

# CONTACT

Manweb's monthly newspaper for staff and their families.

MID MERSEY LIVERPOOL NORTH MERSEY  
DEE VALLEY HEAD OSWESTRY  
GWYNEDD OFFICE ABERYSTWYTH  
NORTH WIRRAL CLWYD MID CHESHIRE

Vol. 42 No. 2

February 1990

## Manweb to the rescue

MANWEB came to the rescue of five other electricity boards when severe storms lashed the country at the end of January.

More than 100 linesmen and engineers were sent to help out in the North Western, South Eastern, Southern, South Wales and South Western areas, where damage to overhead lines resulted in millions of homes losing their electricity supplies.

Although Manweb escaped fairly lightly compared with other boards, gale force winds whipped across the region leaving a trail of destruction. At the height of the storm, around 50,000 of our customers lost their electricity and linesmen and engineers worked around the clock to restore supplies as quickly as possible.

Denis Farquhar, Manweb's Director, Network Services, said: "As soon as we assessed our own situation we realised we could spare some of our staff to help those areas worse off than ourselves."

"The south obviously bore the brunt of the gale force winds and we were only too willing to help the areas affected get back to normal as quickly as possible."

The Chairman of South Western board, Bill Nicol, has since written to our own Chairman to thank Manweb's staff for their help in the emergency. He said: "Without their assistance it would have been impossible for us to repair our distribution system at anything like the same speed and I would be grateful if you would express my gratitude to all your people who worked so hard and so willingly on our behalf."

"In exactly one week we were able to restore all 400,000 of our customers who lost their supply. This remarkable result was achieved despite further high winds and lightning strikes which slowed down the work of restoration considerably."

"Whilst no one welcomes an emergency of these dimensions I believe it served to demonstrate to the public and to all of us

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Award winners are announced

# A SUPER COMMUNITY

A GLITTERING gala dinner provided a fitting finale for the very first recipients of the prestigious Chronicle-Manweb Community Awards.

More than 220 guests - nominees, local dignitaries and churchmen - travelled from all parts of Cheshire and North Wales to attend the Chester International Hotel for the nail-biting decision of who would be chosen as winner of each of the nine categories.

Guest of honour was Falklands hero Simon Weston who exemplifies the community spirit of the Awards and who delighted the winners by presenting the specially designed crystal trophies.

Manweb Chairman Bryan Weston and Chester Chronicle Managing Director Ernest Petrie also helped in the pre-

sentation ceremony and Granada TV news presenter Carl Hawkins was Master of Ceremonies.

The categories: Team of the Year; Young Person; Charity; New Business; Man; Woman; Special Endeavour; Environmental Award and Businessperson of the Year, had so many worthy candidates that the regional and final judging panels were hard-pressed to select one name in each section.

### Cares

As Bryan Weston told the audience: "It is true to say that everyone nominated is a 'winner' in his or her own right - and is someone who cares

enough about their community to work selflessly for the good of others".

But the choice for the Young Person of the Year Award had almost universal agreement and led to rapturous applause and a standing ovation for the two youngsters involved.

The judges decided to jointly honour Ryan Gander (13) of Deeside and Andrew Hickey (15) of Chester, as both refuse to let their disabilities prevent them from having a massive zest for life and from having an outstanding commitment to other young people and to the community.

Ryan suffers from Spina

Bifida but recently achieved two silver medals for Britain in the World Games for the Disabled in Miami. Andrew has a brittle bone disease and is also confined to a wheelchair but he too achieved recognition in the World Youth Games in Florida by winning the 'Sportsmanship of the Games' trophy.

Bryan Weston also paid tribute to the difficult job endured by the final judging panel, which included Dee Valley District Manager Jim McLennan, and to the regional judging panels which included Keith Beech, Mid Mersey Office Manager, Keith Hibbert, Dee Valley Energy Sales Manager, Mike Potts, former Mid Cheshire Energy Sales Manager and now at Head Office and Don Wade, Oswestry Energy Sales Manager.

They all, he said: "expended considerable time and effort in the mammoth task of helping select the final candidates".

The other winners are:

**Man of the Year** - Bill Lang of Chester, who in two years raised £750,000.

**Woman of the Year** - Mrs Jean Morris of Crewe, who fought her own battle against illness, and then battled to improve care for post-mastectomy patients.

**Charity of the Year** - The Vale Royal Council of Voluntary Services which has launched many special ventures such as playschemes, dial-a-bus and community car operations and acted as a focus for all voluntary groups in a large area.

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Falklands hero Simon Weston, chief guest at the awards ceremony, flanked in the centre by Chronicle Newspapers Managing Director Ernest Petrie and Manweb Chairman Bryan Weston, with the 10 winners. (Picture courtesy of the Chester Chronicle.)



Success on a plate

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Hold the front page

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Changes in store

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VIP visitor to Prenton

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## Changing faces

### Ken's cuppa with Agatha Christie

STAFF gathered at Head Office to wish Consents Manager Ken Sinclair good luck in his retirement. Ken, who completed 40 years' service in the industry last August, is pictured shaking hands with Director, Network Services, Denis Farquhar, surrounded by colleagues. He was presented with a cheque which he plans to put towards a set of golf clubs.

Ken joined the industry in 1949, following National Service with the RAF. He started out as a Wayleave Officer with the former Devon Sub Area at Torquay, and during those early years was closely involved in

the rural electrification of South Devon, including the beautiful areas of Dartmoor and Widdicombe.

One of his fondest memories of his time in the South was drinking coffee with the famous

authoress Agatha Christie, when the electricity supply was taken to her home near the River Dart in the early 1950s.

In 1956 Ken was appointed Wayleave Officer for the Dorking and Epsom District of SEEB, where tradition allowed new employees one extra day's holiday to attend the Epsom Derby!

In 1959 he returned to his previous post in Torquay where he remained until 1962, when he joined the CEBG as Wayleave

Officer at Llandudno Junction.

This was the period of the major 400kV and 132kV programme of electrification in North Wales, associated with the construction of Wylfa and Trawsfynydd Nuclear Power Stations. Ken was a Senior Field Officer on 400kV lines and, as a qualified valuer and auctioneer, he combined this with Estate Management work on the CEBG's extensive North Wales property and agricultural inter-

ests.

Following completion of the major 400kV electrification programme and transfer of 132kV assets to area boards, Ken was appointed to Manweb in 1972, subsequently becoming Senior Executive Officer and then Consents Manager.

His extensive wayleave experience, he was invited to join the industry's Estates and Wayleave Committee in 1982.

A keen sportsman, Ken was

the Devon County table tennis trialist in 1951 and won the SEEB singles table tennis tournament in 1951. He also won the SWEB singles tennis tournament in 1951 and 1956, and the Manweb doubles tennis tournament four times - the fourth and last time just a few days before his 60th birthday.

He and his wife Trish plan to travel abroad, particularly to Rome where their daughter teaches English.



## Cruise planned

Flowers and a cassette radio recorder were among the many gifts presented to Edith Jones when she retired from her job as Principal Assistant in the Cost Office at Sealand Road. Edith, who had clocked up 28 years' service with Manweb, is keen on cruising and is planning to celebrate her retirement with a trip to the Bahamas and Bermuda later this year.

Many friends and colleagues attended her presentation, including Financial Director John Roberts, and a farewell speech was made by Cost Accountant David Lucas, who is pictured presenting her with a bouquet.

## Engineers retire

Three engineers have recently retired from the Network Services Department at Head Office. Dave Laverick, 58, 1st Engineer, System Operation, joined Manweb in 1963 as 4th Assistant Engineer (planning) in Liverpool and came to Head Office in 1964 as 3rd Assistant Engineer, becoming 1st Engineer in 1973.

Second Engineer (Equipment) Tom Simm, 58, entered the industry in 1954 with the CEBG in Manchester and joined Manweb when the Board took over the 132kV network. Initially 4th Assistant Engineer, he became a 3rd Engineer in 1974 and 2nd Engineer in 1979. His responsibilities included Network Services' Queensferry Workshop.

Senior Engineer Rex Winnard, 58, also joined Manweb when it took over the 132kV network, having been with the

CEBG since 1961. Starting as 3rd Assistant Engineer at Head Office, he was assimilated to 2nd Engineer and in 1974



became a 1st Engineer. In 1984 he was promoted to Senior Engineer responsible for equipment.

Dave Laverick chose a camera as his retirement gift, Tom Simm was given a stereo cassette recorder and Rex Winnard

received a power grinder.

Pictured (l-r) with colleagues are Tom Simm (holding cassette recorder), daughter Louise, who

works in Registry and Mailing, Mrs Edith Simm, Rex Winnard, Mrs Barbara Winnard and Dave Laverick.

## Graham steps down after 40 years' service

Graham Houghton, Liverpool District's Energy Sales Manager, has taken early retirement after clocking up almost 40 years' service in the electricity supply industry.

Graham started his career as an Apprentice Electrician with EMEB at Kettering, being paid the princely sum of a guinea per week for his first year.

After National Service in the RAF he returned to EMEB and, taking advantage of their career development scheme, became a 4th Engineer in the Engineering Department.

After various positions he transferred to Manweb in 1966, based at Hatton Garden until reorganisation. In 1970 he moved to Head Office, working in different departments until his return to Liverpool in 1981 as Energy Marketing Manager.

