

# KNOCK-OUT FUN AT THORPE PARK



# FRONTLINE



## COVER STORY

DAVID EADES OF SOUTH EASTERN AREA OFFICE GIVES A KNOCKOUT PERFORMANCE, REPRESENTING JS AT THE THORPE PARK FAMILY FUN DAY ON MAY 13. FULL STORY PAGE 23.

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## EDITOR

YVONNE BURKE

## ASSISTANT EDITOR

DOMINIC LONG

## EDITORIAL ASSISTANT

PAULA KIERNAN

## DESIGN

D4 DESIGN LTD

## TYPESETTING

POINT LTD

## PRINTING

DAVID GREEN  
PRINTERS LTD



OLDBURY HOMEBASE MENS AND LADIES TEAMS PUT THEMSELVES ON THE TELETHON SCOREBOARD WITH A SPONSORED MATCH WHICH RAISED £400.

Apart from those who generously made individual contributions many of you were involved in group activities under the Telethon flag.

Like the representatives from Kingsland Road, Nine Elms, Ladbroke Grove, Barkingside, Tottenham, Central and Western area office, Savacentre head office, Buntingford depot and Blackfriars, who joined 500 others in 1½ hours of sponsored aerobics in the Docklands.

At Oldbury Homebase lads and lasses donned football boots and battled it out on the football pitch. The closely fought match was won by the lads with a score of 9-8 and £400 was raised for Telethon.

Staff in uniform handed the cheque to Jimmy Tarbuck live on TV.

At Blackfriars director's secretary, Breda Vinall, slimmed for twelve weeks before Telethon and was able to hand over a cheque for £185 after losing 16 sponsored pounds.

# Head

## CAROL BIDS HER WAY TO HAWAII

AN EVENING CASHIER at Winton managed to scoop the top prize in the first programme in a new series of quiz shows, hosted by Bruce Forsyth. Carol Sutherland appeared on 'Takeover Bid' against three other people answering general knowledge questions. She reached the final and, after answering the last question correctly, won a holiday to the USA visiting five states followed by a week in Hawaii, as well as the £700 in prizes she had already won. Carol has worked at Winton for two years.



CAPTURED ON SCREEN - WINTON'S CAROL SUTHERLAND WITH BRUCE FORSYTH.



TV's DANNY BAKER WITH VANDA STEIN.

## VANDA BEATS CHECKOUT CHALLENGE

AS DANNY BAKER PUT IT on 6 O'Clock Live: 'No more shilly shallying. The whole place has gone tense. You could hear a cream horn drop... stand by your bar codes... go!' It was London Weekend Television's 6 O'Clock Live Checkout Challenge in aid of Telethon and JS's own Vanda Stein of Kingsway, Derby, was the winner. Vanda, who went on to become first runner up in the *Super Marketing* magazine's Checkout Assistant of the Year 1990 competition, featured on the cover of last month's *Journal*, and we promised to print this picture of Vanda with TV presenter, Danny Baker, as soon as it was available. Incidentally, Vanda has since told the *Journal* about her triumphant homecoming: 'Everyone was wonderful at the store. They put up a banner saying "Well done Vanda" and all the customers kept coming up to say "Well done". I was given a cake which said "Congratulations" and the management sent me flowers.'

## JOE BARNES TALKS TO BRITISH FARMERS

JOINT MANAGING DIRECTOR, trading, Joe Barnes, called upon British farmers on May 23 to play their part in anticipating and responding to consumer change in the nineties. He had been invited by the Trustees of the Winegarten Memorial Fund to give the 1990 prestigious Winegarten Memorial Lecture at Agriculture House in London, home of the National Farmers Union (NFU). He spoke about recent changes in consumer demand for food and gave a retailer's perspective on changes that may occur in the next few years. He looked at how increasing affluence had changed eating habits in the eighties and he predicted that the nineties consumer would focus their attention on how food is produced, on its quality, its variety and its naturalness.

The 1990 Winegarten Memorial Lecture is the tenth in the series of lectures held in honour of the late Asher Winegarten who served the NFU at top level for many years before his tragically early death.



Representing Farmers and Growers

# Headline

## CHARITY BEGINS AT HOMEBASE

GRAHAM BARTON, manager of Gloucester Homebase, signs up to donate to the charities of his choice through the Give As You Earn Scheme. Homebase's launch of GAYE in their Northern region was a great success, and a competitive spirit has entered the scheme. Can this second phase in the Western region beat the Northern region's target?



A VISUAL OF PROPOSED IMPROVEMENTS TO WATCHMOOR RESERVE IN CAMBERLEY.

## VISIONS OF THE FUTURE

**PUBLIC EXHIBITIONS** were held at Staines and Camberley in support of a planning application for a new store in each of these areas. The exhibitions, which attracted hundreds of visitors, showed full details of the schemes proposed with displays including models and were designed to find out local people's opinion.

## FASHION LINES

ACCORDING TO HEARSAY, the dress sense of one of our branch managers in the London area is not all it could be. The *Evening Standard* newspaper's 'Overheard' column recently reported the following conversation between a customer and member of staff: 'Excuse me, could you tell me where the manager is?' 'Yes madam, that's him wearing the dreadful suit.' Thanks to Jeff Llewellyn from distribution at Blackfriars for spotting the item.



# NTES



## DISABLED CAN BE FIT FOR WORK

BPM Marjorie Palmer's belief that disabled workers can be good workers has won Lancaster a Certificate of Merit, for the second year running, in the Department of Employment's Fit for Work awards scheme. Store manager Michael Osborn (left) collected the award from TV presenter Derek Batey.



KATHERINE NEWSON (THIRD from left) from the cheese buying department helps journalists get the full flavour of JS cheese.

## JOURNALISTS SAY CHEESE

COOKERY WRITERS and food columnists were invited to Blackfriars on May 9 to sample some of the 250 cheeses available at JS. The journalists should be giving their verdict on the 35 cheeses tasted, which range from Vegetarian Cheddar to Pont l'Eveque, in current publications.

## SAINSBURY'S STAFF MORTGAGE DESK

A MORTGAGE and home buying advisory service is available to all our employees (full and part time) free of charge. Special discounts are available. For details contact your personnel manager or telephone 0483 751122. (Sainsbury's Mortgage Desk is operated by Jardine Financial Consultants Limited)

Buy your next house in-house  
Contact the Sainsbury's Staff  
Mortgage Desk



## TRAINEE BAKERS ARE BEST OF THE BATCH

TEENAGE BAKERS from the Northern area, who began studying last September at Nottingham's Clarendon College for their City & Guilds certificates in Breadmaking, have already won trophies for their baking even though they don't finish their first year exams until later this month. The College's bakery students who come from Arnold, Belgrave Road, Burton on Trent, Kimberley and Loughborough branches, all received awards in the East Midlands Bread and Confectionery Competition. Their success came after the class had walked away with nine prizes from a similar competition held in Swansea earlier this year.

THE CLASS OF '89 WITH TEACHING STAFF AND NORTHERN area bakery specialist John Doogie (standing, second right).

# Write Lines

## DRIVERS WHEEL IN THE FUNDS

SANDRA ALBINS, BPM,  
WELWYN GARDEN CITY

Mrs Baird from this branch would like to thank the drivers of Buntingford depot for their efforts in raising funds to provide a brand new wheelchair for her daughter, Alison.

The lads met Alison on a trip to Thorpe Park organised by Jubilee House, a holiday home for the disabled. (In fact the lads have appeared in the *Journal* before for the charity work that they regularly do for the house.) Mrs Baird was especially touched by the fact that they didn't know she worked for the company. Pictured with Alison are three of the drivers.

## SOME EXCUSE!

KATE SMITH, BPM,  
BLACKPOLE

On Tuesday, May 15 there was an armed robbery at Blackpole. It occurred just outside the branch and shots were fired into a Securicor wagon. Many of the staff were witnesses to the incident.

Shortly after the incident our deputy manager, fresh foods, Tony Whitcher, was stopped by a very irate customer who complained bitterly about the length of the queues. He informed the lady that there had



L TO R: DRIVERS MICK HOCKLEY, STEVE MACAREE AND BRIAN RICHARDS.

just been an armed robbery and that five of the members of staff were giving statements to the police. Her immediate reply was: 'You've always got a good excuse at this branch!'

