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transport solutions

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THINK TANK SUMMER EDITION 2011

Gary Celebrates 20 Years!

Congratulations to Gary Maguire (Director, Swatragh) who recently celebrated 20 years with BP McKeeFry Ltd

Always on for a party, everyone in the office selflessly treated Gary to a party in the BP McKeeFry boardroom where plenty of tea and cake was consumed by everyone!

Well Done Gary, and here's to the next 20!



Gary Maguire (Director, Swatragh) pictured with Sean McKeown



Let's get stuck into this cake!

Basingstoke Developments!

BP McKeeFry Basingstoke recently moved into their new office facilities. A new repair facility has also recently been opened at the Basingstoke site to allow for repair and maintenance of vehicles on site.

All employees are said to be so pleased with their new workplace that they never want to go home! See pictures of the new offices below!



Movers & Shakers



Alan McKnight,
Transport Planner,
Swatragh

Alan McKnight started with BP McKeefry Ltd, Swatragh as an Administration Assistant November 2009 and unfortunately much to his distress, at that time he was missed out in the newsletter as a new start. Since then Alan has been taken up a new post as Transport Planner as of May 2011.

A very belated welcome to the company Alan and good luck in your new post!



Fintan Walsh, formerly a Transport Planner (Swatragh) has also recently moved up the ranks to become the new Transport Manager in Swatragh. Well done Fintan and good luck in your new job!

Length of Service

Congratulations to the following employees for sticking around so long!!

5yrs

Mariusz Boron—Fieldman, Basingstoke
Stephen Vooght—Driver, Basingstoke
Arkadiusz Sikorski—Driver, Basingstoke
Michael Brown—Driver, Grimsby
Jeffrey Knight—Driver, Swatragh
Krzysztof Piechocki—Driver, Basingstoke
Lee Smyth—Mechanic, Swatragh
Darren Bradley—Mechanic, Swatragh
Geoff Malham—Transport Manager, Basingstoke
Sean Jackson—Driver, Liverpool

10yrs

Sean Foye—Mechanic, Swatragh

15yrs

Mark Howkins—Driver, Basingstoke

20yrs

Gary Maguire—Director, Swatragh

New Starts



Scott Sealey, Mechanic,
Basingstoke

Gerry Maguire
Business Development Manager, Swatragh

Helen Elder
Accounts Assistant, Basingstoke

Anna-Marie Moynihan
Assistant Transport Manager, Basingstoke

Colin King
Mechanic, Basingstoke

John Molloy
Driver, Dublin

Audrey Gordon
Project Manager, Basingstoke

Kevin Wood
Driver, Basingstoke

Richard Albrighton
Driver, Basingstoke

William Barnes
Driver, Crawley



Fergal Dallat,
Admin Assistant,
Swatragh

Fergal Dallat has joined the ranks of the Transport Office to take over the reins from the Alan as Administration Assistant in July 2011. Welcome to the team!

HEALTH *and* WELLBEING

VITAMIN D

This quarter we have decided to look at the nutrient cholecalciferol, commonly known as Vitamin D, and its importance in the diet.

Functions

Vitamin D is required for the absorption of calcium and phosphate into the body, both of which are necessary for healthy bones and teeth.

For this reason Vitamin D helps to prevent Rickets (bending of the bones) in children and Osteomalacia (softening of the bones) in adults; it also helps to protect against osteoporosis (brittle bones) in older adults.

How much Vitamin D should I take?

As Vitamin D is a fat-soluble vitamin, this means it can be stored in the body for future use and so does not need to be obtained daily.

People should be able to obtain all the Vitamin D they need from eating a Healthy Balanced Diet and from natural sunlight. However, it is recommended by the Department of Health that certain groups of people take Vitamin D supplements to prevent a deficiency:

- * children from six months to five years old
- * all pregnant or breastfeeding women
- * all people aged 65 or over
- * people who are not exposed to as much sunlight, such as those who cover their skin for cultural reasons or those who are housebound or confined to indoor spaces for prolonged periods of time

GRILLED SALMON WITH HONEY

Ingredients:

- 240g Salmon Fillet
- 2 tbsp. Honey
- 1 tbsp. Soy Sauce (Low Sodium)
- 1tsp Olive Oil
- Salt & Pepper to taste
- Resealable Plastic Bag

Method:

The fish can be cooked in either a grooved pan on the stove or using an outdoor grill / BBQ



Sources

Vitamin D can be obtained naturally through the action of sunlight on the skin - however it is important to be careful to protect skin from burning when out in the sun.

Vitamin D can also be found in a number of different food sources, including:

- oily fish, such as salmon and sardines
- eggs
- fortified fat spreads
- * fortified breakfast cereals

For those worried that they are not getting enough Vitamin D, the option of supplements is also available. It is important to consult your doctor or pharmacist about this.

Taking too much Vitamin D for a prolonged period of time can lead to weakening of the bones.

A mystery celebrity chef has joined the Think Tank team and has introduced a new feature: **The Recipe Corner**. He has kindly donated a recipe which is easy to prepare and cook and is also packed with Vitamin D.

- * Cut the salmon fillet into similarly sized pieces as per the number of servings required. Place in resealable bag with honey & soy sauce. Mix well and place in fridge for 2 hours to marinate.
- * Place the fish on an oiled hot grill and cook for 8 to 10min depending on thickness of the fillet, turning them once.
- * Season with salt and pepper then served on warmed plates.
- * Extra marinade could be used as a vinaigrette to drizzle over the fish when serving.

charityUPDATE



The Charity Committee for 2011 have been hard at work fundraising for the charity of the year: The Huntington's Disease Association.

