked 'LTPA Membership' to: Membership Secretary, LTPA, c/o 204 Whittington Road, Bowes Park, London N22 8YN.

issues are often incorporated into wider pay and conditions negotiations.

There is also the **Pensioners' Forum**, set up in 1993 as a

consequence of agreements reached following the High Court case about treatment of LRT Pension Fund surpluses. This is specifically designed to provide an opportunity for retired staff organisations to communicate directly with the employer about TfL policies "as they apply to and affect pensions".

By 1997, the need for pensioners' representatives to co-ordinate their specific concerns about pensions and other retirement benefits was recognised. As a result, the **London Transport Pensioners Association** (LTPA) was formed to look after the interests of all LT pensioners and their dependants and those with deferred pensions.

The aims of the LTPA

While the LTPA itself concentrates on pensions and retirement benefit matters and communication about these issues, the three founding organisations have wider aims – to provide opportunities for social contact, communication and, if able, help and advice to retired staff and their families.

Originally, the LTSA and the LTRSA drew members from specific groups of staff,

but these days they welcome any retired member of staff for a single subscription of £5.00 (or £10.00 for a couple).

The LTSA, which has been going since 1964, meets on the first Wednesday of every month at 55 Broadway. The LTRSA, which is organised on an area basis, has monthly meetings at various locations around Greater London.

The 55 Society, which represents retired senior managers, meets quarterly in London.

Obituaries and in memoriam

If you have an obituary notice for inclusion, please send details to otm pensioner edition, 24-26 Great Suffolk Street, London SE1 OUE, or email onthemove@abcomm.co.uk

- Betty Caesar has written in about her husband **Harry**, a Coppersmith for 31 years at Victoria, Butterwick and Shepherd's Bush garages. He was retired for 17 years before he died of cancer.
- Tom Cronin joined LT as a Booking Clerk in 1959 and retired in 1985 as RSM Wembley Park, when he moved to New Milton in Hampshire. Sadly Tom developed Alzheimer's Disease and died in June 1994.
- Allan Currans, Bus Driver at Peckham garage, died on 16 December 2001 aged 81. He joined LT as a Tram Driver in 1950 and retired in 1985. For several years during the 1970s, Allan was a Driving Instructor at Chiswick, but returned to driving, mostly routes 12 and 36. Allan's

LT memorabilia was donated to London's Transport Museum.

- Arthur A Day passed away at home on 19 November 2003 aged 75. He worked for London Transport Rolling Stock Buses as a Fitter Grade FT 31 at Hornchurch, Romford and Upton Park until he retired in October 1992.
- Jim Ellicock died on 22 September 2003. Jim started at Wood Green bus depot in 1950 as a Conductor, progressing to Driver. He became a Driver Instructor working out of Chiswick HQ in 1972.
- Lily Gill would like to thank everyone who sent cards, messages and donations and came to the funeral of husband

 Sid Gill. Sid did not want to have flowers and requested donations were sent to the Born Free Foundation and the Dian Fossey Gorilla Fund. Sid passed away on 1 November 2003. He joined LT's Chiswick works after serving in the RAF and Fleet Air Arm. During his career he was a member of the St John Ambulance

Brigade and a regular attendee of the Hospitallers Club.

- Cyril Guest died of prostate cancer on 10 November 2003 aged 76. Cyril was one of the longest-serving staff on the Bakerloo line with 44 years' service. He started work with the Met and Great Central at Rickmansworth goods depot. He spent most of his Bakerloo line days as a Motorman at Watford, Croxley Green, Queens Park and Stonebridge Park depots.
- Patrick Moloney, retired Bus Driver from Enfield depot, would like to remember his brother **John**. John was killed in a car accident in 1968 aged only 28, leaving a wife and four children. John was a Bus Conductor at Peckham depot, having transferred from Edmonton.
- Bob Wall, who died in October 2002, worked as a Ticket Collector on the Central line, at Notting Hill Gate and Shepherd's Bush, for more than 33 years. He retired nine years ago and was 74 when he died.

Winter

When the temperature plummets, keeping warm is a top priority for all of us.

There are some simple guidelines you can follow to help fend off the cold.

Check your heating is working properly – pensioners can register with electricity and gas suppliers as a Priority User to receive free safety checks and companies cannot disconnect pensioner-only households.

Check for draughts – fitting draughtproofing around doors and windows can save you money on bills as well as keep you warm.

Is your loft insulated? It needn't cost a fortune – even a layer of cardboard can help prevent heat from escaping. Don't forget to lag your hot water tank and pipes.

Be prepared for a power cut – keep a torch and spare batteries in easy reach; keep candles and matches to hand; make a note of important phone numbers and keep some food items in stock which don't require heating.



If you are over 60 and live at home, you are entitled to a winter fuel payment during the winter. This is £200, with an extra £100 for households where someone is over 80.

