

Out of the Blue



ST. HELENS & DISTRICT NARPO NEWSLETTER

JR 61

FEBRUARY, 2021

FROM YOUR SECRETARY. –

Members,

A belated, but Happy New Year. I write this whilst we are in the midst of these terrible times. I hope you all persevere with the lockdown regulations. I know from speaking with some of our members, by phone, particularly those who are living alone, that things are difficult. During the summer when we had our last committee meeting, our branch committee were asked to take on a number of our over 80s and to make contact with them. These committee members are your first port of call should any needs arise.

Unfortunately there can be no contact other than phones or emails at present. My phones are generally always available if you cannot get in touch with other members of the committee.

Can I thank all those members who sent greetings to me over the supposedly festive times, it is always welcoming to me to receive these. Also to those who keep me amused with your emails, texts etc. Please use the other email mountfield88@gmail.com if it's not to do with official NARPO business.

Thanks also to Chris Roderick for supplying a quiz that may keep you somewhat occupied and also for those he sends directly to our Website administrator. If any member has any ideas to assist our fellow ex colleagues during this present situation then please let us know. I hope also you check our website which we trust will keep you regularly updated. If you do not have access to computers in this technical age, is there a family member who can, perhaps, do it for you and update you that way. If you would ask your relative to send me an email, containing your details, and I will try to ensure information gets to you that way.

Please Note that I, alone, keep details of our members as do our H/Q at Wakefield. I will not share this information with anyone without expressed permission. If I get any requests from someone who wishes to contact any of you I will contact you first and ask you to contact them directly. However it has been realised under these present circumstances that I do not have any contact details for next of kin. This has become very apparent when I find out a member is taken to hospital, particularly one residing alone. I do not have anyone to contact to give me information and as you probably know, because I am not related, the hospital will not divulge any details. The committee and I are concerned as there is no welfare system within the Police these days that we might be the first `port of call`. I would appreciate it, if you would drop me a line or email or phone and I can update my records of you to assist the committee in future.

As a footnote I am pleased to report that one of our members who is `Over 80` has now joined the 21st century – he and his good lady are now receiving emails - proving we are never too `young` to learn.

Please STAY SAFE, STAY HEALTHY AND KEEP IN TOUCH.

John Russell 07774 618654 / 01695 312280 email - sthelensnarpo@gmail.com.

OBITUARY

Brian Railton, Jim Williams, Peter Case, Mona Vale

Our sympathies have been passed to their families and in some cases our drape has been used and representatives of the branch attended at the service.

MESSAGE FROM OUR TREASURER

Hello everyone, I hope this Newsletter finds you all safe and well and that you enjoyed Christmas and the New Year in the best way possible. In the last Newsletter of October last year, my input was one of positivity. The Bishop Road Police Club had reopened and socialisation was back, with family gatherings in full swing. With the virus in retreat, Christmas coming and new hope in the New Year that things could only get better, then BANG!!!! Here we go again. The past 3 months have certainly been a bit of a roller coaster and we're in a trough once more. However, all is not lost. Anyone who knows me will know that I am a very positive person, always looking on the bright side of life. It's in these times that we, as members of NARPO, can benefit from our membership if you encounter problems of any kind. These are obviously varied but any kind of assistance can be sought from a committee member and if we can't fix it, we know someone who can. So, if you need ANY kind of advice or assistance, please ask.

Most of our members have a laptop and access to the internet. I can't believe the number of emails I have received purporting to be the real company but are so obviously an attempt at scamming. I got a parking ticket and paid the £35 promptly but then got an email a week later from HM courts & Tribunals with a demand for £46.48. First of all, parking is administered by the Local Authority and reaches Court only in cases of non-payment, which was not the case. Another was from TV Licensing, which looked authentic. It was asking for a payment of £4.50 by Direct Debit. I pay in full every year. The third was from Amazon Prime saying I had not paid my monthly contribution, I don't have Amazon Prime. The other two were for parcel deliveries, one from DHL asking me to collect a parcel and one from Royal Mail saying they couldn't deliver a parcel at a time and date when both me and my wife were at home. There have also been many others which have been publicised through NARPO. All of these emails have one thing in common, they always want your bank details in order to make the transfer of funds. Yeah, right!!

