

# contact

KEEPING IN TOUCH WITH OUR RETIRED BOC COLLEAGUES

## Check your calendar!

Read the enclosed calendar for  
key pension dates in 2021  
as well as some lovely  
photographs of the UK

## 12 days of Quiz-mas

A light-hearted quiz to bring the  
Christmas cheer

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## Help a neighbour this Christmas

How you can combat loneliness in a  
year of isolation

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## Your Christmas dinner, by BOC and Gist

The secret ingredients in your Christmas  
dinner, which BOC and Gist play a part in

# A message from the Contact team

## Welcome to the final edition of Contact magazine in 2020.

It's been a strange year for all of us, and a tragic one for many. As we've navigated the collective trauma of the Covid-19 pandemic as a nation and a planet, it's important that we remember what's important to us at Christmas.

On page five, we've included a piece on the importance of combatting loneliness. Many people are feeling isolated, and we can all play our part in making this difficult year just a little bit better for someone who's struggling.

There is also an update on page seven on what BOC is doing in Scotland to promote a greener future for public transport, with the creation of the Green Hydrogen for Scotland consortium.

And, of course, there is some light-hearted fun, with a Christmas quiz on page three, a crossword on the back page, and a piece on page six about how BOC and Gist help to make and deliver your Christmas dinner!

We hope you enjoy this magazine. If you have any feedback, or ideas for future articles, please do not hesitate to get in touch by emailing [hello@yourcontactmag.com](mailto:hello@yourcontactmag.com)

**Bob Bryant and James Hiley**

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

## In this edition

Yesterday's news

**Page 4**

Combatting loneliness this Christmas

**Page 5**

Your Christmas dinner, brought to you by BOC and Gist

**Page 6**

How BOC is supporting Scotland's green hydrogen vision

**Page 7**

## Scams reminder

BOC Pension Services will never ask you for your bank details over the phone. Stay alert, and always check that the person or company you are speaking with is authorised by the Financial Conduct Authority at [register.fca.org.uk](http://register.fca.org.uk)

### Could it happen to you? A true case study

We've probably all had a moment of thinking, "Scams are terrible, but it would never happen to me!" Unfortunately, that's not necessarily the case. Here's a real case study of a BOC pensioner who had a near miss (their name has been changed for anonymity).

#### Linda's story

Recently, Linda contacted the pensions team having experienced a near miss with a scam.

She had received a fake message which appeared to be legitimate and from her bank, asking her to transfer some money into a new account. Thinking this was a genuine message, she did exactly that. The following day, Contact magazine's Summer edition came through her letterbox. Having read our piece on staying scam smart, she immediately called the bank and made sure that the payment didn't go through.

Remember to stay scam smart. It might just stop a scammer from getting their hands on your hard-earned savings.

Visit [fca.org.uk/scamsmart](http://fca.org.uk/scamsmart) today

# The 12 days of Quiz-mas

- 1 What colour are mistletoe berries?
- 2 In which country was eggnog invented?
- 3 Which play did Shakespeare write for Elizabeth I as a Christmas present?
- 4 Which monarch made the first royal Christmas broadcast?
- 5 In the poem 'The Night Before Christmas', what did children have visions of?
- 6 What was the first Christmas song to be broadcast from space?
- 7 If you were to give all the gifts mentioned in 'The Twelve Days of Christmas', how many gifts would that be?
- 8 How many 'wise men' are mentioned in the Bible's nativity scene?
- 9 Which band holds the record for the most Christmas #1 singles?
- 10 How long did it take Charles Dickens to write 'A Christmas Carol'?
- 11 Which US President banned Christmas trees from the White House?
- 12 In 'The Twelve Days of Christmas', which gift is given on the twelfth day?

