

# contact

KEEPING IN TOUCH WITH OUR RETIRED COLLEAGUES

## Staying safe online

How to recognise signs of online scams and fraud

## Tales from BOC's past

Matthew Lobb shares his memories of his father, BOC engineer Jim Lobb

## Keep your cool

Innovative eco-friendly chilled packaging shortlisted for award



# A message from the Contact team

## Welcome to the autumn 2021 edition of Contact magazine.

There's a lot to look forward to in autumn – crisp, sunny days and the first frost of the season, the colour of the leaves changing and the smell of bonfires – and, of course, the fun that Hallowe'en brings with it. Make sure you stock up with plenty of goodies for any visiting trick or treaters!

You can get your autumn celebrations started with our delicious pumpkin pie recipe on page 7.

On page 4, we look back at the life of Jim Lobb, who worked for BOC for many years and who went on to have a great impact on the lives of the people in his local community.

We've also got some exciting company news on pages 5 and 6 – including recognition of our inclusive and diverse working environment, and the shortlisting of an innovative new insulated cardboard packaging.

We hope you enjoy this magazine. If you have any feedback, or ideas for future articles, please let us know by emailing us at [hello@yourcontactmag.com](mailto:hello@yourcontactmag.com)

**Bob Bryant and Bexley Fisher**

*On behalf of BOC Pension Services and Gallagher (the appointed Trustee communications provider)*

## New HMRC tax codes – a reminder

In April this year, HMRC issued new tax codes that you will now have seen on your pension payslips. If you think you've been allocated the wrong tax code, you'll need to get in touch with HMRC.

To contact HMRC, use the details at [www.gov.uk/contact-hmrc](http://www.gov.uk/contact-hmrc) or call **0300 200 3300**. Please make sure you have your National Insurance number to hand.

Unfortunately the BOC Pensions Team can't support you with queries about your tax code – they can only answer questions directly related to your pension.

## In this edition

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## Pension payment dates

Your pension is paid on the sixth of every month, or the next working day if the sixth falls on a weekend or a bank holiday.



# Visit the BOC Pension website

**There's all sorts of useful information in the pensioner section of the BOC pensions website.**

You can find out how your pension works and what benefits you and your loved ones are entitled to. There's also practical information about when your pension will get paid and how much it will increase by every year. You can also find out how to let us know if your life circumstances change, for example, if you get married or you change address.

Along with important forms and documents relating to your pension, you'll also find online issues of past Contact magazines – what could possibly be better?

## Stay alert to scams

**We've grown increasingly comfortable conducting our lives online. But should we be?**

For many of us, being able to socialise and shop online since the pandemic began has been a lifeline. But the shift from cash to digital transactions has also proved a boon for scammers.

UK Finance reports that 'impersonation fraud' has almost doubled to nearly 40,000 reported cases over the last year. This is where criminals pretend to be a legitimate company and get in touch asking for personal information from you, including your bank details.

One current example is a text message pretending to be from Royal Mail asking you to click on a link so you can pay additional postage or delivery fees by keying in your bank details. In today's day and age, you could well be expecting an online delivery – would you be tempted to click the link?

Other links could install malware on your device that can steal your passwords, giving criminals access to all areas of your life, including your bank account.

While banks are working closely with the police – together they managed to stop £45.3 million of fraudulent transactions in 2020, leading to over 200 arrests – you must still be vigilant.

Always think before you part with money or personal information online. Remember, it's OK to reject or ignore any unsolicited requests – only criminals will try to rush or panic you.

But the pensioner section doesn't just house important information about your BOC pension, it also contains links to a number of useful resources you (or maybe your friends or relations) might need access to, including help with money, how to find volunteering opportunities in your local area, and resources to help you deal with loneliness.

**Visit us today at**  
[www.bocpensions.co.uk/boc/pensioner](http://www.bocpensions.co.uk/boc/pensioner)

## Online safety tips

1. Don't click on links in text messages or emails – check URLs online to see if they're genuine
2. Contact companies directly using a known email or phone number
3. Forward suspicious emails to [report@phishing.gov.uk](mailto:report@phishing.gov.uk)
4. Forward suspicious texts to your mobile network provider
5. Never give remote access to your computer following an unsolicited call or text
6. And finally, if you think you've been a victim of fraud, call your bank immediately and file a report with Action Fraud at [reporting.actionfraud.police.uk](http://reporting.actionfraud.police.uk)

# Yesterday's news

## Engineer and local hero

As a lifelong engineer, Jim Lobb (who died this January), was an inquisitive, pragmatic, and resourceful man. Wherever he saw problems, he'd always try to find a neat but practical solution.

