

Autumn
2020

contact

KEEPING IN TOUCH WITH OUR RETIRED BOC COLLEAGUES

Yesterday's news

Sharing more stories from former BOC colleagues.

Branching out

How BOC and Linde are forging new partnerships across the globe.

A walk a day keeps the doctor away

The health benefits of walking.

Picture taken on the River Thames near Hampton Court, London, UK

A message from the Contact team

Welcome to the Autumn edition of Contact magazine.

This is the third edition of Contact magazine this year and the third that you will have received during the COVID-19 pandemic. It's a difficult time for everyone, and our thoughts go out to anyone affected directly by the illness.

For advice about how to stay safe, and links to resources, you can read the Spring edition of Contact online at bocpensions.co.uk – just head to the BOCPS pensioner section and go to the 'Magazine' page.

If you take a visit to bocpensions.co.uk you will see that we have rebuilt the website. We gave you a sneak preview of this in the Summer edition of Contact, but now you can browse it at your leisure. Turn to page three to find out more.

On pages four and five, there are two tributes to former employees who have sadly passed away. These employee stories and photographs are always fascinating – to read about how Morden was nearly covered in a shower of iceberg lettuces, head to page four!

We've also included a company update on the partnerships that Linde and BOC have made across the globe, as well as a summary of Linde's community engagement efforts, on page six.

As always, please get in touch if you have any feedback or queries about the stories we cover in Contact magazine – or if you'd like to share a story about yourself or a former BOC colleague. You can get in touch with us at hello@yourcontactmag.com

Bob Bryant and James Hiley

*On behalf of BOC Pension Services and AHC, a Gallagher Company
(the appointed Trustee communications provider)*

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Pension payment dates

Your pension payment dates are the 6th of every month, or the next working day if the 6th falls on a weekend or a bank holiday.

If you change your address or bank details, please let the Pensions Admin Team know in writing by the 24th of the month for payment on the 6th of the following month (except for the January payment, where we need this by 20 December). This means we will have time to make the change before your next payment and will avoid any delay to your pension being paid.

Remember: payslips are sent in March and April only, unless a tax code change is applied or the amount of pension varies by £1 or more over the previous month.

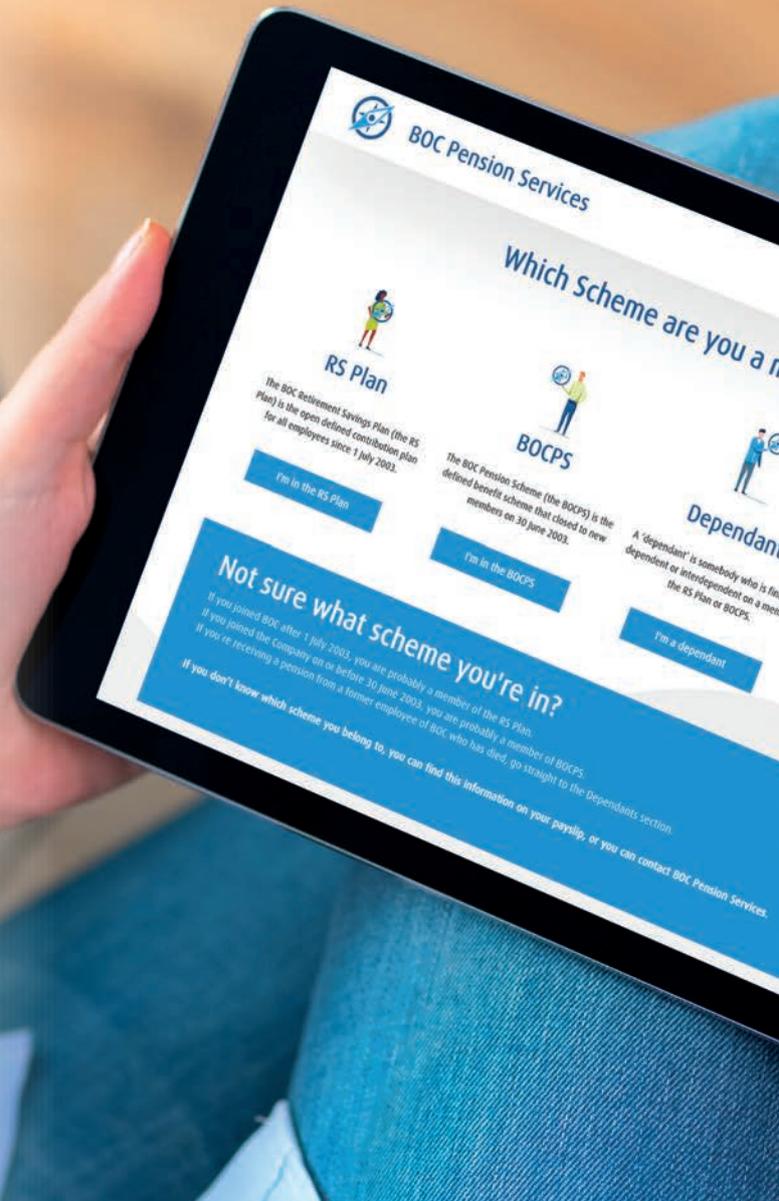
If you're paid in half-yearly instalments, these are made in April and October. You will also receive a payslip in October.