Answers are on page 6



# Yesterday's news

## Eddie Saul

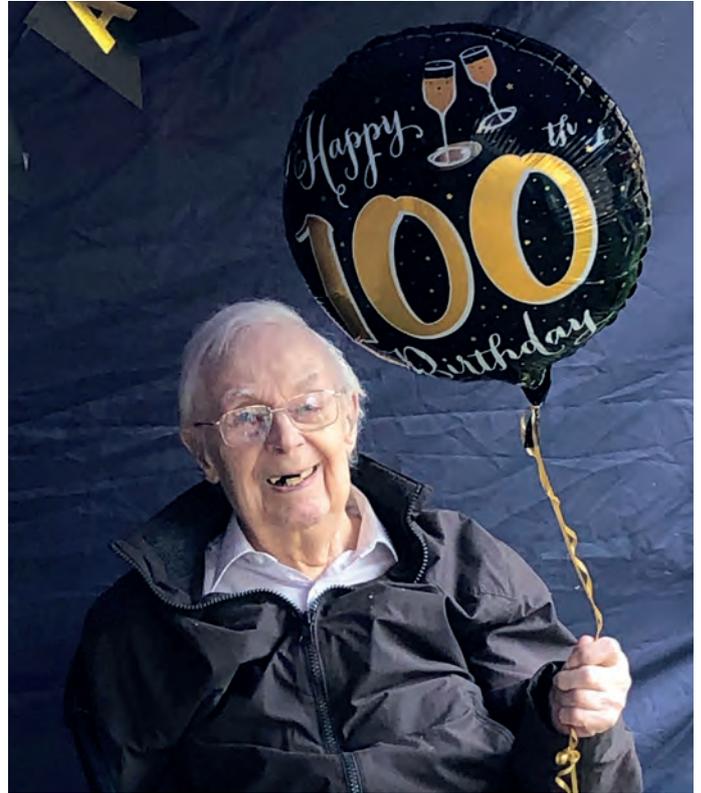
Steve Saul recently got in touch to let us know about a special birthday that his father celebrated this year.

On 26 July 2020, Eddie Saul celebrated his 100<sup>th</sup> birthday. Eddie worked at the Wolverhampton depot for many years. The BOC connection also runs in the family, with Steve's brother Mike also working for BOC in Aston.

### Part of the pack

A particularly interesting part of Eddie's working career was when Wolves footballers Emlyn Hughes and Andy Gray helped to open the new 'supermarket' based at BOC's Wolverhampton branch.

After doing a demonstration, Eddie and his colleague Fred Lunt were invited to stay for the lunch and were both surprised to be sitting at a table with Emlyn, Andy and senior management. "It was probably the easiest Friday afternoon's work my dad ever had to do," Steve recalls.



## Helen Shaw

We were informed by Helen Shaw's daughter, Audrey, that Helen passed away on 31 March 2020.

Helen worked in the canteen at BOC Cumbernauld for over 20 years, and retired in 1999 at the age of 60. This image of Helen (left) was taken at her grandson-in-law's birthday in February 2020.



## Tell your story

A huge thank you to Steve Saul and Audrey Shaw for sending in these 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.

# Combating loneliness this Christmas

## Covid at Christmas

Loneliness was already a huge problem in the UK. We highlighted it in last year's Winter edition of Contact magazine, and it is still depressingly true.

This has only been compounded by the impact of Covid-19, which promises to make the festive season different to those that came before.

Just last month, the Office for National Statistics published research citing that 8% of adults in the UK are "always or often lonely" – almost one in ten, and the highest figure since March.