During his time in Energy Marketing he involved himself in the Public Speaking competition and many of the younger members of staff have cause to thank him for his help and advice.

Presenting him with a camera on behalf of colleagues and a book from the LJCC, District Manager Gerry Haughan thanked Graham for his enthusiasm in his job and for the help he gave over the years. Pictured at the retirement presentation are (front, l-r) Graham's mum Amy, Gerry Haughan, Graham and his wife Sheila, surrounded by colleagues.

More changing faces on page 8.



# Fact finding at North Wirral

MR Charles Myers, Chairman of the new electricity Consumers' Committee for Merseyside and North Wales, joins junior sales trainee Ratan Gupta for a cup of coffee during his recent visit to Manweb's Birkenhead shop.

Accompanied by North Wirral District Manager Geoff Abel, Mr Myers called in at the recently refurbished shop during a fact-finding tour of the District to familiarise himself with the electricity industry.

Earlier in the day he visited the District Office in Prenton, where he met some of the staff who regularly deal with customers, and was shown the customer accounting, energy marketing, engineering and appliance servicing operations. In addition he toured

the Central Field Unit, which maintains and develops the 132kV network.

Mr Myers also spent a day at Head Office in January, when he met some of the key people he will be working with in his new role, including Regulator Relations Manager Mike Metcalfe and Board Secretary Nick Williams.

As Chairman of the Consumers' Committee, which replaces the Consultative Council, Mr Myers' role is to investigate and adjudicate on customer complaints.



# Cameras roll for shooting of new Manweb videos

THIS month saw the start of shooting for two new videos for Manweb - the fourth in the New Perspectives series plus a Manweb corporate video.

In New Perspectives IV, presenter Michael Rodd looks at money matters and questions Financial Director John Roberts about his role in Manweb as a public company.

New areas have been introduced to the Financial Department. David Light, the Corporate Financial Manager, is now responsible for analysing the viability of projects proposed by the divisions, and Treasury Manager Dennis Hughes ensures Manweb's money is managed profitably.

The corporate video, which is being produced by our corporate advertising agency Valin Pollen, will present to

customers, potential investors and the city the modern day Manweb, and will show the diversity of Manweb's region, its services and its customers.

Filming took place during mid February in various locations throughout Merseyside, Cheshire and North Wales.

The treatment is very different from the series of videos for staff in that it has very little commentary. Visual images and the technique of eavesdropping on conversations are used to show how Manweb and its staff play such an important part in the lives of customers around our region.

# Corporate campaign launched

MANWEB's first ever corporate advertising campaign was launched on February 7, with our own staff playing a starring role.

Called "Local Heroes", the campaign features six employees selected from different parts of the region who do jobs that typify the wide range of services provided by Manweb.

The posters and local press advertisements will appear throughout the area over the next few months, supported by a series of local radio advertisements.

Launching the new campaign, Manweb Chairman Bryan Weston said: "This new style of advertising represents a first for Manweb and I am delighted that our staff have been able to play such a key role in the campaign."

"The aim of the advertising is to strengthen our competitive position and reassure our customers that they get the best service from Manweb."

"The approach we have adopted - using our 'Local Heroes' - aims to show Manweb as experienced and expert yet friendly and approachable."

Three posters have been produced. The first, about installing overhead lines in the mountains of North Wales, features Graham Smith, of Clwyd District, while the second, about electrical installation, features Jim Briggs, of North Wirral District. The third, with George Range, of Liverpool District, is about maintaining the supply to Anfield and its floodlights.

The press advertisements follow the theme of the posters, with Angela Coulton, of Mid Mersey District, demonstrating how Manweb deals with customers' telephone enquiries, John Appleton,

of North Mersey District, in a customer's factory where Manweb has helped improve energy efficiency, and Phil Bridgewater, of Dee Valley District, who is responsible for maintaining electricity supplies in the area.

Sixty second and 40 second advertisements will be broadcast on Radio City and Marcher Sound.

# Long serving employees

CONGRATULATIONS to the following Manweb employees who have clocked up 20, 30 or 40 years' service in the electricity supply industry during January.

40 YEARS: Head Office - Alexander James Buckley, 1st Engineer, Transmission; Mid Mersey - Des Lock, District Manager; Clwyd - Eric Roberts, Foreman; Oswestry - Leonard Brookfield, Electrician.

30 YEARS: Head Office - Helen Griffiths, Clerk, Roy Edward Bridson, Craftsman Meters, John Malcolm Whal-

ley, Senior Engineer; Gwynedd - Hugh Williams, Jointer's Mate; Aberystwyth - John William Connor, Driver/General Duties Assistant, David Gwynfor Pugh, Jointer, David Bennion, 1st Engineer.

20 YEARS: Head Office - Vincent Bernard Martinez, Driver; Gwynedd - Malcolm Donaldson, Customer Accounts Manager (temporary).

## Congratulations

# Lucky numbers

THE lucky number 2604 landed J.A. Povey, of Head Office, the top prize of £300 in the EEIBA's December draw. The other winners were as follows:

£200 - H.W. King, retired (116); £150 - W.A. Fleming, retired (2203); £100 - P.S. Rooney, retired (2258); £75 - R.D. Valentine, Mid Cheshire (1242) and A.G. Evans, retired (1936); £50 - M.O. Lindfield, retired (1762), G.H. Dodd, retired (43) and R.M. Jackson, retired (1961); £30 - M. Muir, retired (2016), R. Hulme, retired (1519) and M.A. Mather, retired (2121); £25 - J. Halewood, retired (1593), M.J. Whitenburgh, Head Office (281), B.S. Knowles, Head Office (493), D. Farquhar, Head Office (80), L.A. Carr, Aberystwyth (200), J.M. Rutter, retired (20) and F.G. Nicholas, retired (501).

# Win a super prize



"LEADS to Leisure" is the title of the current incentive being run for Ambassador Club members.

Vouchers will be given to the top lead producer in each Manweb District and also in each of four opportunity areas - storage heating, Economy 7 water heating, contracting and major appliances.

This means there are FIVE chances to win the top prize of a £100

voucher, FIVE chances to win the second prize, a £75 voucher, and a further FIVE chances to win the third prize, a £50 voucher.

The vouchers can be spent at Pickfords Travel, Trusthouse Forte, Berni Inns, Marks and Spencer, Next or the House of Fraser.

# Festive Fayre For Manweb's Ambassadors

TWENTY-five lucky winners of the Ambassador Club's "Festive Fayre" draw took their partners to a Medieval Banquet at Ruthin Castle on February 3.

The prize included an overnight stay, enabling the winners to recover from the festivities, which involved eating with daggers and drinking wine from pewter goblets and clay cups, while being entertained with harp music and singing by the Court Ladies.

• The 50,000 points winners in the Ambassador Club Monthly Draw were as follows:

October '89: G. L. Smith, Income Section, Oswestry.  
November '89: M. S. Davies, Appliance Repair Section, Gwynedd.  
December '89: S. O. Roberts, Trading Administration, Clwyd.  
January '90: D. H. Williams, Shift Electrician, Dee Valley.



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The two plucky wheelchair-bound athletes who jointly carried off the Young Person of the Year award, Ryan Gander (left) and Andrew Hickey, are pictured with Falklands hero Simon Weston and Manweb Chairman Bryan Weston.

## Super community

(Continued from page 1)

**Business of the Year** - North-west Business Computers - Mr Joe Wilson of Mickle Trafford, three years ago set up this company which now has a turnover in excess of £500,000.

**Environmental Award of the Year** - The Queensway Playing Fields Association of Whitchurch which has turned a 10-acre site in Whitchurch into an attractive area for children and a superb haven for wildlife.

**Business Person of the Year** - Mr Ron Smith, Chief Executive of Whelmar Group plc who spearheaded a management buy-out and has seen his company

rocket up the business success scale.

**Special Endeavour of the Year** - Mr Dave Owen who is employed by the Ambulance Service in Ellesmere Port as a paramedic and saved the life of a 26 year old man who was impaled by two wooden fencing stakes when the vehicle in which he was travelling went off the M56 in May of last year.

**Team of the Year - The Halton Haven** - an organisation that has achieved so much in helping cancer patients that their efforts have gained them national acclaim.

# Simple steps to staying healthy

by Phil Hughes  
Safety Section

FROM time to time, Manweb's Safety Section is asked about 'Weil's Disease' and the chances of members of staff catching it.

Weil's Disease is a form of Leptospirosis which can be passed on to humans from animals, including cats, dogs, cattle and pigs.

It can be transmitted by direct contact with the blood or tissue of infected animals, but the more common way to catch it is by indirect contact with urine.

There are usually no local signs of infection and clinical diagnosis tends to be unreliable. The symptoms usually occur after an incubation period of six to 12 days and can include the abrupt onset of high fever, headaches, muscular pain and gastro intestinal upset, including nausea and vomiting, with jaundice occurring in 50 - 60 per cent of cases.

People who suffer mild cases of Weil's Disease recover completely without specific treatment and fatalities are very rare unless there has been severe kidney damage.

Rats are responsible for Weil's Disease and those people most at risk of contracting it include sewage

workers, who spend their working life in slow running water conditions where the micro-organisms which cause the disease survive.