Your new BOC website

In the Summer edition of Contact magazine, we gave you a sneak preview of the new BOC Pensions website.

The new website is now live – you can still find it at www.bocpensions.co.uk – why not visit and see what you think!



Visit today for:

- **Pension information** – the website has important scheme information about payment dates, pension increases, death benefits – and more!
- **Important forms and documents** – whether you're changing your beneficiaries, updating your personal details, or reading the latest Scheme newsletter, you can find everything here.
- **Links and resources** – find useful links to information about tax, the State Pension, financial advice, volunteering and how to combat loneliness.

www.bocpensions.co.uk

News and events

HMT Lancastria veterans service: update

You may recall that in our Spring 2020 edition, we referenced the 80th anniversary commemoration of the HMT Lancastria's departure from Liverpool. Originally, a service was planned for 14 June 2020.

However, due to the impact of COVID-19, this has been postponed until 13 June 2021. For more information, or to confirm your attendance, you can contact Wendy Westoby at waw.61@zen.co.uk

To read the original feature, with more information about the ship's history, you can visit www.bocpensions.co.uk, go to the BOCPS pensioner section, click on 'Magazine', and download the Spring 2020 edition.



Yesterday's news

Dr Harold Davidge

Our Spring 2020 edition of Contact magazine reported the sad passing of Dr Harold Davidge, who was based at BOC Morden.

On seeing Harold's inclusion in the obituaries, Nick Fitzpatrick got in touch with us to share his thoughts on the influence that Harold had on him.

A remarkable man

Nick started working for BOC in 1980, having been interviewed for his job by Dr Davidge. In his time working for BOC, he saw Harold as a truly remarkable man.

"Harold was certainly gifted, because he was tremendously entrepreneurial as well as a natural diplomat – he encouraged BOC's many overseas companies to develop their markets in opportunities his teams created in his development lab at SG Morden. He had the most delightful sense of humour with a wonderful enjoyment of life and work's many, many ironies."

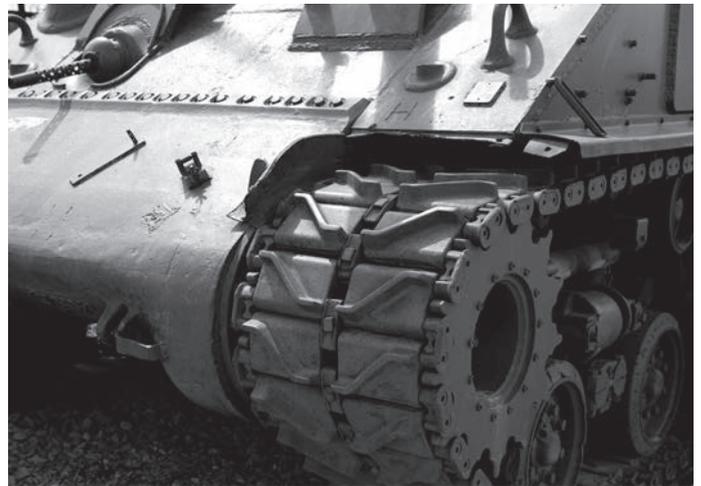


In the workplace, Harold's pioneering work included developing applications for liquid nitrogen in food processing. He introduced liquid nitrogen frozen pizzas to the UK, through a company based at BOC Thame called King Harry's Pizzas. Harold would often tell Nick with a wry smile that the name, of course, came from Dr Harry Davidge. This venture was a success, and still exists under the ownership of United Biscuits.