## STORM IN A SAUCEPAN

SHEILA FAIRLIE, HARDWARE  
ASSISTANT, HORNCHURCH

Why, when the Saucepan Book was withdrawn from sale due to adverse publicity, was it sold to staff at reduced cost? Surely, if it is classed unsafe for customers' children then it is unsafe for the children of staff.

MICHAEL ROSEN, DIRECTOR  
OF NON-FOODS BUYING,  
REPLIES:

*Thank you for your letter regarding the JS Saucepan Book. While it is true that this book attracted adverse publicity and was withdrawn JS did not necessarily agree that the book was dangerous.*

*Had we thought so then of course we would not have published it. It is often true that the level of*

*public criticism far outweighs the actual danger of the item concerned.*

*The above being the case it was quite normal for us to offer the book to staff. They of course, have the option to buy it.*

## HOW GREEN IS OUR JOURNAL

WH MARSDEN, VETERAN,  
BROMLEY

I was reading my neighbour's Royal Mail staff magazine which says it is printed on 'wood-free' paper which prompted one of their readers to ask 'what on earth is "wood-free" paper?'

This was the editor's reply: 'Rather than using recycled paper, which does involve the use of some toxic acids, the magazine is printed on paper made from grass. We can't get greener than that!'

How green is our JS Journal?

YVONNE BURKE, EDITOR  
REPLIES:

*I've heard of glass paper but grass paper is a new*

*one on me. I asked environment affairs manager, Mike Samuel, about it. He said: 'The editor of the Royal Mail staff magazine has got a bit mixed up. Although it may seem nonsensical, wood-free paper is still made from wood. It is wood which has been broken down and turned into paper chemically rather than mechanically. This process which is more expensive than the mechanical process produces a finer paper which is free of a substance found naturally in wood, called lignin. This is what makes paper turn brown with age.*

*'The use of recycled paper need not cause pollution. The most modern plants which de-ink waste newsprint and magazines can return water, used in the process, back into the rivers cleaner than when it came out. And much of their waste product is burnt to produce steam which is used in the paper making process.'*

*As for the Journal it is printed on paper produced at a mill in Germany where there is a strict reafforestation programme and stringent measures which help to care for the environment. For example, the water used goes back into the river at drinking standard.*

LETTERS ARE WELCOMED AND SHOULD BE SENT THROUGH THE INTERNAL POST TO THE EDITOR, JS JOURNAL, 10TH FLOOR, DRURY HOUSE, OR BY ROYAL MAIL TO THE ADDRESS ON PAGE 2.

P.S. . . .

**H O M E B A S E**  
O P E N I N G

# ORPINGTON



*Homebase number 58 opened its doors to March sunshine and a flood of gardeners who made straight for the garden centre where they could ask Homebase's trained horticulturists for advice on the best plants for spring.*

**STEVE QUAYLE (IN GREY SUIT) IN AN ALL-STAR LINE-UP - ORPINGTON'S MANAGEMENT TEAM.**



**KAY GRIFFITHS (LEFT) AND AMANDA DIGNUM HAPPY TO GIVE 'ON THE SPOT' PLANT CARE TIPS.**



**ORPINGTON RESIDENTS PREPARE TO FIND OUT WHY THERE'S NO PLACE LIKE HOMEBASE**



**Opening date:** 30 March 1990 **Address:** Main Road, Off Sevenoaks Way, Orpington, Kent **Opened by:**

Homebase managing director, Dino Adriano **Manager:** Steve Quayle **Staff:** 54 **Sales area:** 44,650 sq ft **Car park:** 200 spaces **Opening date:**



**S T O R E**  
**O P E N I N G**

# DURHAM

*The beautiful cathedral city of Durham has another building of interest to add to its historic churches and castle – a new JS supermarket.*

**THE MANAGEMENT TEAM WITH ALAN GILBERT HOLDING THE 'GOOD LUCK DURHAM' CAKE BAKED BY ROSEMARY HALL, SECTION MANAGER, STAFF RESTAURANT.**



**ROSEMARY HALL AND SOME OF HER STAFF ENJOY A COFFEE BREAK WITH BAKERY STAFF**

# J SAINSBURY

**DURHAM'S LATEST BUILDING OF INTEREST.**



**H O M E B A S E**  
O P E N I N G

# HARLOW

*With building work going on all around the shopping centre, Harlow was an oasis in a desert of development on opening day.*



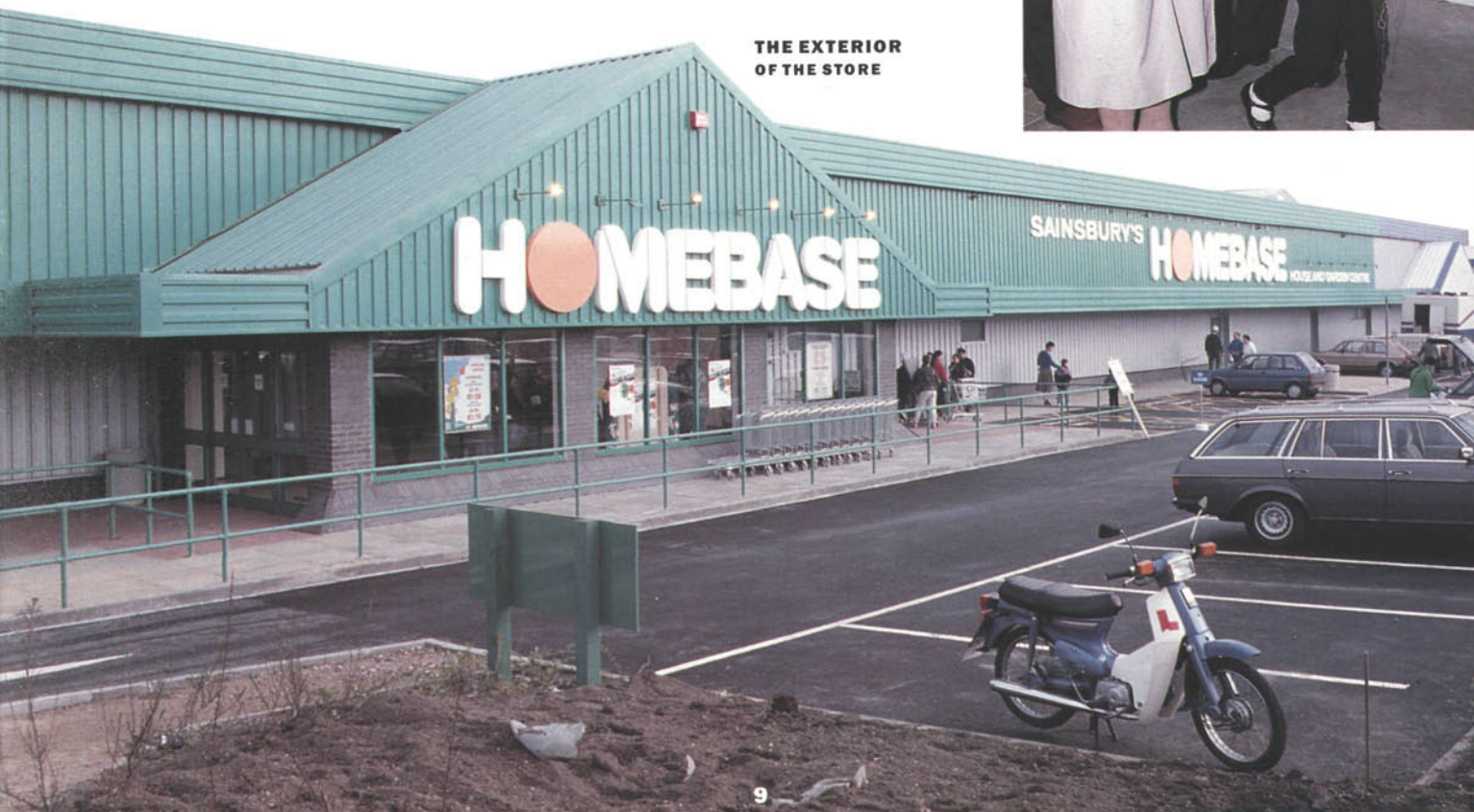
**IT WAS A HECTIC MORNING FOR STAFF ON THE EXTRA CHOICE DESK**



**GURTH HOYER MILLAR WELCOMES THE CROWDS**



**THE EXTERIOR OF THE STORE**





**S T O R E**  
**O P E N I N G**

# NORTHWICH

*Children from Victoria Road Primary School in Northwich made their own mosaic to support the work of the Northwich & District Ethiopian Link. It was presented to the new store and is on permanent display at the entrance.*

**ONE CUSTOMER  
WHO WOULD APPEAR  
TO KNOW SOMETHING  
WE DON'T**



**THE MANAGEMENT  
TEAM,  
WITH PETER BROOKES  
SEATED CENTRE.**



**AN EXTERIOR VIEW  
OF THE STORE**



# Cleaning Up

CLEAN-UP FEVER HAS BEEN SWEEPING THE COUNTRY.