As far as we in Manweb are concerned, the precautions we need to take to protect ourselves against Weil's Disease and any other diseases which arise from working in unhygienic situations are:

\* Make use of the personal protective clothing provided at work, such as gloves and overalls with the

sleeves kept rolled down.

\* Keep protective clothing clean and in a good state of repair.

\* Use the various barrier creams such as Rozlex "Wet Guard" now available.

\* Thoroughly clean your hands before eating, smoking or using toilet facilities.

\* Clean and dress any cut, scratch or skin abrasion with a waterproof dressing as soon as possible after the injury to avoid infection.

## Drop us a line

DO you have a view you'd like to share or an opinion you'd like to air? Then why not drop us a line?

Write to: The Editor, Contact, Room 5E1, Manweb, Sealand Road, Chester CH1 4LR, and make sure you include your name and address, or work location.

All letters are dealt with in strict confidence and your name can, upon request, be withheld.

# Calling all former Clwyd colleagues

ARE you interested in becoming a member of a Clwyd District Retired Staff Association?

Denis Atkinson and Alan Spargo are fully prepared to set up such an Association, providing there is enough support.

If you are interested, please complete the coupon below and send it to: Mr D Atkinson, 48 Ffordd Nant, Fairlands Estate, Rhuddlan, Clwyd LL18 2SW, to arrive no later than March 31, 1990.

I am interested in becoming a member of the Clwyd District Retired Staff Association.

My Wife/Husband is also interested in joining the Association.

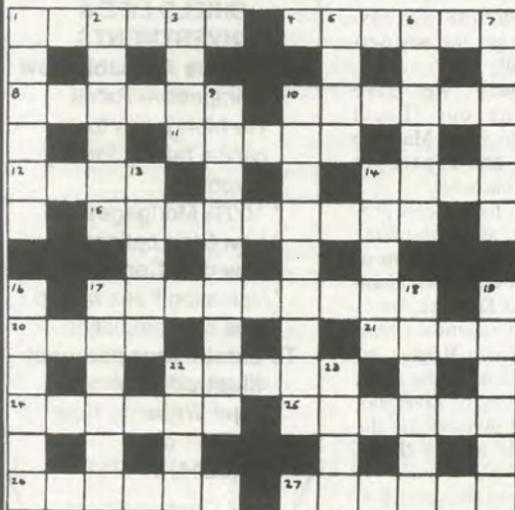
My name, address and telephone number is as follows:-

NAME .....  
(BLOCK CAPITALS PLEASE)

ADDRESS .....

TELEPHONE NUMBER .....

## Crossword number 18



Across

1. Where progress can be made in a depressed area (6), 4. Child telling strange tale to get a holiday place (6), 8. George finally getting a car for the twins (6), 10. Food at a hostelry when the German comes round (6), 11. Make nothing of a character out of a book (5), 12. Given the chop without starting be charged (4), 14. One may not be moved to take you somewhere (4), 15. Enter it on new form for keeping (9), 17. The collector has his place here (4-5), 20. Russian vehicle behind one (4), 21. Disapproval expressed to keep the union quiet (4), 22. Given protection, Penny's gone for more (5), 24. Artist in challenge to protect transport (6), 25. Not good enough to rent out (6), 26. One has to try to hold up the bed canopy (6), 27. It's more than enough to be associated with peace (6).

Down

1. It could be a telling gesture (6), 2. Large drink to soften the impact (6), 3. Girl revealed when handkerchief strip is removed (4), 5. It's hard coming down in a storm (4), 6. Get an angle on the fellow who can provide capital (6), 7. A lot of talk from one in the business (6), 9. Bury when a duel goes wrong for a spell (9), 10. Deposit to include a jacket (4-5), 13. Villain spending little time in study (5), 14. Nothing like being in the right joint (5), 16. Not very clever rise if you obtain a little one (6), 17. Bull in the mountains (6), 18. American in school trains here (6), 19. Some at sea singing it and maybe some at home here (6), 22. Turn in time to get the shivers (4), 23. Guy's girl (4).

Solution on page 10

## Pensions increase

A PENSIONS increase of 7.6 per cent comes into effect from April 1, 1990, payable under the Electricity Supply Pension Scheme (ESPS) in respect of the previous 12 months.

The increase relates to all pensions which came into payment before April 2, 1989, and proportionate increases are payable on pensions which came into payment during the period of April 2, 1989, to March 1, 1990.

The increase of 7.6 per cent represents the rise in the Retail Price Index over the 12 months ending in September 1989 and is the rate by which State pensions will be increased with effect from April 10, 1990.

Children's allowances payable under the ESPS will be increased as from April 1, 1990, from £719.40 to £774.00 a year or, where payable at the higher rate, from £1079.16 to £1161.00 a year.

Where a pension is payable which includes a Guaranteed Minimum Pension (GMP) then no increase will be paid on the GMP relating to service prior to April 6, 1988, and a pensions increase of three per cent paid on the balance (if any) of the GMP.

The State normally pays pensions increases on the GMP and it pays the balance of the pension increase above three per cent on the part of the GMP relating to post April 5, 1988, service. Where the state does not pay pensions increases on the GMP, in most cases the increase is paid by the ESPS on the full amount of the Scheme pension.

## Oops . . .

IN last month's Contact we carried a report about a presentation to 90-year-old Alec Cannon at North Mersey District and incorrectly referred to him as a former Appliance Repair Foreman when, in fact, he was a Contracting Engineer.



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# Manweb to the rescue

(Continued from page 1)

associated with the Electricity Supply Industry that in times of crisis we are able to unite into an extremely effective force on behalf of our customers."

Energy Secretary John Wakeham has also written to Manweb Chairman Bryan Weston to congratulate staff on the way they coped during the storms.

He said: "Once more the skill and resourcefulness of managers, engineers, linesmen and hundreds of support staff was displayed, both in dealing with Areas' own problems and in responding to calls for assistance from the Boards worst affected.

"I shall be grateful if you will pass my thanks on to those of your staff who were involved."

The enormous effort put in by Manweb staff to restore supplies in appalling weather conditions was also recognised by customers, and many wrote to their local Dis-

**Cheers! Mid Cheshire Linesman Geoff Taylor (left) and Linesman's Mate Brian Davies celebrate their 'windfall' with a pint after work.**

tricts to thank those involved.

They included Mrs K.B. Brown, of Oswestry, who wrote: "The men were more than helpful, worked long and hard in difficult conditions and were extremely pleasant throughout.

"At a time when the service was under severe pressure we very much appreciated the attention we received."

And Les Roberts, of Whittington, Oswestry, said: "Please say thank you to your staff for working all night, and I am sure I speak for everyone else who woke to find everything as normal."

Gwynedd District received a letter of thanks from Lady Janet Douglas Pennant, of Penrhyn Castle, who lost her electricity supply overnight after a huge tree brought 11kV lines down on the estate.

She wrote: "I would be obliged if you would convey my thanks and appreciation to the team who repaired the cable in Penrhyn Park today. The work was undertaken in very arduous conditions and

with the minimum of delay."

Frank and Ann Latham, of Tarporley, wrote to Mid Cheshire District to congratulate two "brave and very helpful young linesmen". They said: "They came at the height of the gale to repair a broken and live cable which was causing a spectacular firework display.

"It was really very perilous repair work in very difficult conditions, and their prompt arrival was much appreciated.."

The storms brought a surprise 'windfall' for Linesman Geoff Taylor and Linesman's Mate Brian Davies, of Northwich Depot, after they turned out to an emergency in Mobberley, near Knutsford.

A group of neighbours were so impressed with the way Geoff and Brian handled the situation that they sent Mid Cheshire District £5 so that the two men could "have a drink on the locals of Smith Lane."

Their spokesman, Mr G. Storey, wrote: "An overhead line serving the house next door

had been brought down, no doubt by the very strong wind. Looking out some 30 minutes later, I saw one of your men up a ladder in the most appalling wind, repairing the line.

"This really was excellent service and your men deserve a medal for their efforts at what must have been a very busy time, and during dreadful weather. I could hardly stand up against the wind, myself. I hope you will be able to trace the two men involved and pass to the the attached £5 note. They deserve it, and our grateful thanks."

The £5 was passed on to the two men and, celebrating with a pint after work, Geoff recounted what had happened on the day of the storm. "It was blowing a gale, the worst weather conditions I've ever been in.

"Obviously it's very nice for these people to write in to thank us, but it was just one of many jobs that night, and all the lads, not just us, were doing their best while working under very difficult conditions."



## Obituary

IT is with sadness that Contact reports the deaths of the following retired Manweb employees.

**LEONARD YOUNG**, 77, died on January 9. He was a 2nd Engineer at Mid Cheshire until his retirement in 1976.

**DANIEL FLETCHER**, 83, who died on January 11, retired in 1968 at Runcorn, where he was a Painter/Decorator.

**THOMAS LANCELOT BISHOP**, 65, was a 2nd Engineer in Plant Construction, Head Office, until his retirement in 1988. He died on January 12.

**WILLIAM ORRETT COX**, 74, died on January 13. He was a Driver at North Wirral until he retired in 1979.

**LEONARD WALTER**, 65, who died on January 15, was a Principal Assistant in Income, Head Office, until he retired in 1986.