## Three simple steps to help

### Volunteer

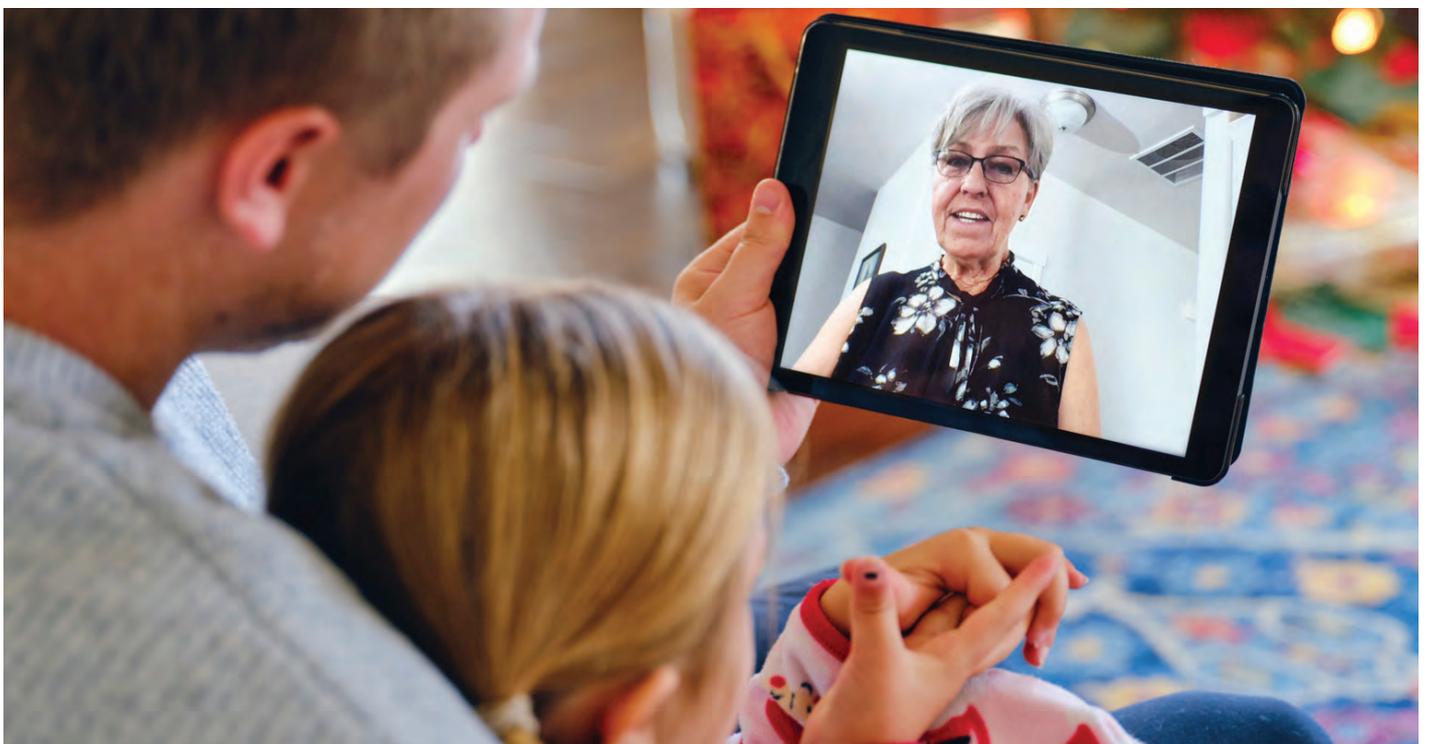
A significant problem at the moment is loneliness among older people, who are also most at risk from the pandemic. You can sign up to volunteer with Age UK, whether that be through telephone befriending, volunteering in your neighbourhood, or becoming a 'digital buddy', at [ageuk.org.uk/volunteer](https://ageuk.org.uk/volunteer)

### Reach out to friends and family

Often when people are feeling lonely, they can worry that they would be a burden on others by reaching out. You can help people to overcome this by making the first move – just asking someone how they are can be more powerful than you might think.

### Neighbourly love

The answer to loneliness might be closer than you think. A Government survey found that nearly 40% of people in England don't feel that they strongly belong to their immediate neighbourhood; and with loneliness being so widespread, there's a chance they are suffering in silence. It's always worth asking whether people need support, particularly at this difficult time.



# Your Christmas dinner, brought to you by BOC and Gist

How BOC gases are used in preserving food and carbonating drinks for the festive season, and how Gist delivers them.

You might not give too much thought to industrial gases on Christmas day, but they play a more important role in proceedings than you might think.

