



bp mckeefry
Basingstoke Crawley

THINK TANK AUTUMN EDITION 2010



George Brankin proudly accepts the keys to the new tractors



Four new John Deere tractors delivered to Basingstoke

Basingstoke recently took delivery of 4 new John Deere tractors. These new arrivals, sporting the McKeefry logo just like other company vehicles, will be used for working in various contracts in and around the Basingstoke and Crawley area taking sludge to land.

Pictured left is George Brankin accepting the keys for the new deliveries.

Business in the Community Membership

B P McKeefry recently renewed their Business in the Community Northern Ireland (BITCNI) Membership. This is an organisation that provides assistance and mentoring to local businesses in developing a Corporate Social Responsibility Policy (CSR).

B P McKeefry have so far divided their CSR policy into three key areas; Environment, Workplace and Community; all of which have defined objectives for the year which have subsequent actions to be completed.

Environment - To manage environmental impacts, especially carbon footprint and possible exploration of wind energy generation.

Workplace - Be a good employer, recognising equality and diversity; support health and wellbeing of staff; enable staff engagement with the local community; maintain a supportive working environment.

Community - Engage with local communities through sponsorship; continued Charity of the Year partnership; links with local schools.

Watch this space for updates in the next edition for the progress within these three areas!



Editor's Blog

Welcome to yet another edition of the Think Tank! Summer has once again come and gone; we hope that everyone had an enjoyable and relaxing summer, remember only 3 months to Christmas!

This edition is once again jam packed with all the goings-on in all the BP McKeefry depots.

Like all major publications we have celebrity news and a competition; along with the latest charity updates, health and wellbeing issues and of course the tall tales involving our employees!

We hope you enjoy this issue, and as usual we welcome any stories you would like to submit for publication in our newsletter.

HEALTH *and* WELLBEING



Exercise without a Gym

Getting health benefits from physical activity is easier than you think, and doesn't necessarily cost much. Doing at least 30 minutes a day of moderate-intensity activity, at least five times a week, will boost your general health.

This level of activity is enough to reduce your risk of developing major chronic diseases, such as coronary heart disease, stroke, type 2 diabetes and even early death. Exercise will also enhance your overall wellbeing.

Health clubs can put some people off, but others are motivated by the structured environment of a gym. Gyms can be cost effective for those who go regularly. Organised classes and sports clubs also give you support, goals and a chance to make new friends.

Alternatively, there are many cheap activities that you can do on your own that don't involve equipment or technical expertise. Just give them a try. For example, Cycling, Running, Swimming or Walking.

The key to getting active is to find something you enjoy that you can easily build into your lifestyle. It is advisable not to make drastic changes it will be easier to take up an activity that you can build into your lifestyle or build on something that's already part of your routine.

Business in the

Community

• Walking

Most people walk at some point in the day. Increasing the amount you walk is easier than you think. You can make it a social affair by joining a local walking group, or take the dog for a walk. There should be some vigour for the walk to be beneficial. But you don't have to be completely out of breath. Walking is one of the best forms of exercise because it's cheap and accessible to everyone.

• Running and jogging

You need to be fairly fit to jog or run. Running puts more demands on your body than walking. The benefits are greater but so are the risks in terms of injury. When you can walk briskly for 20 minutes continuously, you can try to 'walk-jog'. Walk for a minute and then jog for a minute, alternating the speeds throughout your session. Run at a pace at which you can still hold a conversation, but which feels harder than walking.

• Swimming

Swimming is the third most popular type of exercise after walking and running. Most pools offer lessons if you are a beginner or wish to improve. Swimming exercises the whole body; doing a few lengths involves most of the muscle groups.

• Dancing

Dance is increasingly popular among all age groups. It is fun, sociable and there's a creative element that can appeal to people; Some people enjoy taking part in dance classes which can range from ballroom dancing to salsa. Dance also gives some people a good excuse to go out with friends!



Seamus' Wedding Belle

Congratulations to Laura daughter of Seamus Bradley (Technical Adviser, Swatragh) and fiancéé Owen McAtamney who got married on Friday 13th August.



Work in Swatragh came to a halt after seeing Seamus looking dapper in a suit! Thankfully resident photographer Dessie was on hand to record this event!

BP MCKEEFRY SEES EVERYTHING!

BP McKeefry Basingstoke recently took delivery of two new CCTV vans (pictured below right). These vans are equipped to offer standard colour CCTV surveys Forward Facing, Pan & Tilt, they also have a survey capability of pipe sizes from 80mm to man-size entry. Complete Survey packages are offered to incorporate, surveys of underground assets such as drains, sewers, boreholes, pipelines, ducts and other inaccessible locations. These surveys prove invaluable to the customer in determining structural condition as well as identifying and locating cross-connections, overflows, corrosion and or blockages. Let's hope we will be seeing more of these units in the coming months and reporting on their investigations!



Biggest Loser Basingstoke!

The office staff in the Basingstoke office are currently involved in a weight loss challenge.

Every Monday they have a weigh-in to see who can lose the most weight each week.

This is an ongoing process which began in May, and the final weigh-in is due at the end of September. We aim to publish the final results in the next issue.

If some of you are interested in how to best lose weight, Andy Hare and Jo Feasey carried out a short survey on the participants to get some tips. Please feel free not to follow these tips as they sure to fail!