**IVOR HAYES**, 62, retired in 1988 at Clwyd, where he was a Chargehand, Overhead Lines. He died on January 16.

**LESLIE LINDOP**, 78, died on January 18. He was a Mate at Mid Cheshire until he retired in 1976.

**SYDNEY ARTHUR MADIN**, 77, who died at his home in Scotland on January 21, was a Shift Electrician at Liverpool until he retired in 1978.

**JOHN EDWARD ERIC THOMAS**, 66, was a Storekeeper at Aberystwyth until his retirement in 1987. He died on January 21.

**ALFRED HAWKINS**, 82, died on January 25. He was a Fitter's Mate at Mid Mersey until he retired in 1972.

**LLEWELYN LEWIS**, 86, who was District Manager at Anglesey until he retired in 1965, died on January 26.

**DENNIS LIONEL VIRGIN**, 60, died on January 31. He was a Driver at North Wirral until he retired in 1982.

**GWYNFRYN PARRY**, 77, was a Foreman, Meter Reading, at Dee Valley until he retired in 1977. He died on February 4.

**NORMAN OAKES**, 70, who died on February 5, was a Meter Operative at Mid Cheshire until he retired in 1984.

**WILLIAM JOHNSON**, 70, died on February 5. He was a General Duties Assistant at Mid Mersey until he retired in 1984.

**SYLVANUS PARRY EVANS**, 81, who was a Labourer at Clwyd until he retired in 1972, died on February 6.

**HAROLD THORPE**, 79, died on February 9. He retired in 1975 at Mid Mersey, where he was a Foreman.

We also regret to announce the death on January 20 of former Liverpool Cable Jointing Foreman Richard Rodaway, aged 58, following a brave battle against cancer. He worked at Lister Drive until 1979 when he left to work abroad.

## Staff scheme gives a big boost to local organisations

IN its first year, Manweb's Charity Chest scheme has donated thousands of pounds to local charities. And there is still money in the kitty waiting to be claimed by staff raising money for worthy causes.

The scheme recognises the efforts of Manweb's employees on behalf of charities, matching £ for £ the money they raise up to a maximum of £150.

Priority is given to projects within the Manweb area, and organisations helped so far include Chester Committee for the Disabled, Clwyd Red Cross, St Rocco's Hospice in

Warrington, Ellesmere Port Society of St Vincent de Paul, the Pain Relief Institute, Liverpool, and the Nantwich-based Research Trust for Metabolic Diseases in Children.

Sponsored walks, the Paris International Marathon and a Liverpool

to Scarborough cycle ride are just some of the fund-raising

events Manweb staff have taken part in since the initiative was launched in January 1989.

Individuals and organisations raising money without a particular beneficiary in mind have also boosted the Charity Chest by making donations to the fund.

Application forms to take part in the Charity Chest

scheme are available from Public Relations, Head Office, ext. 2090.

Each employee is eligible for consideration once every financial year and projects, which must be registered charities, will be supported once in every three years.

### Effort

Schemes must fall into the categories of Manweb's Community Funding Policy, and decisions on whether or not to support projects will be made on receipt of applications from members of staff rather than on the date of fund-raising events.

Raising funds through contributions from wages or straightforward cash collections are not eligible, as the scheme is designed to recognise projects which have involved considerable effort.

## Members targeted

THE Manweb Sports and Social Club Shooting Section is now shooting regularly at the Centurion Range on Deeside Industrial Estate.

Pistol and airgun shooting are among the regular events, and for all its activities the club provides equipment and instruction.

Breaking with the sport's male image, almost half the club's members are women. Membership is now approaching 60, and anyone - male or female - who as yet hasn't tried their hand at shooting is welcome to come along.

Forthcoming club events include clay pigeon shoots on March 3 and 31. Further details can be obtained from Club Secretary, Kerry Jones on Head Office 2130.

## What's new?

WHAT'S new in your district or department? Have you an idea for a story or photograph? Then why not let Contact know?

Write, phone or come and talk to Contact Editor Jackie Unsworth in Public Relations, Room 5E1, Head Office, ext. 2090, or get in touch with one of the district Contact reps. They are as follows:

**North Mersey:** Edna Courtney, ext 2167; **Liverpool:** Teresa Kelly, 2117; **Mid Mersey:** Ena Harding, ext 2231; **Dee Valley:** ext 2112; **North Wirral:** Mike Townson, ext 2202; **Mid Cheshire:** Pat O'Neill, ext 2111; **Clwyd:** Rod Taylor, ext 2118; **Gwynedd:** Malcolm Donaldson, ext 2250; **Oswestry:** Ian Moulton, ext 2230; **Aberystwyth:** Keith Jones, ext 2202; **Hoylake Training Centre:** Pauline Lewis, ext 251.

### CORNWALL HOLIDAYS

Caravans and Chalets overlooking St. Austell Bay. Bar and Shop on Site.

Pets welcome.

For brochures or further details phone Ian at:

THE MOUNT HOLIDAY PARK  
PAR PL24 2BZ  
Telephone: 072 681 2616



# Chefs' battle royal for culinary

The heat is on for a trio of top chefs who will be battling for the culinary crown in the finals of the Welsh Chef of the Year competition on March 14.

Sponsored by Manweb and South Wales Electricity in conjunction with Taste of Wales and the Cookery and Food Association, the contest was introduced in 1988 in a bid to rid Wales of an unjustified reputation as a gastronomic desert.

The final will be held at the National Sports Stadium, Sophia Gardens, Cardiff, and the three finalists, representing North, Mid and South Wales, secured their places and a chance to win the top prize of £1,000 by winning local heats.

For the first time ever, a woman has reached the final stage of the competition. Gwen Davies, 28, who runs a restaurant near Machynlleth, won the Mid Wales heat when she served up a mouthwatering dish of Welsh lamb in a sorrel, leek and wine sauce. Her starter was chicken mousseline and a sweet of praline ice cream with a hot chocolate sauce completed her recipe for success.

She said: "I can't believe I'm the first woman to reach the final. It's nice that women are getting some recognition in the kitchen at last."

Representing North Wales will be 27-year-old Jeremy Davies, of the Bryn Howel Hotel and Restaurant, Llangollen, who impressed the judges with his recipe - Scallop Tortellinis presented with strands of

poached cucumber, Breast of Chicken filled with its own mousse and smoked over oak chippings and presented with a wood mushroom sauce, and Vanilla Ice Cream served in a tulip with fresh fruit and a strawberry sauce.

The South Wales contender is Andrew Jones, second chef at Newport's Celtic Manor Hotel. Andrew, 25, won his place in the final with a delicious dish of Grilled Scallops with warm Darjeeling tea vinaigrette, Saddle of Rabbit with forest mushrooms, and Strawberry Mousse Amy.

The finalists will have the task of producing a dinner for four using ingredients selected by the judges.

Three young chefs have been selected to compete for the £250 first prize in the final of the Young Welsh Chef of the Year on March 13, also to be held at Cardiff.

They are David Thompson, of Bodysgallen Hall, Llandudno, Nicholas Davies, of the Pavilion Restaurant, Aberystwyth, and Oliver Pinchon, of Bryn Howel Hotel and Restaurant.



Above: The North Wales heat winner Jerry Davies with his delicious dish of Breast of Chicken filled with its own mousse. He'll be hoping to tempt the judges again at the final on March 14.

Below: Tough competition from South Wales, represented by Andrew Jones of the Celtic Manor Hotel, Newport, which produced last year's winner. (Picture courtesy of South Wales Electricity).



Aberystwyth District Manager Terry Keenan samples Mid Wales contender Owen Davies' prizewinning dish. She is the first woman to reach the final.



pliance Stores Administrators (l to r) Ivy Ellis, Cathy Davies and Paul Hughes loads up with the Equipment Store's over-



similar capacity.

Queensferry ships out a huge quantity of appliances and mains equipment every day but in spite of the depot's impressive ability to deliver to the right place at the right time, Bob does acknowledge occasional difficulties.

"When there is a problem the name of the game for us at Queensferry is to recover the situation as quickly as possible to meet the needs of the user department," he says.

## Warehouse

These problems apart, Queensferry operates extremely efficiently, and Bob is proud of what's been achieved. "It's all been done through hard work and everyone putting in ideas and long hours to get it right," he affirms.

Another development at Queensferry is the construction of a new appliance warehouse.

Not only will this increase available storage space from 7,000 to 11,000 square metres, it will also streamline the goods inwards storage and loading operations incorporating covered bays and the latest in 'live' gravity fed racking, which automatically brings stock forward for picking.

Existing warehouse space will be made free for other uses, which may include storing more network equipment undercover and cleaning returned containers - currently done in the open.

Queensferry has made a great deal of progress in recent years, and with its highly dedicated staff, finely tuned computer system and new warehouse, it's set for the future.

"The staff here have all been giving their best, and with the new warehouse there will be even more scope to develop the operation," says Bob.

# Queensferry Stores - where everything from cookers to cables is stocked . . .



Driving a fork lift is all in a day's work for Chargehand Steve Jones, along with checking for damaged stock and handling receipts.

Report by  
Graeme Cooper  
Pictures by  
Max Cooper

IT covers 23 acres, stocks everything from cookers to cables, and supplies all Manweb's shops and network depots. Queensferry Stores is, as Manager Bob Wright says, "a big operation"

"Basically we're in the business of storage, handling and distribution," he added, making Manweb's Queensferry Stores sound deceptively simple.