This should be received automatically if you are over 60 on the qualifying date (the third Monday of September). If you haven't received the payment by December of that year, call 08459 151515 with your pension book or national insurance number ready

- People on pension credit receive an automatic cold weather payment of £8.50 a week when the temperature falls below freezing for seven days
- People on income-related benefits can apply for money towards home insulation or a central heating system call 0800 316 6011 for details
- Crisis loans may be available in exceptional circumstances during the winter call the winter warmth advice line on 0800 085 7000.

ggnoticeboardgg

- Pension credit replaced the Minimum Income Guarantee (MIG) from 6 October. Some people who did not get MIG may be eligible for pension credit. Call 0800 99 1234 to apply.
- The Department of Health has issued guidance on how the savings disregard is calculated for the purposes of charging for residential care. It gives a brief explanation of pension credit, a list of qualifying income, how councils may access benefits information and examples of how the savings disregard should be calculated. The document is available by calling 020 7210 4850, or on the internet at www.doh.gov.uk/scg/crag/index.htm
- The Hospital Travel Scheme has been updated to take into account the introduction of pension credit. The guarantee credit entitles recipients and their partners to full reimbursement of hospital travel costs. Those receiving savings credit may be entitled to full or partial help under the NHS Low Income Scheme you can get a HC1 form for this by calling 08701 555455. The Hospital Travel Costs Scheme: Guidance Document is free from the Department of Health, PO Box 777, London SE1 6XH.
- A new regulation means care homes are required by law to provide a written guide about the home, available on request.
 Homes offering nursing care must also provide a statement of the care home's fees for accommodation, nursing and personal care.
- PRIME, the initiative for mature self-employment and enterprise, has published a guide to Working Tax Credit for

- people over 50 who are self-employed or are thinking about self-employment. It also covers New Deal 50 Plus and the 50 Plus element of Working Tax Credit. Where Credit is Due is available free from The Prime Initiative, Astral House, 1268 London Road, London SW16 4ER, tel 020 8765 7852, email prime@ace.org.uk
- The VSO (Voluntary Service Overseas) charity has increased the retirement age of its volunteers by five years to 75 and particularly needs volunteers to help with English language and teacher training, Contact the enquiries line on 020 8780 7500.
- Ricability, the independent charity which researches and publishes unbiased information on products for older and disabled people, has published a new guide called Wheels within Wheels: a guide to using a wheelchair on public transport. It tells people what to expect from newer trains, coaches, buses and taxis and which wheelchairs fit onto public transport. Available free (please send a 12"x9" stamped addressed envelope with 56p postage) from Ricability, 30 Angel Gate, City Road, London EC1V 2PT. Guides in Braille, large print or audio format are available by calling 020 7427 2460 (textphone 020 7427 2469).
- If you have any problems with assembling 'self-assembly' items, why not call Screwdriver on 0800 828454. They will give you costs and an estimated assembly time for doing the work. The company only employs retired or semi-retired people.

Retirement?

Mayor Chester doesn't have the time for it

Most people look forward to a little relaxation when they retire.

But not Chester Jones, who has found himself even busier since he left London Underground in 1992.

Chester took an interest in local politics and became a County and District Councillor before being elected Mayor of Aylesbury in 1998.

He said: "I've always been interested in my

community so I decided to do something about it. I didn't think I would win but was over the moon when I did.

"I was an Electrical Engineer with London Underground for 40 years, and it's really surprising how much that career has helped me with my work on the council.

"Many issues are the same, like tendering and personnel matters.

"The negotiating skills I

learnt on the Underground have also fared me well."

Chester was so popular he was elected for another year and held the position during the millennium celebrations.

"That made it even more special as I even went to one of the Queen's garden parties," he added.

"Now, I'm slowly winding things down – my wife is pleased I'm finally going to be having a real retirement."



Chester Jones's role as Mayor of Aylesbury has kept him busy.

Keeping it in the family

The Ahmeds are keeping transport in the family!

Mukhtar Ahmed retired on his 65th birthday after 36 years driving London buses and son Faeem has been with London Underground for five years.

He said: "When I got the job, I said to my dad, 'You take care of upstairs, and I'll take care of downstairs!"

Faeem would be pleased for his own son to get a job with London Underground too, given the excellent prospects for young people looking to join the company.

Mukhtar added: "I had a fantastic career with Transport for London and I'd like to think I started a family tradition."

Emergency training comes first at St John

The London Transport Corps of the St John Ambulance may have closed down five years ago, but Underground employees Keith Gould and Bob Saunders are continuing the tradition of volunteers.

Keith, Service Duty Manager on the Piccadilly line, has been a member for more than 30 years: "My father was a member of St John and a Station Manager on the Underground. He encouraged me to get involved at St John in Edmonton," he said.

"When I joined London Underground myself, I joined the London Transport Corps. That disbanded five years ago, so now I'm back at Edmonton." Bob, Learning and Development Trainer, also attends at Edmonton, along with Metronet Train Maintainer Howard Money. Bob said: "My father was an Ambulance Driver so he stressed to me how important first aid knowledge is.

"It gives me confidence in my job and outside, knowing that I am prepared if someone should fall ill."

Keith thinks more people should gain first aid training and says St John Ambulance is the perfect place to do this: "At St John, you get all the training you need and plenty of perks.

"We attend a range of concerts and sporting events on duty and it's also great for meeting new friends."

puzzlecorner puzzlecorner p

Prompted by a similar puzzle in the main staff edition of *otm*, retiree Maurice Hatch, who worked for London Underground at Moorgate, has sent in a conundrum of his own.

Each of the following are cryptic clues to the names of stations. For example, Formal tie would be Bow. Can you solve them? (Answers at side of page)

1. Sherlock's home

4. Aspen tree

5. Neatly trimmed

2. Hornblower

6. Penny Lane

3. Car from Luton

7. Ammunition

Friends in the north?

James Purvis has written to *otm* asking if we can put him in touch with some new friends.

James wrote: "Being retired from London Transport, now aged 66, I became a Pensioner Liaison Representative for the Islington, Holloway and Archway areas. I enjoy meeting retired staff.

"As I will soon be moving to the King's Cross area, I would love to have friends in the area who may share my interests – London history, art and photography.

"I travel around London by public transport just looking for pictures.

"Anyone with the same interests as myself, do please get in touch on 07947 173418."