The Sainsbury's Clean-up Operation for Tidy Britain Year '90 is well under way and stores engaged in the battle against rubbish have flooded the *Journal* with despatches from the front.

Staff have recruited local groups and friends and, armed with bin bags, they have waged war on bottles, cans, plastic bags, car tyres, old bicycles, vacuum cleaners and just about anything carelessly thrown away.

Beauty spots are beautiful once more and wildlife and pets are protected from the dangers of open cans and broken glass. Most publicity generated so far has been at Norwich where Pound Lane, Bowthorpe, Queen's Road and Homebase cleaned up Mousehold Heath with a complement of 300 volunteers, including the Lord Mayor.

Here is a small selection from the many Clean-up operations. Congratulations to these stores and to all those fighting the clean fight.

## KEIGHLEY AND BRADFORD

Management, staff and friends of both stores joined to clean up the five-mile track of the Keighley and Worth Valley Railway – home of the Railway Children (film and BBC series) and featured in the film *Yanks*. Two shifts of 24 carried out the day's work and travelled up and down the line on a customised steam engine – its own JS name board was painted by Robert Moran of Keighley.



## BURPHAM

Burpham took to the river, or rather, the tow path of the River Wey. A fifteen-mile stretch running from Godalming to Pyrford was tackled by three teams covering five miles each. Sponsorship of the event raised more than £1,000 for MENCAP.

## WOKING

Woking worked hand in hand with the 2nd New Haw Scout Troop and cleaned up two areas – one residential and the other the banks of Basingstoke canal. The scouts are involved in the Go For A Million points scheme and apparently by appearing in the *Journal* they'll tot up extra points. So good luck to them.





## ALISON STRUTS HER STUFF

NEXT TIME you watch a parade passing by spare a thought for the baton twirlers. It takes hours of training to be able to spin the baton in time to the music whilst marching with style and grace.

Three nights a week Alison Brown, general assistant at Broadfield, spends two hours practising with her local baton twirling corps – the Mercury Starlets.

All her practice paid off last year when she crowned her prizewinning junior career by becoming National Junior Champion in the Advanced Basic Strut.

To achieve this she had won through regional heats and beat around 80 other girls in the National Baton Twirling Association's championship finals, held in Torbay.

As Alison has now moved onto senior competition, the national championship's trophy was a very happy way to end a junior career which began eight years ago when she was just eight years old.

Looking ahead, Alison will be starting a business studies course at college in September, but she won't be leaving Broadfield as she is saving to go to America for baton twirling tuition from a top US coach. However, if working in the branch gets too much like hard work after all the business studies and baton twirling, Alison won't have far to go for a sympathetic ear – her mum Susan is Broadfield's senior office clerk and dad, Ian, is meat section manager at the branch.

## RICHARD GIVES A GOOD THUMPING!

THERE ARE PROBABLY few people in Essex who could tell you whether the Miami Dolphins are an aquatic act or a football team.

However, one person who does know that the Dolphins are among the US's premier gridiron football teams is Rayleigh Weir's BWS section manager, Richard Store. He has been a fan of American football since games were first screened on British TV, and four years ago he rose from his armchair and set about becoming a player himself.

He now plays in the National American Football Youth League as a corner-back for the Southend Sabres. For those who don't know their wide-receiver from their defensive-end, Richard's position as corner-back requires him to thump mercilessly into the opposing team's 'offensive' (American for attacking) players. Last year Richard became so good at thumping (which requires more skill than it's name would suggest!) offensive players that he was called up for the Great Britain youth team to play an American team all the way from Milwaukee. Predictably, the Americans won, 28-8, but the experience has stood Richard in good stead as he's helped the Sabres start their season with two straight wins, which extends their unbeaten run to ten games.

For the future, Richard plans to take part in the British team trials, which take place in August after the regular season, and win himself a few more caps.



# LIFE TIMES

## **BRYAN'S A PICTURE OF SUCCESS**

IF A PICTURE PAINTS a thousand words, a camera in the hands of Feltham meat manager, Bryan Siggers, has the potential to speak volumes.

Bryan took up photography eight years ago when he bought his first quality camera. Since then he has achieved a staggering total of 79 competition wins, and 175 placings. These include winning prizes in four of the last five *SSA/JS Journal* Photographic Competitions.

He has been accepted as a member of the



High jumper: 400 mm  
autofocus lens (Sigma)  
f5.6/500th  
Fuji 100 ASA 35 mm film.

Stag's head: 80-210 mm lens (Tamron)  
f5.6/250th  
Fuji 100 ASA 35mm film.



Royal Photographic Society and is a qualified competition judge with the Surrey Photographic Federation.

Bryan informs the *Journal* that he is soon to go on a trip to Farne Island bird sanctuary, off the Northumberland coast, to photograph wildlife. As one of the categories in this year's *Journal* competition is 'The Natural World', we can't wait to see what he comes back with.

Tick the answer that most applies to you.

## PACK UP YOUR TROUBLES

Over the next two years, the JS Health Programme will be concentrating on stress – what causes it and how to avoid it.

## WHAT IS STRESS

We hear a lot about 'the stress of modern-living' but what exactly is it? Stress occurs when it becomes difficult to cope with the demands made on us. It is not just the result of bad news, like a bereavement or the break up of a relationship. Good things such as planning for a wedding or buying a house can also cause stress. In all cases something happens to us which causes our situation to change so we have to re-adjust. Stress can occur as we respond to these new demands.

Some stress can actually be a good thing. It keeps us on our toes! But too much stress causes strain. We become worried and can become ill when we are unable to cope with the pressures we face.

To manage stress, we first need to:

recognise its SYMPTOMS  
then its CAUSES  
then TAKE EFFECTIVE  
ACTION

## SYMPTOMS OF STRESS

Symptoms are the signs which tell us to do something before it is too late. The symptoms of stress can be PHYSICAL or EMOTIONAL.

## PHYSICAL SYMPTOMS OF STRESS

Headaches  
Indigestion  
Breathlessness  
Tiredness  
Skin irritation or rashes  
Excessive sweating  
Frequent colds  
Constipation or diarrhoea  
Sleeplessness

## EMOTIONAL SYMPTOMS OF STRESS

More depressed  
More fussy  
Feeling tense, nervous  
Drained, no enthusiasm  
Loss of confidence  
Indecisive

|                                             | A<br>More than<br>once a week | B<br>More than<br>once a month | C<br>Less than<br>once a month |
|---------------------------------------------|-------------------------------|--------------------------------|--------------------------------|
| Do I feel anxious for no reason?            |                               |                                |                                |
| Do I have trouble sleeping?                 |                               |                                |                                |
| Am I often irritable for no real reason?    |                               |                                |                                |
| Do I have persistent indigestion?           |                               |                                |                                |
| Do I have frequent headaches?               |                               |                                |                                |
| Am I finding it hard to concentrate?        |                               |                                |                                |
| Do I smoke to calm my nerves?               |                               |                                |                                |
| Do I have a drink to unwind?                |                               |                                |                                |
| Do I find it difficult to relax?            |                               |                                |                                |
| Do I have aching shoulders or neck muscles? |                               |                                |                                |

Loss of concentration  
Muddled thinking  
Greater use of stimulants

Remember that these symptoms may not only be caused by stress and if any of them persist, you should seek medical advice (eg: smoking more, drinking too much, taking lots of painkillers).

The following questionnaire adapted from a government publication 'Understanding Stress' will help you assess whether you are suffering from the physical or emotional effects of stress.

## SCORING

Score 2 for every answer you have ticked in box A.

Score 1 for every answer you have ticked in box B.

Score 0 for every answer you have ticked in box C.

A score of 0-8 indicates slight stress.

A score of 9-15 indicates moderate stress.

A score of 16-18 indicates severe stress.

A score of 19 or 20 indicates very severe stress and you should seek medical attention.

