



CENTRAL BRANCH NEWS LETTER – JANUARY 2024

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Secretary - Mike Mill - mikemill233@gmail.com
Ass. Sec. - Bill McLaughlin
Committee- Bill Culbard
Les Robertson

Just a short note to wish you all a Very Happy and Healthy New Year

We saw out the old year with our Christmas Lunch at The Gallery. (see pictures below) It was a good turnout, and all seemed to enjoy the food and the get together, with many requesting more of the same.

Christmas and New Year saw me looking after a 9-week-old Golden Retriever Guide Dog Pup called Ruskin. It was a hectic fortnight and Christmas dinner wasn't quite as organised (house training interfering with timescales) but he was so lovely and it's a great privilege to be able to work with these dogs.

We will be arranging another committee meeting and hopefully get a further gathering organised soon.

All the best to everyone.

Moira Dunn
Chair and Treasurer

BRANCH SECRETARY REPORT – 2023 to 2024

We have now entered the new year of 2024 and I, speaking for myself, look forward to a more relaxing one. Having now completed two years as Branch Secretary, a new knee surgery and now reaching the grand old age of 80 years, feel that it is now time to step down from an executive position in the Branch. I now no longer recognise many of our new applicants to the RPOAS, as many had joined after I had retired. I do feel that the new members deserve more than I can offer. We need more outings, events and other communicative events that you can now associate with.

I can continue in my current role until our next AGM in November and hope that before then I can persuade a younger member to take over – with my support of course.

On a lighter note, I do feel that we have new objectives with Dave Jones organising Golf outings and this year I can foresee more interesting visitations that will excite our members so I would urge you to become involved. The Branch held a number of events during last year- our annual Seniors Lunch, two Golf competitions, a visit and tour of the cruise ship Balmoral at Rosyth and of course our Christmas Lunch. This year will bring other outings in which I hope our members will participate.

Our Branch has an enthusiastic member in Dave Jones, to carry forward, among many, our golfing pursuits but I know of members who could pursue fishing outings, walking outings, interesting visitation outings or even just being there to help out.

We need to keep the Branch going and continue supplying information about our former colleagues and their difficulties.

I look to your continued involvement.

Mike Mill
Branch Secretary

2024 TO 2025 - MEMBERS WHO HAVE OR WILL ATTAIN THE AGE OF 80 YEARS

The following RPOAS members who have been members for 12years and are due to reach the grand old age of 80 years before July 2024 are listed below. As a result, they now become a Senior member and do not require to renew their annual fee of £15 and so they should now cancel any Standing Orders for future RPOAS fees. Congratulations to you all.

Those members are:

HARRY ARBUCKLE, DAVID BURGESS, JOHN CHALMERS, MARJORY LYN MCQUAKER, OWEN CONLAN, BOB CRAWFORD, JAMES (HAMISH) FLEMING and DONALD WILSON.

PRESENTATION OF SENIOR MEMBERS CERTIFICATE

During the year, three Certificates were presented:

BILL CULBARD



BILL BRUNTON



TOM RINTOUL



CHARITY DONATIONS

As agreed at the AGM in November 2023, the Branch promised to donate £500 to a nominated Charity. Following discussion it was agreed that the donation should be divided between Motor Neuron Disease and Parkinsons Charities and so in December a cheque for £250 was donated to MND which was gratefully received and Branch members visited a charity event for Parkinsons in the Cochrane Hall, Alva and a cheque for £250 was presented.



On this occasion a Parkinson elf accepted the cheque.

ANNUAL FEES JULY 2024 TO 2025

Members are reminded that the Annual RPOAS Branch fees are now at £15 and normally due in July, although some of our members may be paying at different times. A Standing Order is a useful payment method as it saves remembering annual fees and acts as a receipt. Forms for this method of payment can be obtained from the Branch Secretary.

This Annual fee should not be confused with the RPOAS Lottery fee of £12 which is payable each December.

PROPOSED EVENT FOR THE COMING YEAR

It is anticipated the Branch will organise a number of events during the year. Hopefully these will include visit(s) to local distilleries, Historic walks and talks with Dr Murray Cook, our Annual Golf Competitions and a Senior's lunch. Other events are also being considered and any member who can venture a welcome suggestion should contact the Branch Secretary or any Committee member.