The other bugbear is cold calls. I have to say that, in my experience, these have got fewer over the past year but they are still annoying when they come. Most telephone providers have a system where these can be blocked. For BT landline customers, there is the free Call Protect service, which has apparently diverted 300million calls since it's launch 3 years ago. Dialling 1572 allows you to block the last number called. After dialling 1572, press 1 and follow the instructions. The only loophole is when fraudsters 'spoof' their number so it looks as though it belongs to a legitimate company. The service also automatically identifies any likely spam numbers and add them to a blacklist. Any numbers on this list automatically get diverted to a junk voicemail, which customers can check if they so wish. You can set up Call Protect online at BT.com or by calling BT customer service on 0800 800 150. For Plusnet customers you dial the same number to block and this can be set up by calling Plusnet customer service on 0800 432 0200. For Sky it's 0333 7592 673. For Virgin, it's called the Anonymous Caller Rejection Service. Call 150 from your Virgin home phone or mobile or 0345 454 1111 from another phone.

In normal circumstances, the branch would be holding it's AGM in March and planning would be underway. For obvious reasons, this will not happen this year. This is the time when, as your Treasurer, I would be presenting the branch's accounts. For those who haven't been to one, it's a grand occasion when

we regularly have over 100 members attending Bishop Road, with guest speakers, free drinks and hotpot. It also gives the membership the chance to see, in detail, how the branch spends it's money and to ask any questions. The accounts cannot be audited, however, we do have a safeguard in place. We have Reg Horrocks as a deputy Treasurer and he has access to the online account at any time to check that I have been running the account correctly. He can also telephone me to clarify any aspect of the account. There has been little in the way of subsidies this past year, particularly for the Christmas party and day trips. The annual holiday, cancelled this year, is not subsidised. The balance in the account is a healthy one and above what the committee judge to be a suitable amount. I will be producing provisional accounts for the committee, I say provisional only because they will not have been audited.

On the subject of day trips, you will know that the proposed day trip to York was postponed twice plus a trip to York Christmas Markets was cancelled. I have kept in touch with Hattons Travel and they have assured me that the £50 deposit paid has been rolled over to a future trip. Also, the deposits paid by those who put their names down will be honoured or refunded as the member wishes. It is the intention of the committee to organise day trips this year and to put on a social in lieu of the Christmas party. Obviously, we are in a state of flux and we have to wait until the Covid situations clears, with the vaccine seemingly the way forward. We are not even allowed to hold committee meetings at present but rest assured that John Russell has done an exceptional job in keeping the committee informed. We look forward to again being allowed to meet and to organise day trips and that social.

In closing, I hope that you all keep safe and well and don't forget we are here if you need us. Best wishes

Ray Muspratt (Treasurer)

DICKINSON'S DELIGHTS - aka Margaret's munchies

Honey-Mustard Sausage, Bacon and sweet potato bake

- 2 tbsps honey,
- 4 tbsps wholegrain mustard,
- 8 pork sausage,
- 4 rashers bacon,
- 1 red pepper(sliced),
- 1 yellow pepper(sliced),
- 2 red onions,
- 2 sweet potatoes(sliced into wedges),
- 2 tsps olive oil.



- 1) Preheat the oven to gas 6, 220c/180c fan. In a bowl mix honey, mustard and 1 tsp hot water.
- 2) Wrap each sausage with a strip of bacon and put them into a large roasting dish with the peppers, onion and potato wedges, then pour over the honey and mustard and season, then drizzle with the oil.
- 3) Roast for 30-35 minutes until the sausage are sticky and cooked through.

Serve with salad. ENJOY

FOR ANY GARDENERS OUT THERE -


Guess who? ~ Yes, it's him again.

Well, here we are ~ as I write this, we're all still either in lockdown or shielding.

The old saying, "It's no use crying over spilt milk" still applies.

I hope to inject a few odd facts and little mirth into your minds instead of a vaccine, here we go.....

For the tree-huggers, the best insect friendly trees in a British garden, graded by the number of insect species generally supported

Oak (Quercus)	284		Willow (Salix)	266
Birch (Betula)	229		Hawthorn (Crataegus)	149
Blackthorn (Prunus)	109		Pine (Pinus)	91
Alder (Alnus)	90		Elm (Ulmus)	82
Beech (Fagus)	64		Ash (Fraxinus)	41
Lime (Tilia)	41		Hornbeam (Carpinus)	28

Although diversity of species is essential, the favourites for bio-diversity will be obvious.