Out in the field

Nick fondly remembers the time they spent working together in the field:

"While working in freezing drizzle, waiting for a SIV dewar to fill up, he'd regale me with his stories of being a tank commander in North Africa during WWII: 'Nick, you really don't know what hot is like until you've been in a Sherman, in the Sahara, which suddenly bursts into flames.' He'd laugh heartily, and of course made me laugh too."



"Our last project together was using carbon monoxide to deactivate enzymes in iceberg lettuces, thus extending their shelf life. We had filled a 40' ISO container with lettuces and mixed gases containing carbon monoxide. In his top-floor office nearby, we were discussing gas mixtures and the thermodynamics involved when Harold suddenly stood bolt upright and his usual smile disappeared, as he said: 'Come with me Nick, quickly'. We went down to the experiment and he immediately terminated it and shut down the whole system, flushing it out with inert nitrogen - 'Do you realise, Nick, that we nearly caused an iceberg to have a Titanic end?' Harold had calculated that the gas mixture had the potential to create a very sudden release of energy, which would have showered most of Morden with shredded iceberg lettuce."

Nick described Harold as "a wonderful and inspirational man, a kind and considerate BOC manager, and a great and effervescent leader. I feel sure he will be missed by many all over the world."

Bob Chaney

Christine Chaney recently got in touch with us about her father's career at BOC.

Albert Edward Chaney (known as Bob) started working for Charles Bingham & Co in 1933, before it was taken over by BOC. He was called up in WWII and, towards the end of the war, he was stationed in the Far East.

Bob loved the area so, when the opportunity arose in 1950, he moved to Hong Kong to work in the Accounts department, where he stayed for 24 years. The pictures on this page are from his time in Hong Kong in the early '50s. Bob sadly passed away in January 1999.



Tell your story

A huge thank you to Nick Fitzpatrick and Christine Chaney for sending in those precious stories and photographs. If you're reading and have a piece of BOC or Gist history to share about yourself, a friend, or a family member, please get in touch with us using the contact details on the back page.

Branching out

BOC South Pacific partners with Engineering Aid Australia

BOC South Pacific and Engineering Aid Australia (EAA) have entered into a partnership to support the education of Indigenous Australian students.

EAA is a non-profit organisation that helps Indigenous Australian high-school students meet role models in the engineering industry and gives them an idea of the broad spectrum of job opportunities they could apply for within the profession.

As a Principal Partner, BOC will be showcasing engineering as a career path, carrying out site tours and talks, and demonstrating the diversity of roles and experiences in the engineering sector.

You can find out more about EAA at www.engineeringaid.org

Linde partners with 3D Medlab

Linde have recently teamed up with 3D Medlab, an additive manufacturer that produces medical devices using 3D printing. Together, they are looking into how altering atmospheric conditions in the manufacturing process can deliver better results for patients.

Changing the conditions under which these medical devices are 3D printed can create multifaceted, latticed components. This means that the final product can better mimic human body parts, which then heal more quickly as they are able to assimilate into patients' bone and tissue structure.

The gases used in the printing chamber are of crucial importance – impurities or small variations in oxygen content can change the mechanical or chemical properties of the metals involved, leading to a reduced quality product. For the research that Linde and 3D Medlab are carrying out, they're using the titanium alloy Ti-6Al-4V.

The trials use a new helium/argon gas mixture created by Linde specifically for the project, as well as Linde's ADDvance O2 precision oxygen measuring technology.

Pierre Forêt, Senior Expert Manufacturing at Linde, emphasised the importance of the research, stating:

"As a customer at the forefront of medical device manufacturing, anything less than optimal product outcomes is critically important to avoid, so it is testament to our gases expertise and know-how that we have been selected to partner in this endeavour."

Linde community engagement

Improving the communities where we live and work, making charitable contributions and supporting initiatives that make important and sustainable contributions to our world is part of one of Linde's core values – community. Linde recently published their 2019 community engagement brochure – here's a summary of the collective effort that Linde outreach projects achieved last year:



450,000 beneficiaries globally



367 projects completed



60,099 hours contributed



\$800,000 in-kind contributions by employees and facilities



327,000 lbs of food and 8,000 lbs of clothing donated

THANK YOU!

A walk a day keeps the doctor away!

During the first COVID-19 lockdown earlier this year, the Government introduced a 'one walk a day' policy. For many people without gardens, this was a way to have valuable outdoor time and get some Vitamin D!

Lockdown has now eased in many areas of the country, but it's still just as important as ever for us all to get out for at least one walk a day.

So, what benefits do we get from our daily walk?

