

No Snooze News

SUMMER EDITION 2010

Fab at 40!... Birthday Girl Revealed!

In the last issue we had you guessing which one of our employees was celebrating a birthday milestone...



Fab at Forty!

Now we can exclusively reveal that the birthday girl is none other than Tracey Tohill (Accounts Assistant, Swatragh). Surprising as this is for all our readers, we can confirm that she celebrated her 40th birthday on Tuesday 10th

August! Of course the occasion could not be passed by without a celebratory cake and some apt decorations to highlight the birthday girl!

Congratulations Tracey!

Crossland Tankers are a Heavy Weight in Combination Units

When it comes to combination units we (Crossland Tankers) have proved yet again that we have the skills and expertise to produce tanks built to customer specifications that will work best for their needs. We have recently supplied a 26T and 32T High Volume Jet Vac Combination Units to United Utilities.

The 32T Unit is a big brother of the already renowned 26T unit.

The 32T combination unit is mounted on a Volvo FH 8x4 chassis and has a maximum operating weight of 32,000kg. It has been fitted with a 1800 cfm liquid ring vacuum pump and a 295 L2m @ 200 bar jetting pump complete with the Crossland 'Safe Start System'. The lightweight 6" boom with a 320° rotation ensures easy manoeuvrability on works that may have hard to reach access points and with 150m of 1" sewer jetting hose that ensures a longer jetting runs.

Having the controls for jetting and vacuum operation laid out in a single user friendly control panel ensures safe and efficient day-day operation of the unit.

All of these key features combine to ensure that the customer has a unit that is easy to operate, has the power to do the job at hand with great efficiency and allows easy site access and manoeuvrability whilst on site with its compact and commanding stature.

We are continually developing our product range to suit the ever changing demands of customers and the industries that they operate in.



26T Combination Unit



32T Combination Unit



HEALTH *and* WELLBEING



Exercise without a Gym

Getting health benefits from physical activity is easier than you think, and doesn't necessarily cost much. Doing at least 30 minutes a day of moderate-intensity activity, at least five times a week, will boost your general health.

This level of activity is enough to reduce your risk of developing major chronic diseases, such as coronary heart disease, stroke, type 2 diabetes and even early death. Exercise will also enhance your overall wellbeing.

Health clubs can put some people off, but others are motivated by the structured environment of a gym. Gyms can be cost effective for those who go regularly. Organised classes and sports clubs also give you support, goals and a chance to make new friends.

Alternatively, there are many cheap activities that you can do on your own that don't involve equipment or technical expertise. Just give them a try. For example, Cycling, Running, Swimming or Walking.

The key to getting active is to find something you enjoy that you can easily build into your lifestyle. It is advisable not to make drastic changes it will be easier to take up an activity that you can build into your lifestyle or build on something that's already part of your routine.

Business in the

Community

- **Walking**

Most people walk at some point in the day. Increasing the amount you walk is easier than you think. You can make it a social affair by joining a local walking group, or take the dog for a walk. There should be some vigour for the walk to be beneficial. But you don't have to be completely out of breath. Walking is one of the best forms of exercise because it's cheap and accessible to everyone.

- **Running and jogging**

You need to be fairly fit to jog or run. Running puts more demands on your body than walking. The benefits are greater but so are the risks in terms of injury. When you can walk briskly for 20 minutes continuously, you can try to 'walk-jog'. Walk for a minute and then jog for a minute, alternating the speeds throughout your session. Run at a pace at which you can still hold a conversation, but which feels harder than walking.

- **Swimming**

Swimming is the third most popular type of exercise after walking and running. Most pools offer lessons if you are a beginner or wish to improve. Swimming exercises the whole body; doing a few lengths involves most of the muscle groups.

- **Dancing**

Dance is increasingly popular among all age groups. It is fun, sociable and there's a creative element that can appeal to people; Some people enjoy taking part in dance classes which can range from ballroom dancing to salsa. Dance also gives some people a good excuse to go out with friends!



WHO KNEW?

No Snooze News recently received an anonymous tip off about a Crossland Tankers employee who secretly rubs shoulders with the rich and famous! Dawn McNicholl (Swatragh Depot) spilled all to an undercover reporter for No Snooze News after she returned from a meeting with Irish Television Presenter Ryan Tubridy, star of The Late Late Show on RTÉ 1 (pictured right). It is reported that Dawn met up with her pal backstage on his Friday night show after having lunch with Ronan Keating and Louis Walsh earlier that same day to discuss her latest project.

Dawn was unavailable for comment at the time of publishing; sources close to her said she was shopping with her close friend Cheryl Cole.



Dawn with good friend Ryan Tubridy



L-R Dave Wronski (Crossland Tankers) and Roger Buick (3R Solutions)

Business in the Community Membership

Crossland Tankers Ltd recently renewed their Business in the Community Northern Ireland (BITCNI) Membership. This is an organisation that provides assistance and mentoring to local businesses in developing a Corporate Social Responsibility Policy (CSR).

Crossland Tankers have so far divided it CSR policy into three key areas; Environment, Workplace and Community all of which have defined objectives for the year which have subsequent actions to be completed.

Environment - To manage environmental impacts, especially carbon footprint and possible exploration of wind energy generation.

Workplace - Be a good employer, recognising equality and diversity; support health and wellbeing of staff; enable staff engagement with the local community; maintain a supportive working environment.