You should see the signs of stress as a warning and take some action to reduce the things in your life which are causing your stress. Future health programme articles in the *Journal* will be able to help you do this.



## LOOK AND LISTEN

Two new videos and two new cassettes are now available for staff to borrow from the Blackfriars library as part of the Health Programme.

## CASSETTES

'Sleep Well': Tips on how to unwind during the evening, how to relax in bed and how to get back to sleep if you wake in the night.

'Self-help Relaxation': Gives practical advice on how to relax.

## VIDEOS

'Don't Just Stand There': A British Heart Foundation video with booklet. Explains first aid for a heart attack victim. Prompt action can save a life.

'Suckers': Presented by David Bellamy, it explains the consequences of smoking, without lecturing.

Staff wishing to borrow any of the above should ask their personnel manager or occupational health nurse. Staff at Blackfriars contact the library direct on ext. 7306.

# MAY DAY WEEKEND IS EASTERN MAGIC

MAY DAY weekend was Kessingland Beach weekend for the Eastern area. Almost 1,000 people, including many families, took over the Kessingland Beach Holiday Village from May 4-7.



competitions from the best sandcastle to the Junior Frolics.

Said Alan Bonner: 'It was a superb weekend with the benefit of brilliant weather. We had record attendance and better evening entertainment than ever. The Frolics competition was very

and horse racing; canoeing, tug-of-war and five-a-side football; yard of ale and bingo, and the main event – Frolics and Wet Frolics.

Children were kept occupied in the Busy Bee Club playing games and entering



professionally run. Congratulations to Stanway who were overall winners.'

A raffle was held which raised £280 towards a Sunshine Coach.

The organising committee – area director, John Phillipson; district manager, Alan Bonner, and Bill Allen of the SSA – made sure the weekend was jam packed with events and entertainment for all ages.

There was snooker, pool, darts and table tennis; dancing to live bands and discos; cabaret with comedians and singers; keep fit, clay pigeon shooting



**Kessingland Beach**  
*Holiday Village*





LOU HANNIS GETS A LIFT FROM MARTIN WILLIAMS OF THE NIGHT SHIFT.

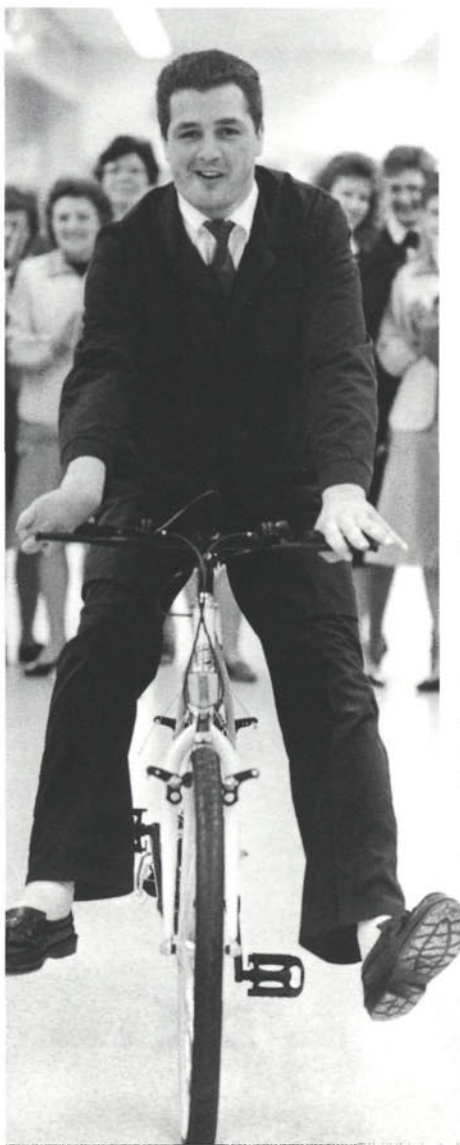
throughout the year. Tewkesbury Road staff have been particularly busy lately as it was only April when they handed over £1,000, raised through various events, to the Guide Dogs for the Blind Association, to pay for the training of a dog. A framed photograph of the dog, named Jesse by staff, was presented to the store.

### SECURITY MAN LEAVES WITH SWAG!

HERE'S A SWEET BURGLAR who really takes the cake! When **John Smith, Central and Western area security**

manager, retired recently his colleagues and friends gathered at the area office to escort him off the premises in style! A presentation of

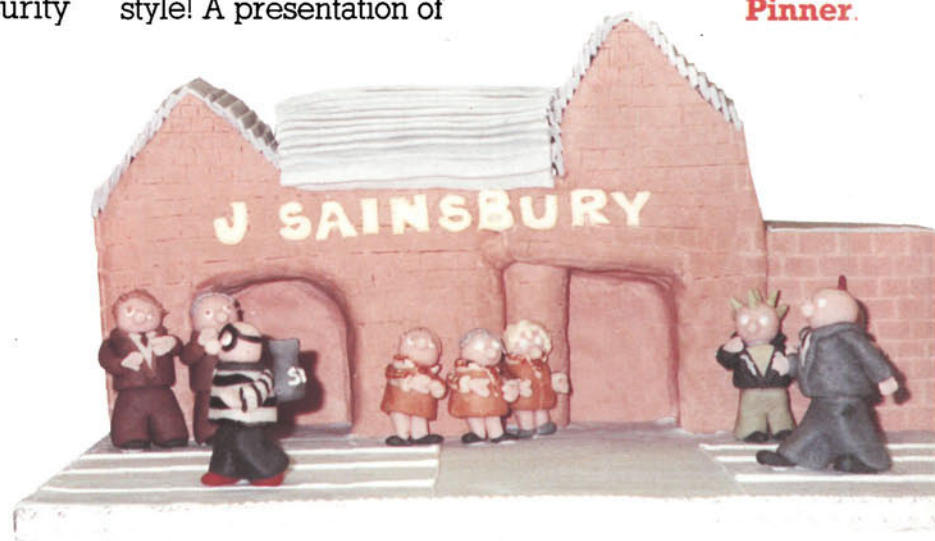
gifts was made by area director, **Terry Wigley**, and the special cake was made by **Louise Roberts**, bakery manager at **Pinner**.

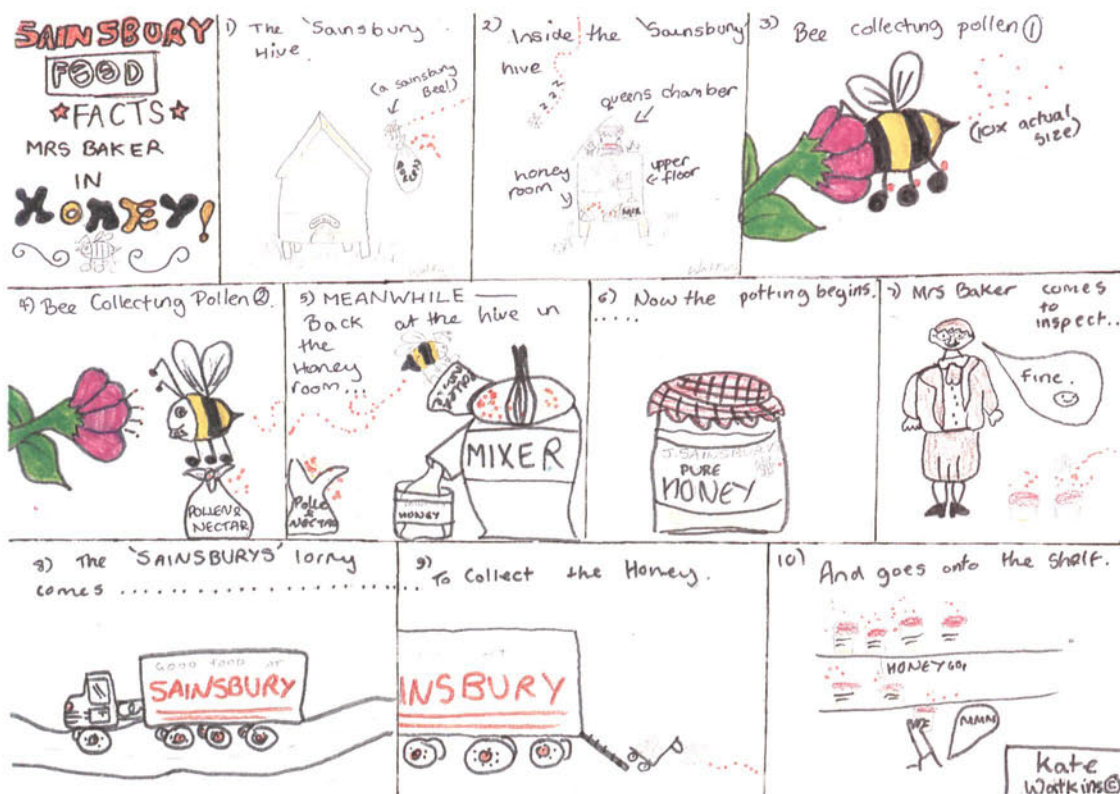


### WHEELY HAPPY AGAIN

That's customer service assistant, **David Markham**. David, who works at **Great Yarmouth** store, was left with nothing but a pair of bicycle clips when his bicycle was stolen from the car park just the day after he had bought it. But Daniel's colleagues felt so sorry for him they clubbed together and presented him with a brand new mountain bike. He was knocked out by their generosity and has since not let it out of his sight.