Etiquette ~ We're all familiar with the word for polite behaviour in society but it's origins are a little strange.

The word is derived from the French ~ 'estiquette' or 'label' ~ Estiquettes were first used by a gardener who worked at the fabulous Royal Gardens at Versailles, where he put up signs to keep disrespectful members of the Court off Louis XIV's treasured grass lawns.

The signs were rudely ignored by everyone until in desperation, Louis issued a decree stating that no-one was to walk beyond the estiquettes.

Curious animal names for plants

Clinanthus puniceus	Parrot's Bill	Chenopodium album	Fat hen
Ilex ferox	Hedgehog holly	Heliconia rostrata	Lobster claws
Hedera helix	Dragons claw ivy	Acalypha hispida	Monkey tail
Acanthus mollis	Bear's breeches	Stachys byzantina	Lamb's ears
Silene pendula	Nodding catchfly		

The beneficial ways that animals spread seeds

Ectozoochory	where animals spread seeds on their fur or feet
Endozoochory	where seeds which survive digestive process, pass through the gut
Scatterhoarding	where mice hoard or bury a few seeds for later consumption
Larderhoarding	where squirrels hoard large numbers of seeds for later consumption
Myrmecochory	the dispersal of seeds by ants
Seed rewards	e.g. apples etc. where a source of food envelopes the seeds, the food is eaten and the seeds pass through the gut to be excreted



Random garden definitions

- Green fingers something everyone else seems to have plenty of
- Perennial this year, possibly; next year unlikely
- Flower bed anywhere a dozen or more seed might land
- Knee a device for finding sharp stones in your garden
- Seed catalogue a work of fiction with fantasy photos
- Spade a highly efficient back-pain generator
- Weed a good example of the 'survival of the fittest' theory

Flowers chosen for their meaning

- | | | | |
|---------------------|-----------------------|---------------|-----------------------|
| Bluebells | consistency | Blue violets | faithfulness |
| Carnations | distinction | Daisy | innocence |
| Forget-me-not | true love | Gardenia | joy |
| Ivy | fidelity | Lily | purity |
| Lily-of-the-valley | happiness | Magnolia | dignity |
| Myrtle | consistency | Laurel leaves | virtue |
| Orange blossom | fertility & happiness | Orchid | beauty |
| Red rose | passionate love | White rose | purity |
| Red and White roses | unity | Rosemary | commitment & fidelity |

That's all for now, folks. - I hope that you all stay happy, healthy and above all, safe. Fred



We have received this pleasing communication from one of our members who regularly enjoys the holiday breaks that Warners offer. JR.

Greetings from the new Warner's hotel near to Moss Bank.

Hello NARPO

We have managed to pick up a last minute offer and seeing that Holme Lacey is closed, we just couldn't resist booking this one. We are here until Friday at least, and if we like it we may stay longer, perhaps even forever!!

The trip here took absolutely no time at all and we are even allowed to park right outside the door. We have our own driveway and everything, but the garage seems to be full already so I can't park there.

The accommodation is exactly how we like it and we even have our own kitchen with a fridge/freezer fully stocked with all the things we like. There is even a box of Melton Mowbray Pork Pies and I'm sure that members would enjoy themselves here.

We have not yet seen any members of staff but I have checked the list of organised activities and each day there is a "Hoovering for Beginners" course as well as a "Dusting in the Corners" one. My wife wants me to sign up for those but I much prefer the "Put Your Feet Up For an Hour and Do a Crossword" which is available every day. There is also a daily quiz programme with difficult questions such as 'what will you want for Tea today' and 'may I change channels on the TV whilst you snooze' There are also plenty of books on hand so I can see that I will really enjoy myself here.

I do hope that you and our members can find something similar to suit your tastes.

Hope to see you when we get home,.... eventually.

CHAPLAINS CORNER.

Hi Everyone, I hope that you enjoyed your Christmas and the New Year celebrations despite the problems caused by the Covid 19 restrictions.

I have recently finished reading a book, Chasing the Dragon, written by Jackie Pullinger (JP). This book was written in the 1970's and chronicles her work as a Christian missionary in Hong Kong. At that time Hong Kong was a British colony, with the judicial system, Police and Military controlled from Great Britain.