But running the central store which meets the needs of Manweb's 58 shops and 20 Network Services depots is anything but simple.

Every day container loads of stock are received and shipped out, and if the system didn't work, Bob's phone would soon be ringing with desperate calls from the districts.

"We try to provide a good service to the user departments, and generally speaking we seem to satisfy the Board's needs," he says.

Working with Bob are a 55 strong team which includes administrative staff, warehouse personnel, and HGV drivers. It's a tightly run team effort, and it's not unusual to find Bob burning the midnight oil over a computer screen or even sweeping the yard as well as dealing with managers and Board members.

The Queensferry Depot forms part of the Board Secretary's Corporate Service, and comes within Assistant Board Secretary Don Kilgallon's area of responsibility.

The site is also home to Trading's appliance repair workshop and Network Services' engineering equipment workshop, which are operated directly by the divisions, though overall responsibility for the Queensferry site's security lies with Bob Wright.

What keeps the depot running smoothly is a tight stock control system which makes for efficient stock movement and the maximisation of the available storage space.

Surprisingly it takes just five clerical staff to run the computerised operation - three to look after appliances and two for the

general engineering and network equipment stores.

The computer replaced a paper-based system which was becoming too unwieldy and very expensive to cope with Manweb's expanding business.

"Before the computer each individual appliance had its own piece of paperwork, which was a nightmare, especially when it came to stock-taking," says Bob.

"It used to take six people eight weeks to check the stock. Now it takes four people one week, and we've reduced our discrepancy rate from 85 per cent to just two per cent."

He praises the work of Information Services' Joe Caldwell and Hywel Watson who set up the custom-built Queensferry system.

"For handling and control it's as good as anything I've seen anywhere in the country," says Bob, who as part of his job keeps up to date with developments in storage and handling.

"If the stock control wasn't spot on the guys who are loading would be in the office all day sorting things out - then the whole operation would grind to a halt!"

Each location in the huge appliance warehouse has its own individual reference. It takes just seconds for Administrators Pat Wilkes, Ivy Ellis or Cathy Davies to call up on screen stock quantities and locations.

#### Patrol

An instant stock check can be done with a printout which gives an exact reference for any specified appliance.

In charge of loading and

Above: Bob Wright with and Pat Wilkes.

Below: General Duties A head crane.



Above: Assistant Storekeeper Neil Saxton loads an appliance container.

Below: Depot Manager, Bob Wright studies the plans for Queensferry's new appliance warehouse.



delivery is Chargehand John Roberts, who ensures that the containers are loaded in the correct order.

Districts are split into three picking groups, and containers filled in a strict loading order the reverse sequence to which they will be unloaded. From the 6.30am 'dawn patrol' until after 6.00pm when the last lorry comes back from the long haul to Aberystwyth, the yard at Queensferry is criss-crossed by HGVs and forklift trucks loading full containers and removing empty ones for cleaning and refilling.

Network Services' equipment is held in its own separate store, administered by Muriel Williams and Beryl Thomas.

Everything from nuts and bolts to transformers is held in stock, and for loading the heavy equipment, the store has its own 10 ton capacity overhead crane and a mobile crane c

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For the first time ever, has reached the final stage competition. Gwen Davies runs a restaurant near Maer won the Mid Wales heat served up a mouthwatering Welsh lamb in a sorrel, wine sauce. Her starter was mousseline and a sweet ice cream with a hot sauce completed her recipe success.

She said: "I can't believe first woman to reach the final nice that women are getting recognition in the kitchen"

Representing North Wales 27-year-old Jeremy Davies Bryn Howel Hotel and Restaurant Llangollen, who impressed judges with his recipe - Tortellinis presented with



Aberystwyth District Mayor Owen Davies' prize final.



## Retiring with 41 years' service

RETIRING after more than 41 years with Manweb is Legacy Stores Foreman Iorwerth Morris.

Iorwerth (65) joined the Board as a labourer in 1948, and after promotions to Assistant Storekeeper and Storekeeper/Clerk became Foreman in 1971.

He has represented Dee Valley District on the Foreman's Committee and on the LJCC, and is a long-standing member of Rhos Orpheus Choir.

Iorwerth and wife Edna have a son, Gareth and live in Bryn Glas, Rhos. Plans for retirement include taking up golf.

Dee Valley Office Manager John Griffiths is pictured presenting Iorwerth with a retirement gift of a solid brass carriage clock, and Iorwerth and his colleagues also enjoyed a farewell dinner at the Holt Lodge Inn.

## Leaving Legacy

SINGING Dee Valley Bricklayer Arthur Jones has taken early retirement due to ill health. Arthur, a keen member of the Rhos Orpheus Male Voice Choir, joined Manweb in 1974 as a Public Lighting Attendant based at New Crane Street Depot. He became a Driver in 1974 and four years later became a Bricklayer at Legacy Depot.



## Secretary Doris calls it a day

BIDDING farewell to Manweb after 20 years with the Board is Private Secretary Doris Metcalfe. Doris joined the CEGB at Connah's Quay in 1969 and came to Manweb as a Head Office typist the following year.

She held various posts within the Board, including Group Manager's Private Secretary and most recently Secretary to the Education and Training Officer and Assistant Personnel Manager.

Regulator Relations Manager Mike Metcalfe, who worked with Doris during his time as Assistant Personnel Manager and later Personnel Manager said: "Doris will be missed by everyone. She typi-

fied the Manweb spirit of always being ready to help, but after 20 hectic years with the Board she deserves the chance to relax!"

Doris is pictured receiving one of her retirement gifts, a table lamp, from Regulator Relations Manager Mike Metcalfe watched by colleagues including Chairman Bryan Weston and former Head of Human Resources, Jim Barraclough. She also received a nest of tables.



## End of the line for Telecom man

HEAD Office Telecommunications Foreman Stan Hughes has retired after being with the electricity supply industry since 1944. Starting with Chester Corporation Electricity Department, Stan joined Manweb on Nationalisation as a chargehand.

A Foreman in the Technical Section since 1973, his principal duties covered Manweb's telephone and radio operations, and Stan is known and liked by colleagues in the Technical Section and throughout the Board.

He and wife Audrey have a daughter, and live in Chester. Stan's interests include horse racing and his sign writing skills have won him friends at courses across the country where he writes the runners boards.

Colleagues gathered to wish him a happy retirement, and present him with gifts including a TV set, cut glass goblets and champagne. Stan repaid the compliment by treating his staff to a slap-up dinner!

He is pictured (centre right) with colleagues receiving his retirement gifts from Metering and Telecommunications Manager Phil Ramsey.

## Eddie earns his bread and butter

HEADING for a well-earned retirement after 40 years with Manweb is Head Office Facilities Manager Eddie Lunt.

Well known and liked throughout Manweb, Eddie (60) joined the Board in the Accounts Department of the Eversley Sub Area in 1950. He later went to Head Office Senior Accounts Department (then at Love Lane, Liverpool) before coming to Chester when the office moved in 1969.

After a period as Principal Assistant, Mailing and Registry he was promoted to the position of Head Office Facilities Manager.

Eddie's many interests outside work include sequence dancing, gardening, walking, amateur dramatics and DIY. He is also closely involved with the

Methodist Church as Circuit Steward for the Runcorn Circuit.

Eddie and wife Dot have two grown up children, David and Sue.

His retirement gifts included a dishwasher, gardening equipment...and bread, butter and golden syrup - a favourite childhood snack - courtesy of Welfare Services Manager, Jim Wilcock!

Eddie (5th from left) is pictured receiving his retirement gifts from Board Secretary Nick Williams. Wife Dot is right of Eddie and daughter Sue is second from right.

# Display Section cuts a dash . . .

by Graeme Cooper

**MANWEB'S Head Office Display Section is 'cutting a dash' with its new hi-tech sign cutter and writer.**

As well as producing perfect signwriting, the computer-controlled Graffitroniks machine ('Nik' for short) slices through vinyls in lettering up to 900mm high, to give anything from small 'No Smoking' signs to shop and exhibition displays and van panels.

The machine means that much of the sign work currently being sent to outside companies can now be produced in-house.

"We can cut vinyls which have a three, five and seven year outdoor life as well as shop point of sale and display material. It gives a bet-

ter finish than cutting and writing by hand," said Display Supervisor Bill Swann.

"We have used it to produce Medallion and Civic Shield site boards at about a third of the usual cost. The cutter is a big step forward for us," he added.

The versatile machine currently has a range of 20 type faces, as well as a graphics capability, and Bill is happy for staff at Head Office and Districts to contact him on Head Office ext 2940 with their sign and display needs.



Bill Swann (left) and Hugh Hughes with work produced on the Graffitroniks machine (visible in the left of the picture).

# Help is a phone call away

by Irene Jones  
Manweb's  
Nursing Sister

**STRESS is a state of the mind and something we can all recognise to a greater or lesser degree. But because there is often "nothing to show", the condition can often be misunderstood and, even worse, dismissed by other people as not really being a problem.**

How many times have we heard it said: "Pull yourself together"? This, in many cases, is the worst thing that can be said. The condition of stress is very much on the increase, and counselling is not uncommon in the workplace. It is a condition which causes misery and ill health and it can in turn affect others, including colleagues at work, close family and friends.