He did well at Therfield School in Leatherhead, Surrey, but left at 16 to live and work in London as an apprentice for Napier Aero Engines, producer of the Gazelle engine that powered the popular Westland Wessex helicopter. He did well there and started a degree in Mechanical Engineering, but decided he preferred earning a wage to studying and took a job back in Surrey as a design engineer, eventually joining the BOC cryogenics department in Morden.



While he was there, Jim made high-speed miniature turbines that made and cooled liquid helium (which boils at around minus 269°C). These operated at speeds of up to 7,500 revs per second, so balancing the turbine shafts was no easy task – but Jim managed to design an entirely new balancing machine.

Whenever the workshop was empty, Jim would use the BOC machining tools to build his own cooling machine. He called it 'Fred' so he could talk about it with friends at work without setting any tongues wagging.

Inevitably, the Managing Director found out about 'Fred'. Instead of giving Jim a piece of his mind, he was so impressed that 'Fred' was put into production – under Jim's supervision, of course. Its new name was the Lobb Engine. You'll find one in the Science Museum in London to this day!

Encouraged by the Managing Director's reaction to 'Fred', Jim carried on using the machines in the BOC workshop to work on his inventions. The most infamous, perhaps, being his high-powered air rifle (which was a really an 'air cannon' on account

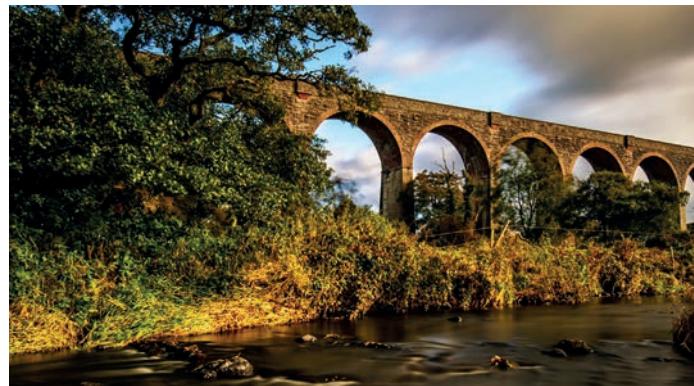
of its one-inch calibre). He managed to put a hole through a door quite some distance away with that particular invention. Luckily, no-one was standing anywhere near it at the time!

And the inventions didn't stop at work – Jim would spend hours in his shed doing what he loved most. Although there were no cannons here, he did build a very noisy, smelly hovercraft, a huge flat-bottomed boat the family used to punt on the nearby river in, and a go-kart powered by a car battery.

Jim also found time to volunteer at local youth clubs and homeless shelters for several years. His sense of civic duty was partly what shaped his decision to move to one of the toughest estates in Armagh, Northern Ireland, 25 years ago. The residents of Gough Avenue benefited greatly from Jim's kindness, knowledge and his engineer's aptitude for solving problems.

While some people initially regarded Jim's motives with suspicion, they soon acknowledged that he changed the lives of many in the community for the better. He provided computers and tablets when residents couldn't afford them, and made his home an informal youth centre and community space. Educational performance in the area rose, the number of teenage pregnancies fell, and there were fewer interventions from Child Services.

Just as he did with his making and inventing, Jim immersed himself completely in his community, gently nudging his friends and neighbours to achieve more, supporting them when they needed him. His kindness will be much missed by all those who knew him.



## Share your story



We're grateful to Matthew Lobb for getting in touch and sharing his own memories of his father and those of Jim's colleagues. If you have a piece of BOC or Gist history that you'd like to share about yourself, a friend, or a family member, please get in touch with us using the contact details on the back page.

# Company news



## Diversity and inclusion success

Linde has been recognised by two separate organisations for its commitment to creating a workplace where equal opportunities mean *all* employees can shine.

### We're one of Forbes Best Employers

Linde has been included in the 2021 Forbes Best Employers for Diversity list for the second consecutive year. The list identifies the top 500 US companies for diversity and inclusion and is based on interviews with 50,000 employees who rate their organizations on criteria such as age, gender, ethnicity, disability, sexual orientation equality and overall diversity.

The final list includes companies that not only received the highest scores from their employees, but which also boast the most diverse boards and executive ranks along with the most proactive diversity and inclusion initiatives.