## Your Christmas dinner

All year round, but especially at Christmas time, we like our food to stay fresh in the fridge for as long as possible – nobody enjoys a last-minute Christmas Eve dash round the supermarket. Much of our food is packaged in Modified Atmosphere Packaging (MAP) to help achieve this. Pre-packed vegetables, meats and many other products, including fresh desserts, all use MAP to extend their shelf life. MAP atmospheres combine oxygen, nitrogen and carbon dioxide to achieve a balance that protects against mould development. BOC is an expert in MAP gases and supplies food manufacturers with the gas mixes they need.

But before you can pick up your frozen and refrigerated food for Christmas, it will have been transported from its source. Gist's transport networks facilitate over 100,000 pallets of temperature-controlled products every week, so BOC and Gist's work goes hand in hand.

Enjoying a smoked salmon canapé for brunch, or ordering fish and chips on Boxing Day? Oxygenated water is vital for ensuring fish survive and thrive in their environment. BOC supplies oxygen to the fish industry and helps fish farmers distribute the oxygen in their water – which all results in a fresh and tasty fish for your celebratory meal.

## And that after-dinner drink...

Whatever your tittle, gases are likely to play an important part in its production. Down your local pub, industrial gases propel draught beer and cider from the draught system into your glass. If wine is more your thing, special blends of gases protect the grape's quality while it's growing, and also assist in the bottling process. And, of course, carbon dioxide provides the fizz in our soft drinks.

So, on Christmas day, spare a thought for the BOC industrial gases and Gist transport networks which both work hard to make our day as indulgent as possible.



## Quiz answers (page 03)

1. White
2. England
3. The Merry Wives of Windsor
4. King George V (in 1932)
5. Sugar plums
6. Jingle Bells
7. 364
8. Trick question - the number is never actually given!
9. The Beatles (1963, 1964, 1965 and 1967)
10. Six weeks
11. Theodore (Teddy) Roosevelt
12. 12 drummers drumming

# How BOC is supporting Scotland's green hydrogen vision



BOC is teaming up with Scottish Power Renewables and ITM Power to form the 'Green Hydrogen for Scotland' consortium.

We all know that our world is changing. 2020 remains on track to be the warmest year on record, which would make 2016-20 the hottest five-year period since records began. There has also been an uptick in extreme weather events, with wildfires in Australia, the Amazon rainforest and the USA making headlines this year.

The Covid-19 pandemic has been a time of reflection for many of us. Our increasingly connected world, fuelled to a large extent by non-renewable energy, has brought us together, but has brought with it many risks.

## Where BOC comes in

As we have reported in previous editions, BOC has been at the forefront of developing new technologies and utilising existing resources to tackle the climate crisis.

Now, it has teamed up with Scottish Power Renewables and ITM Power to form the 'Green Hydrogen for Scotland' consortium. The aim is to help Scottish regions to achieve their plans for zero-emission transport using green hydrogen.

## How will it be achieved?

The consortium will take a modular approach to developing the hydrogen infrastructure. This means that it will be able to align production capacity with the size of the vehicle fleet – this is a significant challenge when it comes to rolling out hydrogen infrastructure.

The first project the consortium will take on is for the Glasgow City Region. When it gets the go-ahead, it will be one of the UK's first 'green hydrogen clusters', supplying heavy goods vehicles such as refuse trucks and gritter lorries.

A refuelling station will be developed, along with a 10MW electrolyser, which will be located alongside a 30MW solar array and an existing wind farm. The hydrogen will then be transported using a hydrogen-fuelled tanker.

## Scotland's green future

Each partner within the consortium has a significant amount of expertise, and it's expected that producing hydrogen at this scale will enable them to reach diesel pricing parity at the pumps.

With the combined efforts of BOC, Scottish Power Renewables and ITM Power, an exciting green future awaits Scotland.