JP worked with drug addicts, prostitutes etc in what was known as the Walled City within Hong Kong. This was an area that was not handed over to British control. It remained controlled by China, maintaining the systems in place prior to the handover to Great Britain. As the years passed, all of the authority figures either left or passed away, leaving the Walled City to descend into a haven for triad gangs running opium dens, prostitution and every imaginable vice. Over the years, JP saw many people turn to Christ, and many people were miraculously healed.

In her book JP describes how the Police knew who the criminals were and targeted them, often using embellished or fabricated evidence to obtain a conviction. She was very critical of the entire judicial system. However, I was able to see things from another perspective. Some years ago I was fortunate to spend ten days on a mission trip to Uganda with a retired Lieutenant Colonel and his wife. They are a wonderful Christian couple. He was stationed in Hong Kong while JP was there. He explained how the Hong Kong Police had an incredibly difficult task, keeping law and order with limited resources; I'm sure we can all empathise. He explained how JP was an absolute nuisance. In her book, JP explains that court cases usually lasted minutes, but with her intervention, providing legal representation for defendants, their cases could last for days. As my friend explained, this was causing a major problem. He cultivated an extreme dislike for JP. She was a regular uninvited visitor to the family home, trying to get the Lieutenant Colonel to exert his considerable influence to help her in her work.

The Lieutenant Colonel was in Hong Kong with his wife and young son. Their son became very ill and despite the best efforts of the doctors his condition worsened to the point of death. JP once again came to see the family, and as usual was given short shrift. On this occasion however she explained that she was there to pray for their son. This was met with derision by the Lieutenant Colonel who ordered that she be removed from the property. His wife told me that she had lost all hope of her son recovering and that she convinced her husband to allow JP to pray for their son. Their son was healed, and consequently JP received the help she needed. This was a life changing experience for this family. Their son went on to get married and have his own children.

The God who answered the prayers of JP is the same yesterday, today and tomorrow. If you need prayer for anything, please get in touch. In Romans chapter 10 verse 10 we read 'For with the heart one believes and is justified, and with the mouth one confesses and is saved.' Salvation is just a step away. If you want to read my dog-eared copy of JP's book, Chasing the Dragon, drop me a line and I shall pass it on to you. God bless you, John. My mobile number is 07761754114, my email address sprint1050st@hotmail.co.uk



TALES OF YESTER YEAR (submitted by one of our members) - Going back to the 1980's -
(also known as *swinging the lamp*)

One evening we were booking exhibits into property at the front desk at Kirkby police station when a man walked in. He looked exactly like the Swedish chef off the Muppet show but without the chef's uniform. It turned out he was from Holland and so he spoke like the Swedish chef. He explained in his sing song tones that he'd arrived at the QVC site late and was unable to gain access to the secure compound. So he went to a nearby hostelry, leaving his articulated wagon full of high value TVs outside QVC. He went to buy some drugs and drown his sorrows. You can imagine that piqued our interest. Well when the people in the pub

heard his tale of woe, they plied him with plenty of drink and spliffs. When he returned to his wagon there wasn't a single TV on the wagon, surprisingly.

CHRIS'S NEWSLETTER QUIZ SPRING EDITION

Compiled by Chris Roderick

Name the cars with these badges



Solve the riddles

10. I start with a 'T', end with a 'T' and within me is 'T'?
11. Where can you find rivers with no water, cities with no buildings, and forests with no trees?
12. Forward I am heavy, backward I am not. What am I?
13. Which table does not have legs?
14. What is the smallest room in the world?

And finally some straight forward ones

15. Which author wrote the Peter Rabbit books?
16. Lords in North London is home to which sport?
17. Which Radio 2 DJ was the first ever UK winner of I'm a Celebrity Get Me Out of Here?
18. What is the term for a male rabbit?
19. In Cockney slang how much is a monkey?
20. Which fictional island provides the setting for Thomas the Tank Engine?

FROM OUR CHAIR. –

I would like to wish all our members at St. Helens Narpo, a very happy, prosperous and healthy 2021 and I hope it will be a good one for you all. I would like to thank all our members for your support, I would also like to say thank you to our committee members who do some great things behind the scenes .