Reduced stress and anxiety

Like every other physical activity, walking releases endorphins – these natural hormones improve your mood and reduce stress and anxiety. If you socialise while walking, and/or walk in natural environments, like woodland or green spaces, this can also have a positive effect on your mental health.

Better sleep

A simple walk every day is a healthy and easy habit to get into. Because exercise can reduce anxiety and depressive symptoms, walking can help you get a better night's sleep.

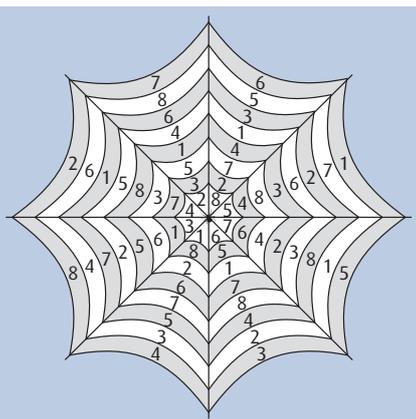
Burning calories

Keeping active by maintaining a daily exercise regime will help you to burn calories – and walking is one of the easiest ways to do this. A person weighing 180 lbs (81.6kg), can burn around 100 calories for every mile they walk.

If you're not very active or have a disability

If you aren't very active, gradually increasing the amount you walk is a brilliant way to build up your stamina. If you have joint problems, why not try swimming instead?

The NHS also has a number of resources on exercises for you if you have a disability – visit [nhs.uk/live-well](https://www.nhs.uk/live-well) and click on the 'Exercise' tile.



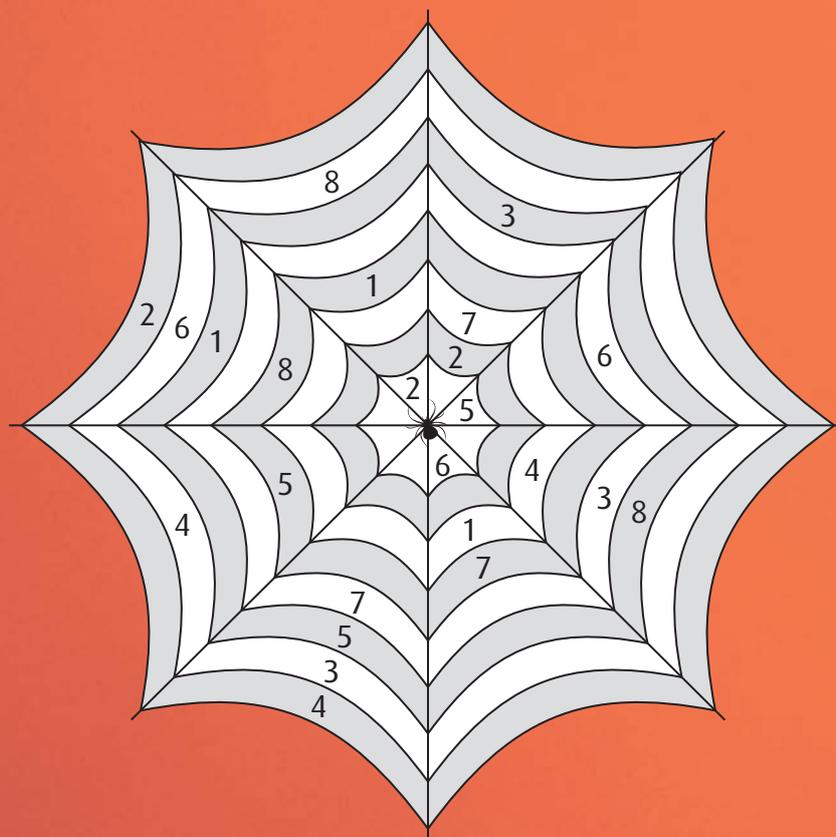
Spidoku Solution, back page

Spidoku

In the spider's web below, each of the eight segments should be filled with a different number from 1 to 8, in such a way that every ring contains a different number from 1 to 8.

The segments run from the outside of the spider's web to the centre, and the rings run all the way around. So that you can see the rings more clearly, we've shaded them light grey and white.

Some numbers are already in place. Can you fill in the rest?



Answers at the bottom of page 7

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GET IN TOUCH



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Tributes – Please share your memories

Please nominate your former colleagues for a spotlight obituary.

Maybe you have fond memories of your former colleagues – or perhaps they made a difference during their time at the Company.

Please nominate anyone from our obituary pages who you'd like to recognise in a spotlight feature by contacting the editorial team at hello@yourcontactmag.com