DAVID MARKHAM BACK ON WHEELS.





**AFTER** **Genette Baker**, BPM of **Potters Bar**, had shown children from Cranborne School round the store she was delighted to receive a bumper pack of thank you letters with some delightfully imaginative drawings. Kate Watkins even gave a potted history of Sainsbury's honey.



L TO R: ANNE GRANDJEAN, Georgina Eckley, Pat Salmons, Ray Edgcumbe and Terry Day.

### GIFT OF SPEECH

When **Ray Edgcumbe**, meat manager at the now closed **Brighton Hill**, was forced to give up his job because he was suffering from Motor Neurone Disease, his colleagues got to work. Staff from **Kempshott** and **Newbury** held raffles and raised £650 to buy a food processor and colour TV and to pay for a holiday for Ray and his wife, Doreen. Ray is now unable to speak and the company's charitable funds made a further gift of a Light Writer which will enable him to communicate through synthesised speech. Newbury organisers were: **Terry Day**, manager, and **Michelle Zachert** of the SSA. Over at Kempshott SSA committee members, **Georgina Eckley**, **Pat Salmon** and **Anne Grandjean** did all the donkey work.

**Peter Jolly**, manager of **Shirley**, and **John Marks**, manager of **Bitterne**, visited Southampton General Hospital to hand over an Ivac Drug Controller to the Cardio-Thoracic Unit. The equipment, used to help patients during and after heart surgery, was bought with funds raised by Bitterne, Shirley and **Lordshill**.



PETER JOLLY (LEFT) AND JOHN MARKS



TERRY SMITH WITH OLIVER.

## OLIVER'S OFF TO MEET MICKEY

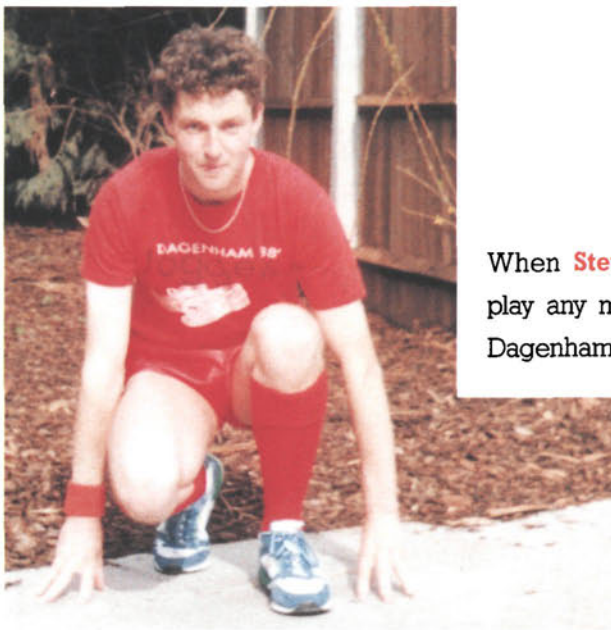
Five year old **Oliver Woodford** is off to Disneyworld with his mum, dad and two brothers. It will be the family's first holiday since Oliver was diagnosed as having leukaemia when he was still a toddler. And it's possible only because of the marathon efforts of **Terry Smith**, section manager at **High Wycombe**. Terry ran the London marathon to raise money to send Oliver on his dream trip. With sponsorship and collections he has so far raised over £3,000 and, thanks to the SSA's connections with Cherbourg, that travel company has donated one free seat for the flight.

## LEARNING FROM NATURE

SEND THE CHILDREN to the park for an education! Painshill Park in Cobham, one of England's finest 18th Century landscapes, has formed an Education Trust which is launching a range of teaching packs for children of all ages. The packs are for use at the park which is open to schools for project work linked to the National Curriculum. A £2,500 cheque was presented to the trust by **Cobham** manager, **David Mellows-Facer** on behalf of JS.



THE ELMBRIDGE MAYOR, COUNCILLOR IRIS SIMMONS, WITH DAVID MELLOWS-FACER, CENTRE, AND CHILDREN AND TEACHERS FROM BELL FARM SCHOOL, HERSHAM.



When **Steve Fearne**, butcher at **Romford**, was told two years ago not to play any more football because of a knee injury he immediately joined the Dagenham 88 Joggers running club. Since then he has run marathons in Rotterdam, Birmingham and Harlow, and this year ran the London Marathon. His time was three hours and 50 minutes and he raised £450 for the Kidney Patients Association. Next on Steve's marathon agenda is the New York marathon in November.

## THE WANDERERS IN CELEBRATION



## SOUTH EAST HOCKEY CHALLENGE

CELEBRATING a hockey victory over the Load Locals (a data processing division team) are the Wanderers (retail systems training). Says **James McKechnie** of the Wanderers: 'There are a number of very informal hockey teams within head office and in the areas. If anybody is interested in playing in the **South East area**, or better still, getting their own team together, please contact **Marek Lenartowicz** of data processing division. He's on 071-921 7813.



## FOOTBALL IS THE GAME OF THE NAME

NO, THE RECRUITMENT department hasn't lowered its age limit, this is the Eccleshill North Middle School football team. Their strip sports the Sainsbury logo as a recognition by the school of a company donation of £200.

The name may not receive quite as much exposure as the Virgin logo did during the FA Cup Final, but it won't be for lack of ambition by the young players. **Bradford**

BPM **Jackie Scott** is a governor of the school and Bradford manager, **Bob Stowe** presented the cheque to the headmaster at the morning assembly.

## BRANCHES UNITE TO HELP HOSPICE

WHEN **ADA ECKTON** of **Bitterne** was receiving post- mastectomy treatment at the Countess Mountbatten Hospice she found that a shortage of equipment meant that patients were having to wait a long time for vital treatment. So, with the help of staff from **Bitterne**, **Lordshill** and **Shirley**, £925 was raised by various means to buy a Multipulse Pressure Machine. Photographed are staff from all three branches presenting the machine to Bob Gray at the Hospice.



## CHARLTON CHARMS HANDICAPPED CHILDREN



KEN DEMPSEY WITH PARTY CHILDREN.

FORTY EIGHT severely handicapped children were recently given a party at Charlton Park School by **Charlton depot**.

The party was organised by SSA committee members and funded jointly by the SSA and the depot. There was a buffet, music and a puppet show and each child received sweets and a £5 voucher.

## OPEN SESAME AWARD FOR HARRINGAY

**MARK ELLERY**, deputy store manager, **Harringay** is pictured receiving on behalf of the store, an Open Sesame award from Haringey council. Making the presentation is the Mayoress of Haringey. The award was given for best access for customers with pushchairs and for disabled customers in wheelchairs. The council had visited over 1,200 shops and only eight were given awards, including **Tottenham** store.

L TO R: MAYOR AND MAYORESS OF HARINGEY, 'MRS KAREEN' OF EAST ENDERS AND MARK ELLERY.



## THAT'S LIFE!

A specially-built gondola of tomato ketchup allowed 'Doc' from BBC's 'That's Life' programme to ambush passers-by in **Merton Savacentre** as part of the show's 'Get Britain Singing' feature. Customers and staff were invited to appear before the cameras singing the fifties rock classic 'Rock Around The Clock'. General assistant, **Alan Wilson's** performance was good enough to be broadcast to the viewing public, several of whom agreed his rendition owed more to Louis Armstrong than Bill Haley!