### We're a DiversityInc Noteworthy Company

Linde has also been named a 2021 DiversityInc Noteworthy Company for the sixth consecutive year. The DiversityInc annual survey benchmarks employers' diversity and inclusion programs, practices, policies and outcomes. Each year DiversityInc assesses over 1,000 organizations based on company-submitted data across six key areas: diversity metrics, leadership accountability, talent

programs, workplace practices, supplier diversity and philanthropy.

"We are honoured to be recognised by two highly respected organizations for our commitment to creating equal opportunities for all talent," said Linde's Chief Diversity Officer, Vanessa Abrahams-John.

"This past year has been particularly challenging for women and historically marginalized groups in the workplace and we are increasing our efforts to create an even more inclusive, equitable and safe environment where everyone contributes their best work."

### Our core values

Inclusion is one of Linde's five core values. The company is committed to attracting, developing and retaining the best talent that personify these core values so we can build high-performance teams. Linde is a member of the Bloomberg Gender-Equality Index and participates each year in the Human Rights Campaign Foundation Corporate Equality Index. Linde has committed to achieving a 30% professional female workforce and proactively advancing under-represented talent globally, by 2030.

**"We are increasing our efforts to create an even more inclusive, equitable and safe environment where everyone contributes their best work."**

Vanessa Abrahams-John,  
Linde Chief Diversity Officer

### Linde's five core values

Our values are the foundation of our business – we live our values every day.

**Safety** - to cause no harm to people, communities or the environment

**Integrity** - we strive to achieve our goals ethically

**Accountability** - we hold ourselves accountable, individually and collectively

**Inclusion** - we embrace diversity and inclusion, we hear all voices and benefit from diverse opinions

**Community** - we are committed to improving the communities in which we live and work and support initiatives that make important and sustainable contributions to our world.

## Cool and eco-friendly!

Gist, in partnership with Polar Thermal Packaging, has been shortlisted in the Air Cargo News Awards, which celebrate the best companies and products in the Air Cargo field

Gist and Polar Thermal have worked together to create a bespoke, eco-friendly and UK-made solution for transporting chilled food across the globe, which has been shortlisted in the Air Cargo News Awards Innovation Award – Product category.

The Polar Pod allows chilled or deep-frozen food to be transported for up to 72 hours whilst maintaining its temperature. Which is impressive enough in itself, but what's even more exciting are the eco-friendly credentials of the Polar Pod packaging.

Because the Polar Pod's tri-wall cardboard shell is collapsible, it can be flat-packed for easy transport and then re-used until it is eventually



recycled. Each layer of cardboard is lined with insulated foil wrapped in PolarTherm™ fibre – a hollow-fill fibre made from recycled plastic bottles. Packs of coolants and gels then bring the Polar Pod's temperature down to the required level.

Gist has a long history of moving chilled, perishable and hazardous products by air, road and sea, providing end-to-end supply chain management and the company wanted to do that in sustainable and eco-friendly packaging. A spokesperson said: "The new packaging helps reduce waste by more than 30% and improve overall speed by more than 20% while keeping the products at the correct temperature."

Find out more about the Polar Pod at [www.polarthermal.com/products/polar-pod/](http://www.polarthermal.com/products/polar-pod/) and the awards at [aircargonewsawards.net/live/en/page/2021-shortlist](http://aircargonewsawards.net/live/en/page/2021-shortlist)





# Spooky pumpkin pie

Nothing says autumn – or Hallowe'en – quite like a tasty, home-baked pumpkin pie. While the beautiful autumnal colour of the filling perfectly matches the shades of the season, the warming spices make this pie a sweet, rich and comforting accompaniment to any meal. Whether you decide to share it with guests or to keep it all to yourself, well, that's up to you!

## For the shortcrust pastry

- 175g plain flour
- 125g cold butter (cubed)
- 25g caster sugar
- 1 egg yolk (medium)
- 1tbsp water or milk

Prefer not to make your own? You can find ready-rolled shortcrust pastry from most supermarkets in the chilled or frozen sections. Just use enough to line your pastry case and save the rest for another baking day!

## For the filling

- 2 eggs (medium)
- 75g caster sugar
- 1tsp cinnamon
- $\frac{1}{2}$ tsp mixed spice
- $\frac{1}{2}$ tsp ginger
- 275g pumpkin purée (tinned)\*
- 200ml evaporated milk
- serve with crème fraîche

Perfect served slightly warm with a generous spoonful of crème fraîche, but you can also prepare this up to two days in advance and serve cold. Store at room temperature in an airtight container.