THE POLICE TREATMENT CENTRES (PTC)

Having recently visited the PTC after some knee surgery, I would urge all members to continue subscribing or if not already a member, then I would encourage you to join. Ageing does not come without some bodily ailments and indeed many of our younger serving members are not invincible. The Police Treatment Centres (PTC) continues to welcome Retired Officers for treatment at their Centres in Harrogate and at Castlebrae, Auchterarder. During my recent visit to Castlebrae, I had the pleasure of meeting up with our old colleague, **Jack Wardrope**, running about the Centre. He is still an inspiration to me and should be to all of us

For those existing members, the monthly Direct Debit fee is £4.50 (the price of a cup of coffee). Those members who are not participating at present can still sign up and contribute although a 12 month waiting time will apply before they are eligible to come for treatment. Although this restriction appears off-putting, one only has to consider the cost of current physiotherapy, consultancy and treatment fees to see the benefits of membership. Anyone interested should contact the Branch Secretary for information or www.thepolicetreatmentcentres.org

GOLF SECTION

Our Golf Convenor, Dave Jones, continues to support the Golf Section and will arrange for RPOAS competitions for the coming season. The golf section is very well supported and has been a great success. Thank-you Dave.

RPOAS WEBSITE

Members are urged to visit the RPOAS website – www.rpoas.org.uk – where they will get up-to-date information on discounts, welfare support and many other interesting topics. All you need is a user name (your RPOAS membership number) and your password (your surname starting with a capital letter). If you have forgotten your membership number, please get in touch with myself or Moira.

SCOTTISH POLICE RECREATION ASSOC. (SPRA)

Members also have the opportunity of joining SPRA. All retiring Police Scotland officers and staff are eligible to join SPRA on the payment of £15 per year. Membership opens access to all SPRA events, discount offers to gyms and golf memberships, discounted gift cards, cashback offers for supermarkets and many more benefits. - www.sprapol.co.uk

RPOAS CENTRAL BRANCH CHRISTMAS LUNCH

The Branch held its Annual Christmas lunch at 'The Gallery' Restaurant at Forth Valley College, Stirling on Thursday 14th December 2023. As can be seen, it was well attended and enjoyed thoroughly by all.

SPOT THE MEMBERS – IF YOU CAN





DEATH OF CSP SERGEANT DONALD WOOLLHEAD

Although not one of our members, it was with great sadness that I learned of Donald's death after a short illness on 30th December 2023 aged 75 years.

We offer our sincere condolences to his wife Mary and daughters Alison and Fiona.

There is not enough space to itemise all the tributes paid to Donald.

I worked with him while he was in Bannockburn and then Stirling. He was one of the most endearing characters I have known. Both intelligent, caring and efficient he was quite remarkable.

I have laughed till tears flowed after remembering and reading all the stories surrounding his exploits and have known of others I was involved in which I will keep to myself.

I and his many friends will miss bumping into him in the town and listening to his latest escapades. Donald was known by one and all and everyone will have their own memories and stories of their time with him.

Donald's funeral was at Stirling Crematorium on Saturday 13th January.

OBITUARIES 2023 – Central Branch

Fortunately, since my last newsletter in October 2023, there has been no further member's death to record. However, those who have passed during the year 2023 to 2024 are not forgotten and are listed:

HENDRY, David	74 years - died 16th February 2023
BAIRD, Robert (Bob)	81 years – died 23rd February 2023
JOYCE, Aiden	28 years - died 7th March 2023
McLEOD, Dorothy	93 years - died 15th March 2023 (Honorary member)
KENNEDY, Angus (Gus)	77 years – died 27th March 2023
McINTYRE, Andrew (Andy)	65 years – died 15th April 2023
HANNAH, James (Jim)	83 years - died 25th May 2023
STEWART, Thomas Baird	81 years - died 29th May 2023
SHANKS, Cameron(Cammy)	62 years – died 3rd June 2023
PRATT, Kenneth	90 years - died 22nd June 2023
MORGAN, Thomas (T.O.)	89 years - died 9th July 2023

Mike Mill
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