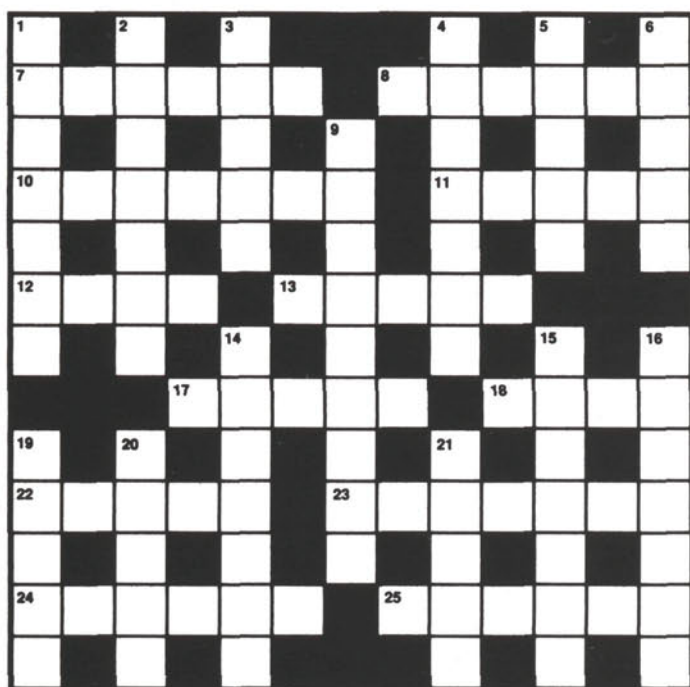
### STAFF SALUTE GUNNERS-MAD MANAGER

When **Kilburn** store heard the news that their manager, **Larry Griffen**, was transferring to **Golders Green**, they immediately made a collection and organised a leaving party. As Larry is a devoted Gunners fan his staff presented him with an executive box ticket for an Arsenal v Aston Villa match and a Gunners cake was baked by the restaurant staff.



## PRIZE CROSSWORD

Last month's crossword was one of our most popular ever with hundreds of you sending in correct answers. First out of the hat was **Avril Haigh** of **Kimberley**. She wins £30 worth of JS vouchers. We're hoping this month's crossword will have an even greater response and we've made it just a tiny bit harder for added interest. Send your entries through the internal post to *JS Journal*, 10th floor, Drury House or by Royal Mail to the address on page 2. Closing date is July 9.



### PRIZE CROSSWORD

#### ACROSS

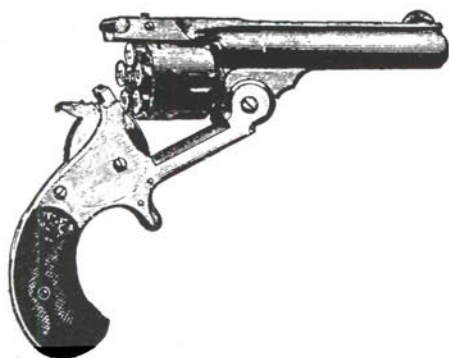
7. HIS 'ON THE ORIGIN OF SPECIES' CHANGED OUR VIEWS ON EVOLUTION (6)
8. AND 24 ACROSS. SAVACENTRE'S BIGGEST HYPERMARKET IS HERE (6,6)
10. SOFT, TRAVELLING BAG (7)
11. SEE 9 DOWN
12. IN OPERA, AN EXTENDED PIECE FOR SOLO VOICE (5)
13. IN GREEK MYTHOLOGY, HER ABDUCTION BY PARIS LED TO THE TROJAN WAR (5)
17. IN THE FINANCIAL RESULTS, £515 MILLION WAS ATTRIBUTED TO THESE (5)
18. SEE 9 DOWN
22. THE NEW GRADING STRUCTURE TOOK EFFECT DURING THIS MONTH (5)
23. TO CAPTIVATE OR PLEASE GREATLY (7)
24. SEE 8 ACROSS
25. DIRECTOR OF THE 'DEATH WISH' FILMS (6)

#### DOWN

1. PERSONNEL DIRECTOR (7)
2. LATTICE OF LIGHT WOODEN BARS (7)
3. 1990 EUROPEAN CUP FINALISTS (5)
4. THEY PROTECT THE EYES FROM DUST (7)
5. A SNAKE TO COUNT ON? (5)
6. SILLY OR SENSELESS (5)
9. AND 11 ACROSS AND 18 ACROSS. THIS PUBLICATION HAS BEEN A JS BEST-SELLER (4,5,5,4)
14. BANK WORKER (7)
15. RUSHING STREAM OF WATER (7)
16. SHELLEY WROTE A FAMOUS ODE TO THIS BIRD (7)
19. SINGLE-MASTED FISHING BOAT (5)
20. TRIMMING (5)
21. VANDA, RUNNER-UP CHECKOUT ASSISTANT OF THE YEAR (5)

Name ..... Tel. No ..... Location .....

ANSWERS TO LAST MONTH'S CROSSWORD Across 7. Extras 8. Sludge 10. Scratch 11. Alibi  
12. Wine 13. Cloud 17. Green 18. Lane 22. Roman 23. Gets Off 24. Rattle 28. Grocer  
Down 1. See-saws 2. Stirling 3. Pasta 4. Clean-up 5. Oddie 6. Delia 9. Challenge 14. Granule  
15. Majorca 16. Telford 19. Drury 20. Smith 21. Start



## SHOOT-OUT

1990 SSA/JS JOURNAL PHOTOGRAPHIC COMPETITION

If you've read Brian Sigger's story on page 13 you may be feeling inspired to take up your camera and shoot. And you may be the person who takes the winning shot in this year's photographic competition to bag yourself £100. There are plenty more prizes on offer so there's everything to aim for. Watch the *Journal* for announcements concerning the competition judge and, in the meantime, get snap happy.

**Categories** Both black and white and colour photographs will be accepted in each class.

### The Natural World

Get close to nature for a photograph which will glorify the beauty of the world, or you could show how man is scarring that beauty. There's great concern for the environment these days – tell the story in your picture.

### Capture the moment

Of course most good photographs 'capture the moment' so this is really a very wide brief. Not only do you need to have eyes in the back of your head but you'll also need the reflexes of Mohammed Ali.

### Prizes

There will be a £100 prize for the best photograph in any category, whether black and white or colour. In addition, both sections will carry two prizes of £50 – one for the best black and white photograph and one for the best colour photograph. There will also be runner up prizes.

**Rules** \*Closing date is Friday, September 28. \*Entries are not limited but each print must have a completed entry form attached. (Extra forms will be available from the *JS Journal* office): tel. 071 921 6660. \*The 1990 competition is open to all JS, Homebase, Savacentre and HMP employees, full or part-time, who are employed at the time of judging. The competition is also open to JS veterans. \*Photographs previously entered for SSA/JS Journal Photographic Competitions will not be accepted. \*All photographs will be returned after the competition is judged.

### ENTRY FORM

Please carefully attach an entry form to the back of every photograph entered for the competition. Entries should be sent through internal post to *JS Journal*, 10th Floor, Drury House, or by external post to: *JS Journal*, J Sainsbury plc, Stamford House, Stamford Street, London SE1 9LL.

NAME.....

FULL JOB TITLE .....

LOCATION .....

TELEPHONE NO.....

THEME OF ENTRY.....

# PEOPLE

## APPOINTMENTS

**CHRIS BAGGALEY**, from deputy manager, Tonbridge to manager, Ashford. **DOUGLAS BISHOP**, from deputy manager, Croydon (Purley Way) to manager, Forest Hill. **PETER BROOKES**, from manager, Northwich to manager, new Northwich. **ALAN CURTIS**, from manager, Golders Green to manager, Swiss Cottage. **GORDON DAVY**, from manager, Birkenhead to manager, Salford. **PETER ELBOROUGH**, from manager, North Cheam to manager, Beckenham. **PETER FEENAN**, from manager, Haywards Heath to manager, North Cheam. **LARRY GRIFFIN**, from manager, Kilburn to manager, Golders Green. **PETER ISAAC**, from manager, Beckenham to spare manager, Canterbury. **DAVID JOHNSTONE**, from manager, Swiss Cottage to manager, Kilburn. **PETER JONES**, from manager, Kempston to area operations manager, Central and Western area. **MARK MCPARLAND**, from deputy manager, Uxbridge to manager, Maidenhead. **STEVEN MORRIS**, from manager, Lincoln to manager, Birkenhead. **NIGEL RAWLINS**, from manager, Luton Central to manager, Harpenden. **GRAHAM SHERWOOD**, from area operations manager, Central and Western area to manager, Kempston. **JIM SHERWOOD**, from manager, Eltham to manager, Stratton. **RICHARD SMITH**, from deputy manager, Chichester to manager, Haywards

Heath. **ROGER SPRIGGS**, from manager, Maidenhead to manager, Oxford. **BARRY WEST**, from manager, Forest Hill to manager, Eltham.