The early warning signs and symptoms obviously vary from person to person. The physical signs are chest pains, diarrhoea, insomnia, headaches, palpitations, indigestion, tiredness, menstrual disorders and skin conditions.

The mental signs which most frequently occur when pressure is too great are inability to relax properly at any time, poor memory, irritability and short temperedness, uncontrollable emotions, particularly frequent bouts of crying, over-reaction to the smallest of things which would be minor problems to anyone else, impulsive behaviour, intolerance to noise, reduction in will power, inability to concentrate or finish tasks.

The factors causing stress need to be identified. Is it due to pressure at work? Are there problems at home, for example financial difficulties, marital troubles or problems with dependent elderly relatives? The latter can cause excessive stress problems.

Unless you know what is causing the "stress syndrome", treatment and help can be difficult.

When the stress-inducing factors have been identified, you can begin to take protective or evasive action. Treatment can be in different forms, including the introduction of drug therapy, but this requires careful monitoring.

Hypnotherapy, by a registered clinical hypnotherapist, can be very helpful but people are often apprehensive of this because they are uncertain what will happen to them, and this can cause the stressed condition to worsen.

Sessions with a hypnotherapist can last between one to two hours. The patient needs to be

relaxed before being talked through and into a subconscious state of mind.

Obviously this kind of treatment can be expensive, depending on how many sessions are required. The main thing to remember is that the patient must try to "let go" before any results can be achieved.

Self hypnosis can be helpful. It is something you can do yourself when the need arises, in the comfort of your own home, using a favourite piece of music or a specially produced relaxation tape.

But there must be no interruption by family or friends and the telephone should either be unplugged or taken off the hook.

Lie down or sit in a warm but ventilated, semi or darkened room. Allow yourself sufficient time to relax and once comfortable turn on the tape, then go through the muscular relaxation process.

Results are not always achieved the first time you use this form of treatment, but you should persevere.

Videos are also available through mail order firms, costing approximately £29.95 plus postage. These normally run between 20 and 30 minutes.

It can often help to talk to someone - a friend or even work colleague, someone you have confidence in and who will listen, be impartial and not criticise, and who will give constructive help. But you must be completely frank and "open up".

Anyone requiring advice and help, in the strictest confidence, can contact Sister Irene Jones on Head Office ext. 2032.

## Finance feature

DUE to unforeseen circumstances we are unable to publish the feature on Manweb's Financial Department in this month's Contact, but we hope to use the article, the last in a special series, in a future edition.

## Pension news

# Transfer values

AS part of the changes introduced to the Electricity Supply Pension Scheme as a result of the introduction of personal pension schemes in 1988, it was decided that the transfer value payable where a member leaves the Scheme would be improved so as to be not less than the amount which would have built up in a typical personal pension. This is known as an underlying minimum guarantee.

In respect of all transfer values that have been paid since April 1, 1989, this underlying minimum guarantee has been applied. This is done by taking the member's total contributions made during his Scheme membership plus interest and part of the Board's National Insurance contributions also plus interest.

The part of the Board's National Insurance contributions included is the part which would have been paid into the personal pension if the employee had been in such an arrangement. This total figure is compared to the normal transfer value and the higher amount is paid to the member's new pension arrangement.

The element of the Board's National Insurance contributions included in the underlying minimum guarantee has been that in respect of the years on or after April 1, 1988, i.e. from the date of the introduction of personal pension plans.

It has now been decided to extend the inclusion of the element of the Board's National Insurance contributions to include all those in respect of the years on or after April 1, 1978. Thus, the minimum underlying guarantee has been made even larger and will improve the transfer value paid in a greater number of cases.



# Boost for budding businesses

**BUDDING businesses in Ellesmere Port and Neston are being given a chance to get off the ground with a helping hand from Manweb.**

Dr Jim McLennan, Manweb's Dee Valley District Manager, is pictured (right) presenting a sponsorship cheque for £400 to Mr Barry Lee, General Manager of the Ellesmere Port-based enterprise agency Entep Trust Ltd.

It is the second year running that Manweb has given financial assistance to the agency, which provides a counselling service to small businesses.

The Trust is funded through

private sector sponsorship, and Cheshire County Council and Government grants. Manweb has pledged a further £500 to the enterprise agency in 1991.

# Cooking with MARY



## Healthy recipes for you to try

THERE have been many changes over the past few years in the types of food we eat. To reduce fat consumption, especially saturated fat, we are encouraged to buy lean cuts of meat, low fat milk, yoghurts, low fat cheeses, fish, fresh vegetables and fruit, and brown, wholemeal bread.

To help facilitate an increase in fibre intake, food companies have launched a greater variety of wholegrain breakfast cereals, muesli bars and wholemeal breads. But shoppers continue to look for quality combined with economy in the food they buy. With healthy eating in mind, here are a few healthy recipes for you to try.

### WATERCRESS SOUP

A very tasty and nutritious soup. Watercress contains plenty of minerals and vitamin C. Serve as a filling supper dish with crusty granary bread. Serves 4.

2 bunches watercress; 1 onion, finely chopped; 1 pint (600ml) vegetable stock; 4 tbsp (60ml) orange juice; 1/4 pint (150ml) semi-skimmed milk; salt and pepper; 1 pinch nutmeg; sprigs of watercress; strips of orange rind to garnish.

Wash and trim the watercress. Chop the leaves and remaining stalks. Place the watercress in a pan with the chopped onion, stock and orange juice. Cover and simmer for about 15 to 20 minutes until the watercress is softened. Cool slightly, then puree in a blender or food processor (you may need to do this in two or three batches).

Return to the pan and heat gently, stirring in the milk and plenty of pepper and nutmeg to taste. You will only need a little salt as the stock cube provides plenty. Don't boil at this stage as the soup may curdle. Garnish with sprigs of watercress and strips of orange. Serve Hot.

### JULIENNE VEGETABLE STIR FRY

Try to cut all the vegetables into even-sized pieces, otherwise some will cook more quickly than others. Stir the vegetables constantly to prevent sticking to the base of the pan.

8oz (225g) carrots, peeled; 3 courgettes, 1 large red pepper, seeded; 4 sticks celery, trimmed; 1 tbsp (15ml) Worcestershire sauce; 1 tbsp (15ml) white wine vinegar; 1 tbsp (15ml) soy sauce; 2 tbsp (30ml) mixed herbs; salt and pepper; 1-2 tbsp (15-30ml) vegetable oil; 1 oz (25g) flaked almonds.

Have ready a large bowl of cold water. Cut the vegetables into very thin strips, about 3 ins (7.5 cm) long. Drop into the water.

In a small bowl mix together the Worcestershire sauce, wine

## Cookery Contest

SCORES of entries poured in for Contact's Christmas cookery competition, with four super prizes at stake.

The two joint winners are retired employee Mrs M. Robinson, of Briardale Road, Birkenhead, and Mrs Daphne Zimmerman, of Delphfields Road, Appleton, Warrington. Both lucky ladies will receive an electronic radio alarm clock.

The two runners-up are Mrs K. Wynn, of Blue Hatch, Frodsham, who wins a personal stereo cassette player, and Miss B. Pealing (formerly of the Financial Department, Head Office), of Vicarage Fields, Ruabon, Wrexham. She will receive a portable radio.

vinegar, soy sauce, mixed herbs and seasoning. Drain the vegetables and pat dry with kitchen paper. Heat a large frying pan or wok and add the oil. When the oil is sizzling, throw in all the vegetables and cook, stirring constantly for about 2 - 3 minutes until they are just tender.

Do not over-cook or the vegetables will break up. Stir in the sauce ingredients and quickly toss the vegetables over the high heat for another minute. Stir in the almonds. Serve immediately.

### PLAICE PROVENCAL

When using frozen fish, defrost thoroughly before trying to remove the skin. Instead of plaice, any non-oily, white fish can be used. Serves four.

4 large plaice fillets; a little lemon juice; 1 oz (25g) polyunsaturated fat; 2 onions, peeled and quartered; 1 yellow pepper, washed, seeded and sliced; 2 courgettes, washed and sliced; 1/2 tsp (2.5ml) cumin; 1/2 tsp (2.5ml) paprika; 1 tbsp (15ml) tomato puree; 1 x 14oz (397g) can tomatoes; ground black pepper; parsley to garnish.

Skin the plaice by laying it flesh side up. Holding the tail end, move a filleting knife under the flesh with the blade at a low angle. Do this quickly so as not to tear the flesh away from the skin.

Fold each prepared fillet in half, add a squeeze of lemon juice and grill gently for 4 - 5 minutes, turning once. Melt the fat in a saucepan and gently fry the onions for 4 minutes or until softened. Add the courgettes and yellow pepper and continue to cook, stirring until softened.

Add the spices, puree and tomatoes and stir well. Bring to the boil and simmer for 2 minutes. Spoon the sauce into a heatproof dish and place the fish on top. Season with pepper and heat under a hot grill if necessary. Garnish with parsley and serve with crusty bread.

### VEGETABLE MACARONI

Try this different way to serve nutty wholewheat macaroni cooked with mixed vegetables, then topped with delicious thick and creamy Greek yoghurt. Serves six.