With events such as a charity car wash, the Belfast Marathon and even a spur of the moment pancake sale, the team have made sure there has been something for everyone to enjoy!

... And the year isn't over yet! A table quiz has been organised for Friday 21st October at 8pm in Walsh's Hotel as well as the annual Santa Dash in Garvagh forest on Saturday 3rd December. Support for these events will be much appreciated.

Well done to the charity committee for all their efforts so far this year!

A big thanks to Heather McAleese (Accounts Assistant, Swatragh) for her fundraising efforts with her now world-renowned pancakes!

Heather thoughtfully brought in a batch of pancakes to share among the office staff on Pancake Tuesday; however they proved so popular that the decision was taken to sell them off to the highest bidders! A whopping total of £54 was raised, all of which goes towards the Huntington's Disease Association. Thank you to Heather and all those who contributed!



Crossland Tankers, Swatragh hosted yet another charity BBQ on Friday 8th July; and this one proved just as popular as the previous ones. With burgers, sausages and even desserts on offer, employees were spoiled for choice on what to have! A great day was had by all and a total of £200 was raised. Thank you to all those who contributed in any way!

For the fourth year in a row, Crossland Tankers Ltd and BP McKeefry Ltd entered the Belfast Marathon, with 4 relay teams and 3 individual full marathon runners taking part.

Team 1: The Professionals - Stephen McFerran, Dymna Kearney, Micheal Bothwell, Dermot McCartney, Alan McKnight - finished in 4hrs 12mins 46secs

Team 2: The Runaways - John O'Kane, Karl McTague, Terry, Dominic Traynor, Pearse McKeefry—finished in 4hrs 3mins 55secs

Team 3: Absolute Beginners - Marc Cudden, Leanne Bothwell, Paul, Aáron Mawhinney, Darren Kearney - finished in 4hrs 9mins 33secs

Team 4: The Only Contenders - John Burke, Emma McKeague, Aidan McNicholl, Eugene O'Kane, Sean Foye - finished in 4hrs 28mins 13secs

The individual full marathon runners were:
Dermot McKeague who finished in 3hrs 46mins 47secs
Cathy McKeefry who finished in 4hrs 22mins 7secs
Eddie Deighan who finished in 5hrs 4mins 25secs

A big thank you to all those who took part in yet another successful year and generated a fantastic sum of £3,037 in sponsorship.

In a change for 2011, the charity committee came up with a new fundraising event in the form of a charity car wash! This was held on Friday 27th May at the Swatragh depot and was a huge success, raising a total of £580!

Cars came from far and wide to get their cars washed by the Crossland Staff - Dessie McAtamney even rounded up unsuspecting shoppers in the nearby towns/villages using his trusty loudspeaker to get their cars washed!

A huge thank you to all those who helped out at the car wash as well as to JNK Components for donating the supplies and also to Margaret Williamson for allowing the use of her field for advertising the event!

Thanks Again Everyone!



team 1: the professionals



team 2: the runners



team 3: absolute beginners



team 4: the only costudors



eddie & dermot



laford christh...



marathon group



dermot & sathy



Karl notague and daughter carolath



relaxing after a long run!



helen bothwell and friend



runners preparing for the big race...



cars line up for the car wash...



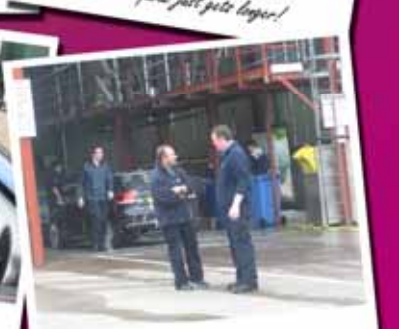
... and the queue just gets longer!



working hard at the car wash!



eagerly awaiting the excitement!



Well done to Dessie McAtamney (Maintenance Manager, Swatragh) who organised the production of the very popular BP McKeefry Calendars. The sale of these raised £530 and this was donated to Laurel House, Chemotherapy Unit in Antrim Hospital. All the staff at the hospital were very grateful for this donation towards such a worthwhile cause.

Hatches

Congratulations to Stephen Maguire (Swatragh Depot) and his partner Orla on the birth of their second child Rory who was born on the 5th May, weighing 10lbs 12 ozs.



Rory Maguire
2 days old

Comments/Feedback

Your comments on the newsletter and the articles featured in each edition are most welcome or if you wish for something to be included in the next edition please feel free to contact Julie Dougle;

e: Julie@bpmckeeefry.com
t: 02879 401333



Don't Forget! Charity Table Quiz

Walsh's Hotel, Maghera
Friday 21st October 2011
8pm!



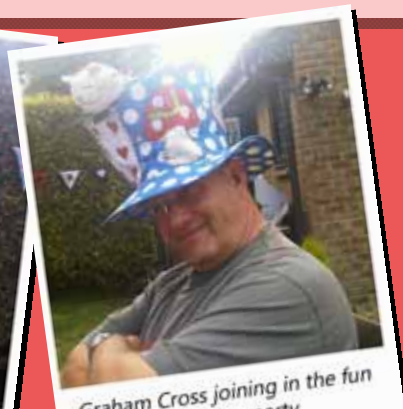
It's Party Time!

Graham Cross (Crawley Depot) recently dressed up and attended a Mad Hatters Tea Party for his granddaughter Layla-Jae's 1st birthday. Rumours have been circulating that both Graham loved his new outfit so much that he has been wearing it to work ever since!

Looking well Graham!



Aidy Waine celebrating his daughter's birthday party as the Mad Hatter!



Graham Cross joining in the fun at the tea party



New Delivery

BP McKeefry Ltd recently added 6 new powder tanks to its ever expanding fleet.

These will be operating primarily out of the Swatragh depot.