## LONG SERVICE

*Employees who have completed 25 years' service are:*

**DENNIS BEISSER**, driver, Buntingford depot. **IRVIN COOKLIN**, store service assistant, Swiss Cottage. **MIKE FARMER**, print manager, advertising department, Blackfriars. **FREDERICK FULLER**, department manager, Colchester. **PEGGY PRIOR**, skilled supermarket assistant, Eastbourne. **BERNARD RICHARDSON**, senior meat trades assistant, East Grinstead. **LEN RYAN**, senior project manager, data processing division, Blackfriars. **JAMES SINGLETON**, engineer, South Western area office. **PEGGY TARLING**, skilled supermarket assistant, Chelmsford. **ALEC WALKER**, driver, Basingstoke depot. **BILL WHITE**, warehouseman, Charlton depot.

## OBITUARIES

**DOREEN GRANT**, checkout assistant at Uxbridge, died suddenly on April 13, aged 42. She had completed five years' service. **VERONICA STEVENS**, aged 54, died on May 23 after a long illness. She was section manager, staff restaurant at South Eastern area office with ten years' service.

## RETIREMENTS

*(length of service in brackets):* **TONY DAVIES**, meat manager, Forest Hill (36 years). **JOAN LEE**, supermarket assistant, West Wickham (20 years). **DOROTHY BESHAW**, part-time store instructor, Pinner (17 years). **SHEILA LEES**, checkout assistant, Hove,

(17 years). **HILDA VINCENT**, supermarket assistant, West Wickham (14 years). **GRACE CARLE**, provisions assistant, Southgate (11 years). **MARJORIE WOODHEAD**, part-time supermarket assistant, Arnold (11 years). **MURIEL OAKDEN**, restaurant assistant, Arnold (eight years). **FRED BERROW**, packer, Archer Road (seven years).



FRANK PRIESTLEY WITH 'FRANK'S FRUITY FOLLIES'

Winton gave produce manager, **FRANK PRIESTLEY**, a rip-roaring farewell party when he retired after 40 years' service. Colleagues from past and present attended, and staff made it a night to remember with songs, impersonations and poems. Manager, Dave Richmond-Cole, presented him with a carriage clock from all at the store.

Frank began as a warehouseman at Bournemouth before moving to Boscombe and Southbourne as a butcher from 1952 until 1972. It was then he became produce manager at Winton until his retirement through ill-health. Frank is pictured at the party with the singing sextet 'Frank's Fruity Follies'. He says: 'I will miss the happy staff at Winton.'

# NEW LINES



## FROZEN ASSETS

Six new frozen ready meals have been introduced into selected stores, with dishes like Chicken Madras, Pork in Oyster Sauce and Fillet of Beef and Peppers. With the exception of Chicken à l'Orange all the meals are microwavable. Priced £1.49 to £2.89.



## IN THE PIPELINE AT HOMEBASE

Own brand hosepipes have been introduced into all Homebase stores. They are available either fitted with a tap connector and spray nozzle or unfitted in the 15 and 30 metre lengths, and unfitted only in the 50 metre length. The hosepipe is guaranteed for 12 years, and the fittings for three years. Priced from £4.95 to £15.99.



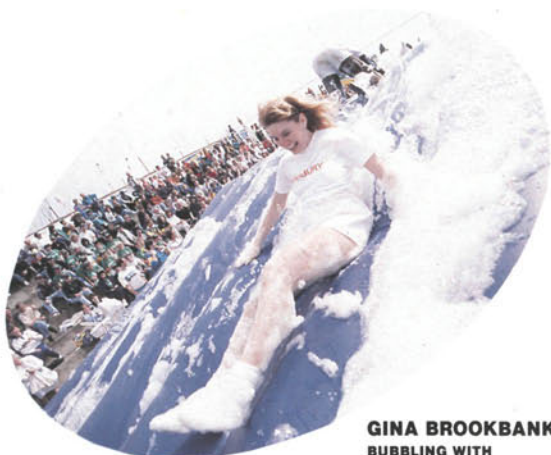
A TEAM TALK BEFORE BATTLE COMMENCES.



UP AND OVER STEWART MCQUEEN.



# A DOZEN GOOD EGGS



GINA BROOKBANKS  
BUBBLING WITH  
ENTHUSIASM.



HAVING A  
SPLASHING TIME IS  
NEIL BECKFORD.

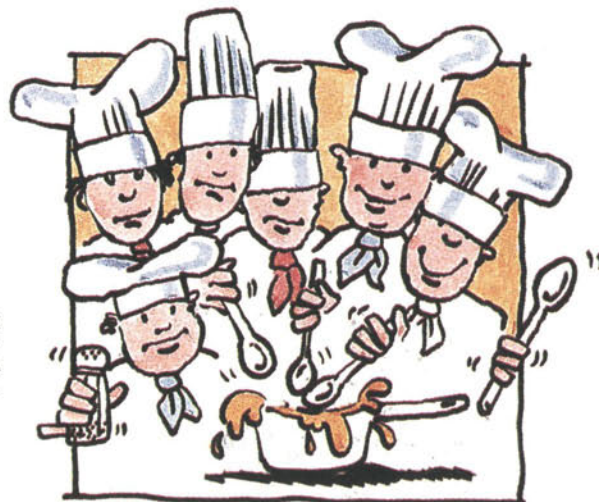
Had it not been for an unfortunate accident with a bucket, Roy Watts, manager of West Wickham, is convinced his It's A Knockout team could have been stars of the game at the Family Fun Day held at Thorpe Park on May 13 in aid of the National Grocers' Benevolent Fund (NGBF).

Says Roy: 'Our team, made up of 12 people from all over the South Eastern area, did incredibly well. They were only put together two weeks before the event and all we were given before the day was a brief description of the games. We made the final by winning all except one.'

But in the final game disaster struck as a bucket of water, being collected for points, was knocked over.

Nevertheless, the enthusiastic and hard-working team finished a creditable 6th out of 18 teams from supermarket and food companies. Hundreds of colleagues from the South Eastern area turned up to support the team and to enjoy the facilities of Thorpe Park.

JS SPONSORED THE  
'TOO MANY COOKS'  
GAME IN THE IT'S A  
KNOCKOUT COMPETITION.





ROUNDSMAN NYE WITH HIS MORRIS COWLEY VAN, 1930.

## ARCHIVES

# SPECIAL DELIVERY

Sainsbury's archives are proud to announce the return of the JS delivery van. Not, we hasten to add, the real thing, but a quite irresistible model in the Matchbox 'Models of Yesteryear' collectors series.

The limited edition 'Dinky' size model is available to staff at the special price of £5.95 (recommended toyshop price £7.99) only by filling in the form at the foot of this page. It has been made by Matchbox Toys Ltd in close collaboration with JS.

The model is of a 1929 Morris Cowley van of a type widely used by JS in the 1930s. In the days when few people had private cars, a reliable delivery service was



LADY DRIVER!  
A QUICK BREAK ON THE SOUTH COAST  
ROUND DURING THE FIRST WORLD WAR.

essential. Customers could be extremely particular about the exact time their delivery was to arrive: by the 1930s most branches offered four deliveries daily, with the first leaving the store half an hour after opening, and guaranteed to arrive in time for lunch.

Butter was often advertised on the side of the vans; so too was Blue Kaddy Tea – JS's premium blend. In 1932 letters were sent out to 575 customers in the Marylebone area with ¼lb Blue Kaddy Tea to persuade them to add it to their orders. Roundsmen were not encouraged to carry spare goods for 'casual sales' but rather to encourage customers to place regular orders for a wide range of products. The minimum order by the late 1930s was two shillings (10p), although managers had discretion to waive this rule in case of 'sickness in a customer's house or other special circumstances'.