It was my first year as Branch chair and I can honestly say it didn't go to plan through no fault of my own - Covid19 made its appearance and has been here ever since! Together with the committee we had planned members outings, a Christmas party and a four day holiday etc. Unfortunately as you now know, we had to cancel them all.

I, like most of you, got my hopes up that all our lives would return to normal after a few months and I guessed we would be out of the lockdown very soon. Just when we thought life was getting back to normal, our hopes were dashed again as later in the year it came back worse than ever with a different strain . It can't last forever so here's to the future - life is going to be better soon.

Hopefully when we have had our vaccinations our "normal " Narpo Branch service can be resumed as soon as we possibly can and we can enjoy our usual get togethers once more!

Finally, If any of you reading our newsletter need help, assistance or advice from either myself or any other member of the committee, please don't hesitate to contact us. We are only at the end of the telephone and as the "Police family" we need to look out for each other and help one another where we can.

Anita Ashcroft, QPM

Get Ready to Travel Again!

Happy New Year from your local Travel Consultant – Marcus Edwards!

- Over 15 years' experience in travel
- Offering a bespoke holiday service
- Advice and help with Passports, Travel Insurance and Visas
- Rated 5 out of 5 on Trustpilot
- ABTA and ATOL Protected Packages

I can help you with cruise packages, Honeymoons, Family Holidays, UK Staycations, Coach Holidays, Bucket List Trips, Villas and even trips to see Santa in Lapland next year!

Marcus took all the stress out of researching and then booking for us.

Despite the fact that we kept moving the goalposts, Marcus was patient and kept at it until we got the holiday we'd all hoped for! Can't praise him enough and will definitely be using him again

5* Trustpilot Client Review
Linda A, Frodsham



Get in Touch:

Give me a call for a chat about your holiday plans:

07714 307008

Visit my website to check out my services:

www.marcusedwards.notjusttravel.com

E-mail me to sign up for updates:

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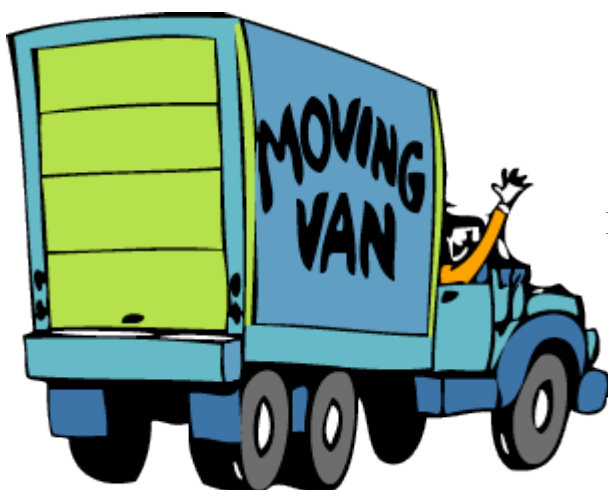


NOT JUST TRAVEL
MARCUS EDWARDS

Most members like receiving these Newsletters as a hard copy, However if you just wish to read it online then send me an email and I will remove you from the mailing list. sthelensnarpo@gmail.com

Answers

1. Mitsubishi 2. Citroen 3. Lotus 4. Toyota 5. Subaru 6. Cadillac 7. Mazda 8. Lexus 9. Daewoo
10. Teapot 11. On a map 12. Ton 13. Vegetables 14. Mushroom 15. Beatrix Potter 16. Cricket
17. Tony Blackburn 18. Buck 19. £500 20. Sodor



Members

If you change your home address, email or contact numbers, please let the Secretary know and he will notify Headquarters, Wakefield on your behalf.

Email: sthelensnarpo@gmail.com

Members Please note – If you have any contributions for future Newsletters please send them directly to me at the above email address and I will add them for the interest of other members.

I wish you all well and please take care of one another through these difficult times

STAY SAFE!!!!



Ann Houghton – Assistant Secretary

Remember: *When you go to court you are putting yourself in the hands of people who weren't smart enough to get out of jury duty*

It's spring, we are so excited we wet our plants

The journey of many miles begins with a broken fan belt or a flat tyre

And finally *First trip booked for 2021*

Hopefully off to Iceland in February – can't wait



If that goes well probably looking at Asda in March and Tesco in April