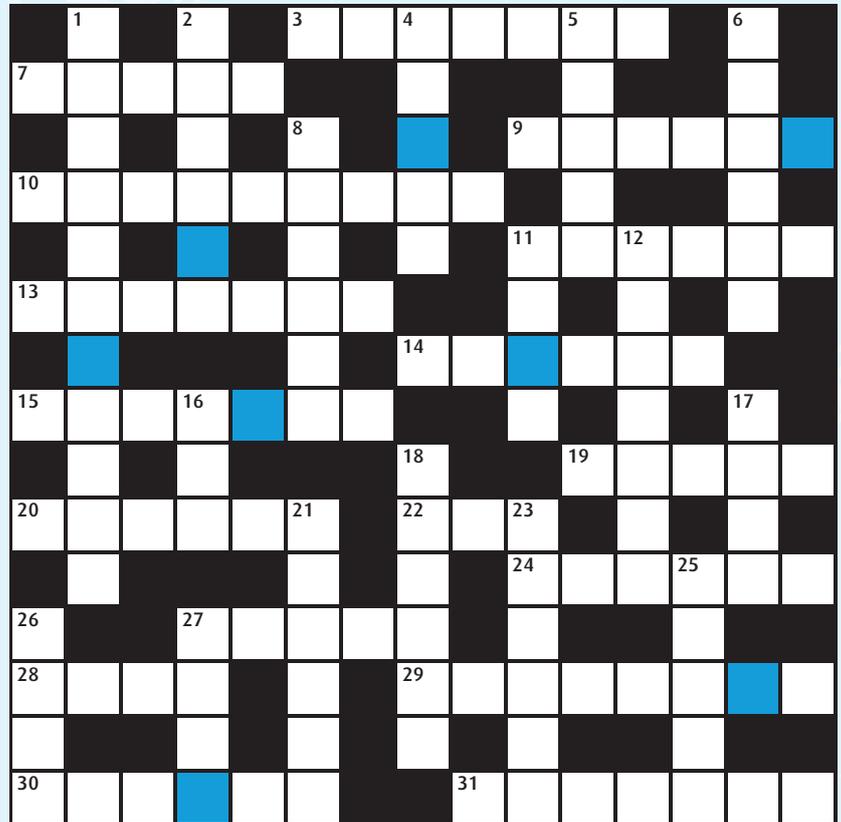
## Puzzle answers (back page)



# Puzzle

## Across

3. Chap seen when Christmas is white? (7)
7. Lights used as tree decorations (5)
9. Day once known for gift-giving to those in service (6)
10. Plant one might be kissed under (9)
11. Charles who wrote Hark! The Herald Angels Sing (6)
13. Masses, of the sort that you'll find in the shops at Christmas! (7)
14. Bed in which the baby Jesus slept (6)
15. Vegetables for Rudolph? (7)
19. Festive song or hymn (5)
20. Slender pointed Christmas tree leaf (6)
22. Ms Cassidy, who duetted with Chuck Brown on The Spirit of Christmas (3)
24. A child may write one to Santa (6)
27. Vehicles mounted on smooth runners (5)
28. \_\_\_ Minor: the home of St Nicholas (4)
29. Fun type of open sleigh (3-5)
30. and 31 Singer of Merry Christmas Everyone (6)
31. See 30 Across (7)



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## Down

1. Singer (all she wanted for Christmas was you!) (6,5)
2. Cave in which Santa may be visited (6)
4. Bulb used with sage in stuffing (5)
5. Oh Come, Let us \_\_\_ Him (5)
6. Rich fruit cake, decorated with almonds (6)
8. You may need to lose it come New Year! (6)
11. The companion of 10 Across in a Cliff Richard hit (4)
12. Actor James, seen in It's A Wonderful Life (7)
16. Santa's favoured suit colour (3)
17. Fruit of the pine (4)
18. 'Tis the one to be jolly! (6)
21. Number of pipers my true love sent to me (6)
23. Prince who brought the custom of Christmas trees to Britain (6)
25. A quantity of French hens or wise men (5)
26. Fashion accessories often found in Christmas crackers (4)
27. Receptacle carried by Santa (4)

## GET IN TOUCH



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Answers are on page 7