Roundsmen were expected to keep themselves, and their vehicles, immaculate. They were responsible for the maintenance of their own vehicles (batteries, greasing, gear box and back axle). The manager was instructed to inspect the roundsmen's vehicle and uniform – cap, coat (winter and summer) and apron, regularly.

Gradually, the delivery service offered by the branches became less and less economic. The number of branches offering the service was reduced, with fewer stores delivering to a wider area. In 1955 deliveries were finally discontinued.

### MODEL VAN

1929 Morris Cowley van. Stocks strictly limited – collectors edition £5.95 to JS staff.

Stocks available August – reserve now by sending a cheque, made out to J Sainsbury plc, to JS Journal, 10th floor, Drury House or through the external post to the JS Journal at the Stamford St address.

Name \_\_\_\_\_

Location \_\_\_\_\_

Tel no \_\_\_\_\_

Home Address \_\_\_\_\_

Please send me \_\_\_\_\_ van/s. I  
enclose a cheque for \_\_\_\_\_.

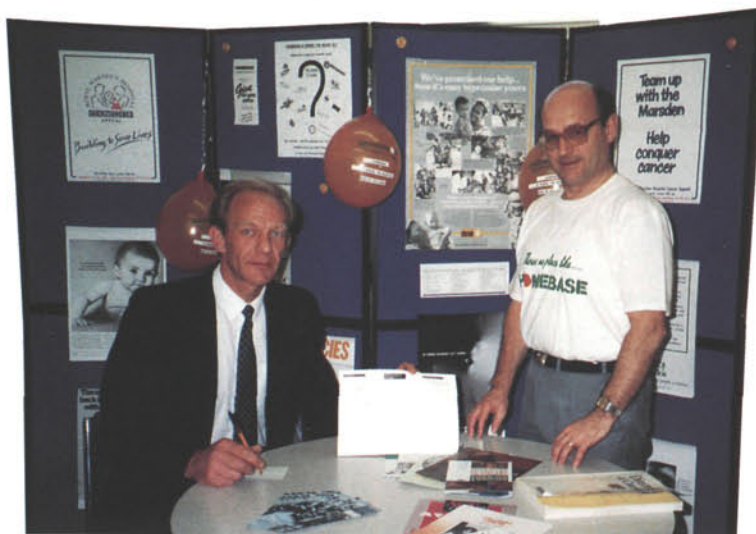


THE MODEL VAN

# Headlines

## CHARITY BEGINS AT HOMEBASE

GRAHAM BARTON, manager of Gloucester Homebase, signs up to donate to the charities of his choice through the Give As You Earn Scheme. Homebase's launch of GAYE in their Northern region was a great success, and a competitive spirit has entered the scheme. Can this second phase in the Western region beat the Northern region's target?



## DISABLED CAN BE FIT FOR WORK

BPM Marjorie Palmer's belief that disabled workers can be good workers has won Lancaster a Certificate of Merit, for the second year running, in the Department of Employment's Fit for Work awards scheme. Store manager Michael Osborn (left) collected the award from TV presenter Derek Batey.

## SAINSBURY'S STAFF MORTGAGE DESK

A MORTGAGE and home buying advisory service is available to all our employees (full and part time) free of charge. Special discounts are available. For details contact your personnel manager or telephone 0483 751122. (Sainsbury's Mortgage Desk is operated by Jardine Financial Consultants Limited)



A VISUAL OF PROPOSED IMPROVEMENTS TO WATCHMOOR RESERVE IN CAMBERLEY.



KATHERINE NEWSON (THIRD from left) from the cheese buying department helps journalists get the full flavour of JS cheese.

## JOURNALISTS SAY CHEESE

COOKERY WRITERS and food columnists were invited to Blackfriars on May 9 to sample some of the 250 cheeses available at JS. The journalists should be giving their verdict on the 35 cheeses tasted, which range from Vegetarian Cheddar to Pont l'Eveque, in current publications.

Buy your next house in-house  
Contact the Sainsbury's Staff  
Mortgage Desk



## VISIONS OF THE FUTURE

PUBLIC EXHIBITIONS were held at Staines and Camberley in support of a planning application for a new store in each of these areas. The exhibitions, which attracted hundreds of visitors, showed full details of the schemes proposed with displays including models and were designed to find out local people's opinion.

## FASHION LINES

ACCORDING TO HEARSAY, the dress sense of one of our branch managers in the London area is not all it could be. The *Evening Standard* newspaper's 'Overheard' column recently reported the following conversation between a customer and member of staff: 'Excuse me, could you tell me where the manager is?' 'Yes madam, that's him wearing the dreadful suit.' Thanks to Jeff Llewellyn from distribution at Blackfriars for spotting the item.



## TRAINEE BAKERS ARE BEST OF THE BATCH

TEENAGE BAKERS from the Northern area, who began studying last September at Nottingham's Clarendon College for their City & Guilds certificates in Breadmaking, have already won trophies for their baking even though they don't finish their first year exams until later this month. The College's bakery students who come from Arnold, Belgrave Road, Burton on Trent, Kimberley and Loughborough branches, all received awards in the East Midlands Bread and Confectionery Competition. Their success came after the class had walked away with nine prizes from a similar competition held in Swansea earlier this year.

THE CLASS OF '89 WITH TEACHING STAFF AND NORTHERN area bakery specialist John Doogie (standing, second right).



## ALISON STRUTS HER STUFF

NEXT TIME you watch a parade passing by spare a thought for the baton twirlers. It takes hours of training to be able to spin the baton in time to the music whilst marching with style and grace.

Three nights a week Alison Brown, general assistant at Broadfield, spends two hours practising with her local baton twirling corps – the Mercury Starlets.

All her practice paid off last year when she crowned her prizewinning junior career by becoming National Junior Champion in the Advanced Basic Strut.

To achieve this she had won through regional heats and beat around 80 other girls in the National Baton Twirling Association's championship finals, held in Torbay.

As Alison has now moved onto senior competition, the national championship's trophy was a very happy way to end a junior career which began eight years ago when she was just eight years old.

Looking ahead, Alison will be starting a business studies course at college in September, but she won't be leaving Broadfield as she is saving to go to America for baton twirling tuition from a top US coach. However, if working in the branch gets too much like hard work after all the business studies and baton twirling, Alison won't have far to go for a sympathetic ear – her mum Susan is Broadfield's senior office clerk and dad, Ian, is meat section manager at the branch.

## RICHARD GIVES A GOOD THUMPING!

THERE ARE PROBABLY few people in Essex who could tell you whether the Miami Dolphins are an aquatic act or a football team.

However, one person who does know that the Dolphins are among the US's premier gridiron football teams is Rayleigh Weir's BWS section manager, Richard Store. He has been a fan of American football since games were first screened on British TV, and four years ago he rose from his armchair and set about becoming a player himself.

He now plays in the National American Football Youth League as a corner-back for the Southend Sabres. For those who don't know their wide-receiver from their defensive-end, Richard's position as corner-back requires him to thump mercilessly into the opposing team's 'offensive' (American for attacking) players. Last year Richard became so good at thumping (which requires more skill than it's name would suggest!) offensive players that he was called up for the Great Britain youth team to play an American team all the way from Milwaukee. Predictably, the Americans won, 28-8, but the experience has stood Richard in good stead as he's helped the Sabres start their season with two straight wins, which extends their unbeaten run to ten games.

For the future, Richard plans to take part in the British team trials, which take place in August after the regular season, and win himself a few more caps.



# LIFE TIMES

## BRYAN'S A PICTURE OF SUCCESS

IF A PICTURE PAINTS a thousand words, a camera in the hands of Feltham meat manager, Bryan Siggers, has the potential to speak volumes.

Bryan took up photography eight years ago when he bought his first quality camera. Since then he has achieved a staggering total of 79 competition wins, and 175 placings. These include winning prizes in four of the last five SSA/JS Journal Photographic Competitions.

He has been accepted as a member of the



High jumper: 400 mm autofocus lens (Sigma)  
f5.6/500th  
Fuji 100 ASA 35 mm film.

Stag's head: 80-210 mm lens (Tamron)  
f5.6/250th  
Fuji 100 ASA 35mm film.



Royal Photographic Society and is a qualified competition judge with the Surrey Photographic Federation.

Bryan informs the *Journal* that he is soon to go on a trip to Farne Island bird sanctuary, off the Northumberland coast, to photograph wildlife. As one of the categories in this year's *Journal* competition is 'The Natural World', we can't wait to see what he comes back with.