Community - Engage with local communities through sponsorship; continued Charity of the Year partnership; links with local schools.

Watch this space for updates in the next edition of the progress within these three areas!



Another Satisfied Customer

Crossland Tankers Burnley recently supplied a tanker to 3R Solutions.

Pictured above is Dave Wronski (Sales Man) Crossland Tankers with Roger Buick (Managing Director) of 3R solutions handing the tank over officially.

The tank supplied is a 44T Lightweight Aluminium Vacuum tanker used for the carriage of waste products.



Training in Burnley and Swatragh

Employees in both Swatragh Burnley are currently undergoing training; this training is a refresher of training which is essential to them carrying out their jobs and being competent using machinery whilst doing so. Employees are being trained in:

Abrasive Wheels, Overhead Gantry / Slings, Counterbalance Forklift, Driver CPC, Shunting, Tractor / Trailer and Manual Handling.



Crossland Tankers, Swatragh was overcome with World-Cup fever in June. We had two fundraising activities to generate some more cash to try to achieve our target for the NI Hospice, a World-Cup Sweepstake and a 5-a-Side Soccer tournament.

The charity committee always welcomes new ideas and would like to hear from anyone who has a good idea for a fundraising activity.



The Charity Committee hands over a cheque for £1104.46 to local NI Hospice Representatives Sue and Betty.

The World-Cup Sweepstake was a huge success and in the end we had not enough teams for everyone who wanted to enter. A prize fund of £50 was designated to the lucky winner along with their very own Sweep Stake Cup.

The Winner was Rosemary Maunsell, Swatragh who was lucky enough to draw Spain in the initial draw. Rosemary very kindly donated her prize money back to the charity which gave us the total amount raised from this event being £160. Rosemary is pictured right being presented with her Sweepstake Cup by charity committee chairman Stephen McFerran. Many thanks to everyone who donated and supported us with this event, and thanks to Gary Maguire, Swatragh who gave us the idea (sorry Gary no royalty payments for this one)!



Winner of the Sweepstake Rosemary Maunsell accepts her trophy from Committee Chairperson Stephen McFerran.

World-Cup Fever

Crossland Tankers Ltd, Swatragh recently hosted a World Cup 5-a-side Football Tournament in Maghera Leisure Centre.

The tournament was open to everyone over the age of 16 years in the local community who fancied themselves as the next world cup winners. The prize to lure the teams to enter was a go-karting session for all members of the winning team and a world cup to display in their trophy cabinet.

The tournament took place on Saturday 26th June, at Maghera Leisure Centre. A total of 13 teams on the day turned up to take part in the competition and they played a minimum of 3 games each. Refreshments were provided for the players along with tuck shop facilities for any supporters. Each team took the whole competition in their stride and we even had an all ladies team who showed the men how to play football.

Brazil and Argentina fought their way to the final which was a great match with Brazil winning 5-0 to be crowned World Cup Winners 2010. A total of £1,032.96 was raised.

The Charity Committee would like to thank everyone who made the day such a success.



Winners Brazil are presented with their World Cup trophy by Stephen McFerran



Runners-up Argentina are congratulated by Stephen McFerran





Slovenia



France



Germany



Honduras



Spain



Cameroon



Argentina



"Hello Mr Capello? Yes I'm ready to start my professional football career again!"



Brazil



Tug-of-War Champion



Jerome Donnelly (Welder, Swatragh) has been an avid tug-of-war competitor for over 12 years.

Jerome is a member of the Bancran team (pictured left) which is based near Draperstown. They have been a very dedicated and successful team over the years training arduously. Their last competition was the United Kingdom Championships held in Enniskillen in August. The team competed in the 600Kg weight class and obtained Silver representing NI.

We would like to congratulate Jerome and his team on their success and wish them every success in future competitions.

Formula Student 2010

The annual Formula Student Competition took place at Silverstone Race Track in July. Christopher McKeown (Temp/Welder, Swatragh), who is also a student at Queen's University Belfast led a team at the competition; a total of 80 teams from various other universities throughout the world took part. All cars were tested rigorously over the duration of the competition to ultimately crown the team with the best car overall.

Fuel problems in the last race dropped the Queens' car from a top 10 place to finish number 25 overall.

Pictured below is the race car built by the Queen's University team for the event.



Apology

The editorial team would like to issue an apology to Andy Ainsworth and his wife as we reported a number of errors in the last issue. We are very sorry if this misinformation caused any undue stress.

Congratulations to Andy (Painter, Burnley) and his wife on the birth of their son Alex Roberts-Ainsworth on 26th March 2010, weighing 7lb 0ozs



*Alex Roberts-Ainsworth
Born 26/03/10 - 7lb 0ozs*

Further Celebrations...



Birthday Boy Michael!

Happy 21st Birthday to Michael McKeown (Systems & Administration co-ordinators' assistant, Swatragh) who celebrated his birthday on 16th August. Michael was really spoiled as he received not one cake but two to mark the occasion, lets hope he was polite enough to share!

Good Luck!

We would like to send our best wishes to Linda Lockhart (Accountant, Swatragh) as she goes off on maternity leave for the birth of her first child. We look forward to including a photo along with details of the new arrival in the next issue.

Latest Suspects

Sarah Lemon (Accountant, Swatragh)
Gintarusz Kazdilasz (Welder, Swatragh)
Gerard McCrory (Welder, Swatragh)

Contributors

Michael McKeown
Dympna Kearney
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