Tip	Tried by:	Success (/10)	Enjoyment (/10)
Double Choco bar diet	Dan Kent-Jordan	-1	11
2 year old child portions	Jo Feasey	8	2
Ask your wife for a DIY Project	Andy Hare	9	3
Substitute Homemade cake for Homemade Biscuits	George Brankin	1	10
Burn the potato wedges on new cooker	Martyn Lewis	3	2
Diet on Mondays only	Andy Sellwood	5	5
Walk 4 miles every night until you reach Swindon	Geoff Malham	9	6
Walking week-end followed by night in pub	Martin Hammond	4	8

Latest Suspect

John Paul Cassidy
(Apprentice Mechanic,
Swatragh)

Length of Service

5 Years

Justin Launchbury (Driver,
Basingstoke)

Jo Feasey (Assistant
Transport Manager,
Basingstoke)

Congratulations to you
both!

BP McKeefry, Swatragh was overcome with World-Cup fever in June. We had a two fundraising activities to generate some more cash to try to achieve our target for the NI Hospice, a World-Cup Sweepstake and a 5-A-Side Soccer tournament.

The charity committee always welcomes new ideas and would like to hear from anyone who has a good idea for a fundraising activity.



The Charity Committee hands over a cheque for £1104.46 to local NI Hospice Representatives Sue and Betty.

The World-Cup Sweepstake was a huge success and in the end we had not enough teams for everyone who wanted to enter. A prize fund of £50 was designated to the lucky winner along with their very own Sweep Stake Cup.

The Winner was Rosemary Maunsell, Swatragh who was lucky enough to draw Spain in the initial draw. Rosemary very kindly donated her prize money back to the charity which gave us total amount raised from this event of £160. Rosemary is pictured below being presented with her Sweepstake Cup by charity committee chairman Stephen McFerran. Many thanks to everyone who donated and supported us with this event, and thanks to Gary Maguire, Swatragh who gave us the idea (sorry Gary no royalty payments for this one).



Winner of the Sweepstake Rosemary Maunsell accepts her trophy from Committee Chairperson Stephen McFerran.

World-Cup Fever

BP McKeefry Ltd, Swatragh recently hosted a World Cup 5-a-side Football Tournament in Maghera Leisure Centre.

The tournament was open to everyone over the age of 16 years in the local community who fancied themselves as the next world cup winners. The prize to lure the teams to enter was a go-karting session for all members of the winning team and a world cup to display in their trophy cabinet.

The tournament took place on Saturday 26th June, at Maghera Leisure Centre. A total of 13 teams on the day turned up to take part in the competition and they played a minimum of 3 games each. Refreshments were provided for the players along with tuck shop facilities for any supporters. Each team took the whole competition in their stride and we even had an all ladies team who showed the men how to really play football.

Brazil and Argentina fought their way to the final which was a great match with Brazil winning 5-0 to be crowned World Cup Winners 2010. A total of £1,032.96 was raised.

The Charity Committee would like to thank everyone who made the day such a success



Winners Brazil are presented with their World Cup trophy by Stephen McFerran



Runners-up Argentina are congratulated by Stephen McFerran



Slovenia



France



Germany



Honduras



Spain



Cameroon



Argentina



"Hello Mr Capello? Yes I'm ready to start my professional football career again!"



Brazil

CELEB SPOTTING!

Think Tank recently received an anonymous tip off about a BP McKeefry employee who secretly rubs shoulders with the rich and famous! Dawn McNicholl (Swatragh Depot) spilled all to an undercover reporter for Think Tank after she returned from a meeting with Irish Television Presenter Ryan Tubridy, star of The Late Late Show on RTÉ 1 (pictured right). It is reported that Dawn met up with her pal backstage on his Friday night show after having lunch with Ronan Keating and Louis Walsh earlier that same day to discuss her latest project.

Dawn was unavailable for comment at the time of publishing; sources close to her said she was shopping with close friend Cheryl Cole.



*Dawn with good friend
Ryan Tubridy*

21st Birthday Celebrations!



Aidan McNicholl (tractor driver, Basingstoke) celebrated his 21st Birthday on the 24th August. As you can see he celebrated his birthday with a cake and a big thumbs up!

Happy Birthday Aidan!



Guess Who??

Don't let the "butter wouldn't melt" image fool you, this well-known rumbler has previously been featured in Think Tank for his love of the outdoors and he hails from the North West.

Send your entries to Julie or Dymyna c/o BP McKeefry, Swatragh before Friday 8th October

The picture to the left highlights the recent modifications made to Dan Broda's car in Basingstoke.

Fellow employees hope that the new double wheels and tyres set up will help stop him from hitting unsuspecting animals!

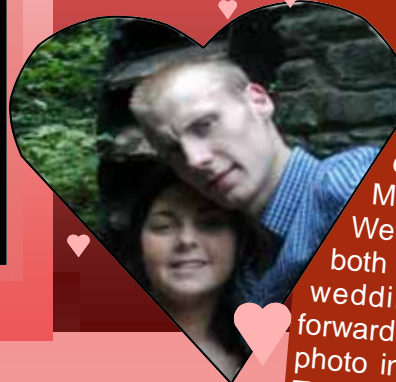


Stolen Car! Contact Carlos Fandango with any information

Wedding Bells!

Many Congratulations to Eugene O'Kane (Mechanic, Swatragh) who recently got engaged to his girlfriend Maria.

We would like to wish you both all the best with your wedding plans, we look forward to including a wedding photo in a future issue of Think Tank!



Graham's in Top Gear!

Pictured right is a photo of Graham Cross' Son's 1969 Ford Cortina 1300 Deluxe. Graham lovingly rebuilt the car and recently took it to its first show at Bodium, Sussex on Sunday 20th June after 2½ years in storage.

Graham admits that the trip may have been a long one for its maiden journey and there were a few hiccups. However we think the car looks very well and that Graham should be very proud of his achievement. Lets hope it is the first show of many!



1969 Ford Cortina 1300 Deluxe

Contributors

Dymyna Kearney
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