8oz (225g) wholewheat macaroni; 1/2 vegetable stock cube; 1/2 pint (300ml) semi-skimmed milk; 2oz (50g) low fat margarine; 2oz (50g) plain flour, sifted; 2 tbsp (30ml) fresh chopped parsley; salt and ground black pepper; 8oz (225g) broccoli florets, blanched; 4oz (125g) Greek yoghurt; 1/2 tsp (2.5ml) ground nutmeg; 1 egg, beaten.

Pre-heat oven to 400f 200c mark 6. Bring a large pan of salted water to the boil, add the macaroni to the pan and cook for 15 minutes, then remove from heat. Put the stock cube, milk, margarine and flour into a saucepan and whisk over a moderate heat until sauce is thickened and smooth.

Stir in the parsley, salt and pepper to taste. Drain the macaroni and rinse with boiling water. Add the vegetables and sauce, stir well and spoon into an ovenproof dish. Beat the yoghurt, nutmeg and egg together and pour over the top of the vegetable macaroni. Bake in oven for 30 minutes. This is delicious as a side dish or a meal in itself with a fresh green salad.



## Time-saver

by Roger Bracey  
Cables Engineer

A RECENT series of trials in Dee Valley and Mid Mersey Districts have shown that the time taken to joint 11kV cables can be reduced significantly by the use of novel jointing techniques.

The new joints do away with the time-consuming processes of soldering ferrules, applying crepe paper insulation by hand, plumbing a lead sleeve to the cable sheaths and heating compound to fill the sleeve and outer protection box.

In place of the traditional techniques are mechanical connectors fitted quickly using a box spanner, pre-moulded rubber insulation that is simply slipped into place over the connectors, a pre-formed metal screen fastened mechanically to the cable sheaths and a plastic shell filled with cold-poured resin.

### Traditional

The first two joints were installed in Kelsall by craftsman (jointing) Arthur Hughes, assisted by craft attendant Robin Stephens. Both men are pictured alongside a completed joint.

A further two joints were subsequently installed by Arthur in

Huntington, Chester, to replace a traditional joint that had faulted, and four joints have also been installed in Mid Mersey District by craftsman (jointing) Pat O'Malley.

## Charity reaps benefits

A CREWE charity has benefited from the refurbishment of Manweb's Chester Head Office.

Manweb is donating its old office equipment to local worthy causes and Crewe Christian Concern took delivery of a consignment of furniture.

The charity is a voluntary organisation promoting community work through Christian action in south Cheshire.

It has passed some of the furniture on to Dial a Ride and Sustrans, two local voluntary organisations, and is keeping the rest in store for other groups until they need it.

## Crossword solution

ACROSS: 1 Subway, 4 Chalet, 8 Gemini, 10 Dinner, 11 Annul, 12 Axed, 14 Road, 15 Retention, 17 Tollhouse, 20 Ivan, 21 Tush, 22 Added, 24 Garage, 25 Rotten, 26 Tester, 27 Plenty.

DOWN: 1 Signal, 2 Bumper, 3 Anna, 5 Hail, 6 London, 7 Tirade, 9 Interlude, 10 Dust-cover, 13 Demon, 14 Roast, 16 Midget, 17 Taurus, 18 Euston, 19 Shanty, 22 Ague, 23 Doll.

### HAMBONE by Mike Flanagan





## Famous slogans

The answers to the following clues are all well-known advertising slogans from recent years. Fit them into the grid below in order and you'll find the extra word reading downwards in the shaded area of the grid is a very good read.

Send your answers to: Fred's Puzzle Corner, Contact, Room 5E1, Manweb, Sealand Road, Chester, CH1 4LR. The sender of the first correct entry drawn will receive a £5 prize.

1. The fast way to remove

unwanted hair.

2. I told 'em .....

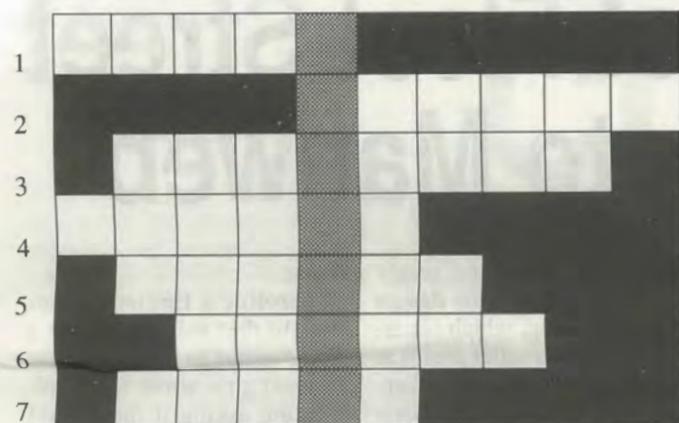
3. My goodness, my .....

4. The original crispbread

5. You're never alone with a .....

6. Your flexible friend.

7. Ahhh .....



## £100 boost for hospice

A FUND-raising raffle at North Wirral District provided a £100 boost for St John's Hospice, Clatterbridge.

### New Captain

AT the Annual General Meeting of the Padeswood and Buckley Golf Club, Bob Wright, Queensferry Depot Manager, was elected Captain. Bob is the fourth Manweb Captain of the Club, following Idris Griffiths in 1966, Pat Quick in 1980, and Colin Leonard in 1982.

Former Manweb non-executive Board member Mr. Duncan McAuslan, who has close links with the Hospice, provided the prize - a football autographed by Liverpool Football Club players - and Clerical Assistant Mary Syne, who works in Customer Accounts, did most of the collecting.

Duncan McAuslan is pictured (left) receiving a giant cheque on behalf of the Hospice from (left to right) Mary Shyne, Office Manager Mike Townson and District Manager Geoff Abel.

## Free Ads

### HOLIDAYS

**Brittany/SW France** - Caravans and mobile homes. Self-drive pack. Tel: Crewe Internal 178 or 0270 766675 (Ian Linford).

**Caravan** - Towyn, Near Rhyl, Six-berth, two bedrooms, shower, fridge, fully fitted. From £75 per week. Tel: 0978 362615/352653.

**Carmel** - Caernarfon. 19th Century stone cottage in own grounds. Excellent views. Three bedrooms, bathroom lounge and parlour. Large kitchen with cooker, fridge and freezer. Tel: 0286 880 749. Alwyn Pritchard, 16 Maes Hyfryd, Carmel, Caernarfon, Gwynedd.

**Costa Del Sol** - Benalmadena studio apartment, suitable for two or three people. Excellent pool and facilities. Shops and bars with entertainment nearby. 10 minutes walk to beach. As advertised in Global and Sol holiday brochures. Telephone Joe Flanagan, H.O. int. ext. 2957 or 0244 41097 evenings.

**Criccieth** - North Wales House overlooking village green, Sleeps six. CTV. Beach and shops two mins. Tel: 076671 2614 (Ann Tudor).

**France** - B&B, H/B, Caravans and camping. Tarn et Garrone Region. Close to junction 8 and 9 on Autoroute between Bordeaux and Toulouse. Excellent catering, including French, Indian, and vegetarian cooking. Much to see and do, or just relax in sunshine. Ex-SEB employee. Tel: David Boniface, 010-33 (63-95-95-20).

**Pony Trekking** - And farm holidays. Accompanied one-hour to full-day treks for novices or experienced riders. Holiday cottages available. Self-ctng. or bed and breakfast or half-board. Lic. restaurant open to non-residents. Lunch, afternoon tea, dinner. Private parties catered for. Further details: Hwylfa Ddafydd Country Farm Holidays. Tel: Colwyn Bay 516965.

**Port Grimaud** - Six miles St Tropez. Four /six-bth. caravans, with electricity, h. and c. water, shower, on three star hotel site. Luxury coach travel from most areas. Tel: 0670 712399.

**Porthmadog** - Holiday bungalow, sleeps six. Black Rock Sands five minutes' drive. Convenient Ffestiniog Railway, Snowdonia National Park. For infmtn.: C.Jones, 2 Meadow Drive, Porthmadog. Tel: 0766 2519.

**Newquay** - Cornwall, family-run guest house with good home cooking. Family rooms. Friendly atmosphere. Sea views. 200 yards from town centre. Dinner, bed and breakfast from £70 per week. Former Merseyside family will make you welcome. Disc. for Manweb empls. Apply Avondale, 28 George Road, Newquay, Cornwall. Tel: 0637 872234.

**Llandudno** - April Court. Small family-run private hotel (Welsh Tourist Board - two crown). Close to local amenities, beach, town centre, theatres, golf courses, etc. New Alpine Ski complex in beautiful natural setting. Ideal base for exploring beauty-spots of Snowdonia. Good home cooking and comfortable, friendly atmosphere. Children welc. Enquiries to April Court, St David's Place, Llandudno, Gwynedd LL30 2UG. Tel 0492 77898.. Disc. for Elec. Board employees and families (both past and present).

**Algarve** - Privately owned villa set in large gardens in the

Monchique Hills. Spilt level/dining room, good kitchen facilities, utility room, two-good sized bedrooms, terraces with garden furniture. Panoramic views of the West Coast, 24 kms away, Swimming pool. Maid service. Food hamper provided. Flights arranged. Tel: 0352 50159 or 0244 316682.