## Method

1. To make the pastry, pulse the flour and the butter in a food processor until it looks like fine crumble topping (you can also use your fingers to rub the butter into the flour)
2. Add the sugar and combine evenly
3. Add the egg yolk and water or milk and stir until the pastry forms
4. Roll into a ball/egg shape with hands, cover with cling film, chill for 30mins
5. Once chilled, lightly dust your work surface with flour and roll out the pastry
6. Line your cake tin (8in diameter, 1.5in deep), prick base with fork, chill for another 20mins
7. Preheat oven to 200°C (180°C fan)
8. Line pastry case with baking parchment and baking beads (you can use uncooked rice if you don't have baking beads)
9. Place tin on baking sheet and bake for 15mins
10. Remove baking parchment and beads/rice and bake again for 8mins – the pastry should feel sandy to the touch
11. Reduce oven temperature to 180°C (160°C fan)
12. For the filling, beat the eggs until they're light and fluffy and fold in the sugar, spices and pumpkin until evenly combined
13. Gently stir in the evaporated milk and pour into cooked pie base
14. Bake the pie in the oven for 40-45mins or until the filling starts to firm up
15. Allow to cool and serve slightly warm with crème fraîche and a light dusting of cinnamon and/or ginger for added colour

# The Contact crossword

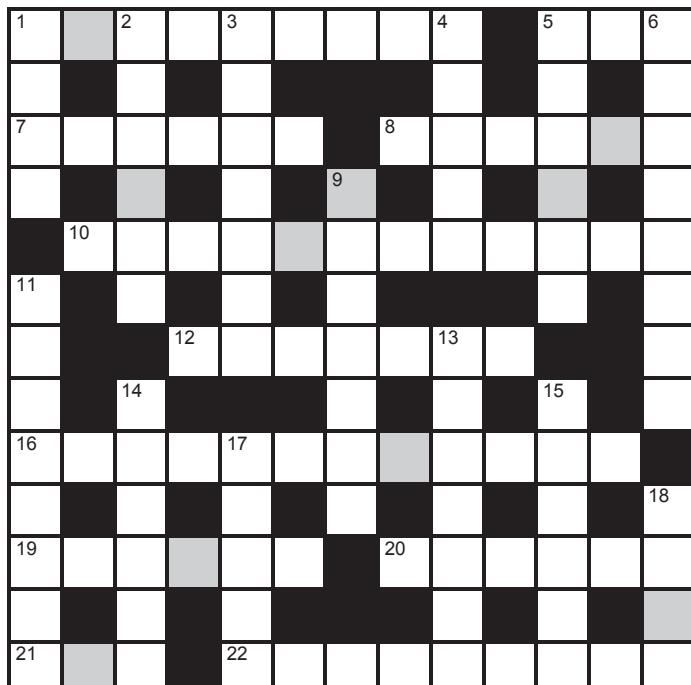
Solve the crossword in the usual way. When finished, rearrange the letters in the shaded squares to form a word or phrase associated with Halloween.

## Across

- 1 Passes over (9)
  - 5 Settle from pressure or loss of tautness (3)
  - 7 Alleviation (6)
  - 8 Title used for a married Frenchwoman (6)
  - 10 Blood vessel that is permanently dilated (8,4)
  - 12 Common, not specific (7)
  - 16 Children's custom of calling at houses at Halloween (5,2,5)
  - 19 That which is perceived or known (6)
  - 20 Modernise (6)
  - 21 Visual receptor cell sensitive to dim light (3)
  - 22 Advantage gained by beginning early (as in a race) (4,5)

Down

- 1 Wrongdoing for which an action for damages may be brought (4)
  - 2 Borne on the water (6)
  - 3 Christian recluse (7)
  - 4 Relative magnitude (5)
  - 5 Drenched (6)
  - 6 Channel Island to the north-west of Jersey (8)
  - 9 Without a trace of moisture (4-3)
  - 11 Woollen garments (8)
  - 13 Of an appropriate or pertinent nature (7)
  - 14 Installed (6)
  - 15 Port city and resort of southern Spain (6)
  - 17 Sailing vessel with two masts (5)
  - 18 Of the most excellent quality (4)



AUSWEG: BROOMSTICK



## Get in touch



Contact magazine

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## **Tributes – Please share your memories**

**Please nominate your former colleagues for a spotlight obituary.**

Maybe you have fond memories of your former colleagues – or perhaps they made a difference during their time at the Company.

Please nominate anyone from our obituary pages who you'd like to recognise in a spotlight feature by contacting the editorial team at [hello@yourcontactmag.com](mailto:hello@yourcontactmag.com)