**Anglesey** - Self catering and coarse fishing holidays. Two lakes on 15-acre site overlooking Snowdonia. Touring caravans and tents welcome. Brochure available. Tel: 0248 713410.

**Weston-sup'r-Mare** - Static caravan on farm. Six berth, sep. dbl. bedroom, shower, toilet, TV, etc. All season price £70 per week. Tel: 093472 292.

**Newquay** - Cornwall. Luxury caravans with shower, and economy vans. Colour TV, flush toilet, etc. Pleasant site near town and beaches. Cleaned and maintained by owners. From £50 per week. Tel: 0637 876589 (Gill).

**Spain** - Luxury villa, three dbl bedrooms and two two bathrooms. Private swimming pool. Quiet area "Calpe" Costa Blanca. Walled gdns, terraces ect. Five minutes from uncrowded beaches. Available from £150 per week. Telephone 0736 664177.

**Dolgellau** - Traditional farmhouse cottage set in a seven-acre smallholding in Snowdonia National Park. Sleeps seven plus cot. Tastefully modernised. Fully-fitted kitchen, inc dishwasher and microwave. Storage heaters and large inglenook fireplace. Ample parking and grounds. Kennel for pet by arrangmt. Easy access to mountains and sea Beautiful scenery and lovely walks. Prices from £100 to £220 per week. Tel: 0341 423912.

**Cardigan** - 12 miles. Lux. berth static caravan, near beaches. Families only. Tel: 0492 580 253 (evenings).

**French Riviera** - Six-berth caravan, all amenities on site, within easy reach of Monaco, St Tropez, etc. Golf, riding close by. SAE to M.Williams, The Lodge, Lingen, Bucknell, Shropshire, or tel: 0544 267579.

**Newquay** - Cornwall. Guest house, sea views, two minutes from beaches. Quiet area close to town, good food, comfort, prkng. BB/EM £65 - £80 per week. ESI staff. Tel: 063787 4291 (Mr Pleasants).

**Anglesey** - Tal-y-Bont Cottages, Dwyran. Luxury cottages set in a 17-acre smallholding, 11/2 miles from shingle beach of Menai Straits and four miles from sandy beaches of Llanddwyn. Nature reserve, bird sanctuary, sea zoo, shops and restaurant nearby. Weekly prices - July/August £220, September 1 to 15 £180, September 16 to 30 £160, October £130. Telephone Deeside 819768.

**Llandudno** - Rosaire Private Hotel. Family run and situated in lovely garden area of town, yet close to all entertainment and shops with no hills to climb. Free car park. Tea/coffee facilities. Some en suite rooms available. Excellent home cooking, served at separate tables. Telephone 0492 77677 or write for brochure to Mr and Mrs W.G.Evans, 2 St Seiriols Road, Llandudno, Gwynedd LL30 2YY.

**Anglesey** - Bed and Breakfast/self catering summer let. Secluded farmhouse with panoramic views of the Snowdonia range. Within 10 minutes of

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the main town Llangefni and sandy beaches. Idyllic for bird watchers, Tel: Bodorgan (0407) 840038.

**Presthaven Sands** - North Wales. Caravan to let. Colour TV. Shower. Fully fitted. Good site facilities. Tel: 061 366 8789.

**City of Chester** - Self catering flat. Centrally heated. TV, fridge, linen provided. Parking, all inclusive. Tel: 0244 42538.

**Luxury Caravans** - Eight berth. Llanrhystyd, West Wales (on the Cardigan coastline). Pleasant site (no club) nine miles from Aberystwyth and 11 miles from Newquay. Near to beach with beautiful scenic views. Families only. Sorry, no pets. Contact K. A. Cull on 0939 33005.

**Near Snowdon** - Quiet valley. Modern flat, all facilities. Sleeps four. Beautiful views, free fishing. Contact Mrs A Bohannon, 0286 85537.

**South of France** - Six-berth caravan to let on site with all amenities. Easy reach of Monaco, Monte Carlo, St Tropez etc. Some dates July and August. Telephone 0544 267579 after 6pm. ESI staff only.

**Costa del Sol** - Puerto Cabopino, situated between Marbella and Fuengirola. Superior 2-bedroom apartment, plus settee in lounge converts to 2 single beds. Superb views over yacht marina and sea, lovely beach and swimming pool. Ideal for family or golfing holiday. Supermarket, video bar, restaurants etc on site. Fully equipped for self catering. Available for 2 weeks, Saturday October 13 to Saturday October 27. Rental includes electricity, linen, towels and weekly maid service. Contact J. Bird, Southport (0704) 38645.

**Caravan** - 6-berth to let. Fully equipped with electricity, cooker,

fridge, inside flush toilet. Beautiful and peaceful countryside. £8 per day. Contact Mrs. R. Evans on 049084 208.

### FOR SALE

**Static Caravan** - 30' long, 9'9" wide. Sleeps 6. End bedroom, separate toilet. Electric/gas. No site. £400 ono. Contact M. Mager, Mold 2049.

**Sink top** - Stainless steel double drainer, complete with mixer tap. Excellent condition. £20. Contact Mrs. G. Hodrien on North Wirral int. ext 2164 or 051-678 7390.

**Encyclopaedia Britannica** - 1984 edition. 30 volumes plus atlas, also bookshelf. Total £600. Buyer to collect. Contact Mrs. Margaret Brent on 051-678 4289.

**Golf Balls** - As new, various makes. £10 for 30. Contact I. M. Waring on 07456 5509 after 5 p.m.

**Fridge Freezer** - Electrolux. 2/3 fridge, 1/3 freezer, 56" high. Only two years old in February. Excellent condition. £150 ono. Also, Dimplex electric radiator, 52" x 29", on castors. £30 ono. Contact Mrs. F. M. Telfer on 051-342 1345.

**Bass Amp** - Peavey Centurion, 130 watt. Two years old. Immaculate condition. 15" Celestion speaker in cabinet. £250 ono. Tel. 051-520 1890.

**Battery Car** - 'Lark' three wheeled, complete with mains charger. Packs into car boot in seconds. Contact R. Gwynant Jones on 0766 830621.

### CARS

**Nissan Sunny** - Coupe, 1.5 SGL Maxima, C reg, 38,000 miles. Very good condition. Full service history. £2,950. Contact Brian Crabtree on Farndon 270541.

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# Hold the front page

Cries of "hold the front page" could be heard at Manweb's Head Office when a group of schoolchildren transformed the restaurant into Fleet Street for a day.

The budding young editors from schools throughout Cheshire were taking part in an editing day for the children's magazine "In Our Own Words".



On the 'write' lines. . . Sharon Martin and Kelly Jones, of Dee Point School, Blacon, edit some of the work



Above: The Duke of Westminster chats with two of the older children and their teacher, watched by Manweb's Director, Network Services, Denis Farquar (left) and Project Director Frank Melling

Below: Concentration. . . The Children beaver away at the selection of work for "In Our Own Words".



## Report by Jackie Unsworth

Sealand Road as guests of Manweb, to sift through a mountain of material being considered for the latest edition of the magazine, which is entirely produced by children.

They selected what they considered to be most suitable from approximately 6,000 stories, poems and drawings, submitted by other children, and subjects ranged from the developments in Eastern Europe to favourite hobbies.

The magazine, which is distributed free to every schoolchild in Cheshire, first rolled off the presses five years ago and has been a great success. It is also on sale at 50p elsewhere in the

country, and some copies even reach newsagents overseas. Project Director Frank Melling, who has seen the circulation grow from 1,600 to 250,000 copies, is grateful for the support of companies like Manweb, which, he said "share in our success".

### Vehicle

"'In Our Own Words' is a vehicle for children of all ages, backgrounds and abilities to be published in a real magazine," he said.

"Pupils control every aspect of the magazine's production and design, creating situations where children can exercise authority with responsibility."

Usually, the first time a child gets first hand knowledge of industry is as a teenager. But by having companies like Manweb hosting editing days, the contact begins much earlier, and that, says Frank, has to be good for industry.

The editorial team had to assess each piece of work using a system of ticks - blue for excellent, red for very good and green for good - and every item was looked at by at least seven children to get a cross section of evaluation.

After the best material was selected, it was sorted into



Caroline Lemerle, from Belgium, shows Manweb's Director, Network Services, Denis Farquar a previous edition of the magazine.

## Young editors bring a taste of Fleet Street to Manweb

topics and packaged ready for the next stage, the design and sub-editing, which is carried out by a smaller group at the magazine's base in Warrington. "In Our Own Words" is then printed in Bolton.

The Manweb editing day included guest editors from schools in the south of England and, for the first time ever, there was a "foreign desk" manned by two 11-year-olds from Belgium, Caroline Lemerle and Emilie

Casse.

Caroline's English father bought the magazine from a news-stand in Brussels and the two girls wrote to Frank Melling asking if they could join the editorial team.

Another visitor to the event was the Duke of Westminster, who was welcomed to Manweb by Director, Network Services, Denis Farquar. The Duke spent an hour at Head Office chatting to the children and looking at some of the work.

## Picture special by Mike Hall



Sarah McCrum, of BBC Radio's Education Service, records an interview with (l-r) 12-year old Jo Perritt and Emma Elson, both of Bishop Heber School, Malpas, and the Duke of Westminster.