

**AXA PROVINCIAL PENSIONERS' ASSOCIATION – REGION 6N.
LATE SUMMER NEWSLETTER 2025.**



Dear Fellow Pensioners,

I have illustrated this newsletter with a portrait of a wasp. It seems we are coming into a season when they will be appearing in increased numbers following the hot, dry weather a couple of months ago.

Many of you will find this prospect disturbing so I'm including some tips from the Beekeeper Corner website:

Wasp Sting Prevention Strategies

When spending time outdoors, especially during peak wasp season, it's essential to take preventive measures to minimize the risk of a painful wasp sting. The first step is to dress wisely for the occasion. Avoid wearing bright colors, perfumes, or colognes that may attract wasps, and opt for loose-fitting clothing instead of tight sleeves and pants. This will give you ample space to move your arms and legs if you need to swat away a wasp.

Personal hygiene habits also play a significant role in preventing wasp stings. Refrain from applying fragrances or scented lotions before heading outdoors, as these can be potent attractants for wasps. Also, keep food and drinks sealed tightly, and avoid sweet-tasting beverages that may draw wasps to you.

Be mindful of your surroundings when in areas where wasps are present. Avoid sudden movements, loud noises, and aggressive behavior, which can provoke a wasp into stinging in self-defense. By being aware of these factors and taking simple precautions, you can significantly reduce the likelihood of getting stung.

What to Do in Case of a Wasp Sting

If you ever find yourself on the receiving end of a wasp sting, it's essential to remain calm and take immediate action. The first step is to move away from the wasp's nest or colony to prevent further stings. Remove any visible stingers by gently scraping them off with your fingernail or a credit card – avoid pinching or squeezing the stinger as this can release more venom.

Next, wash the affected area with soap and water to clean it. Apply a cold compress or an ice pack wrapped in a cloth to reduce swelling and ease pain. You can also take over-the-counter pain relievers like acetaminophen (Tylenol) or ibuprofen (Advil) to help manage discomfort.

However, if you experience any of the following symptoms – difficulty breathing, rapid heartbeat, dizziness, nausea, or swelling that spreads beyond the affected area – seek medical attention immediately. It's also a good idea to consult a doctor if you're allergic to wasp stings and haven't had an EpiPen or other emergency treatment on hand.

Remember, prompt treatment can make all the difference in alleviating symptoms and preventing complications.

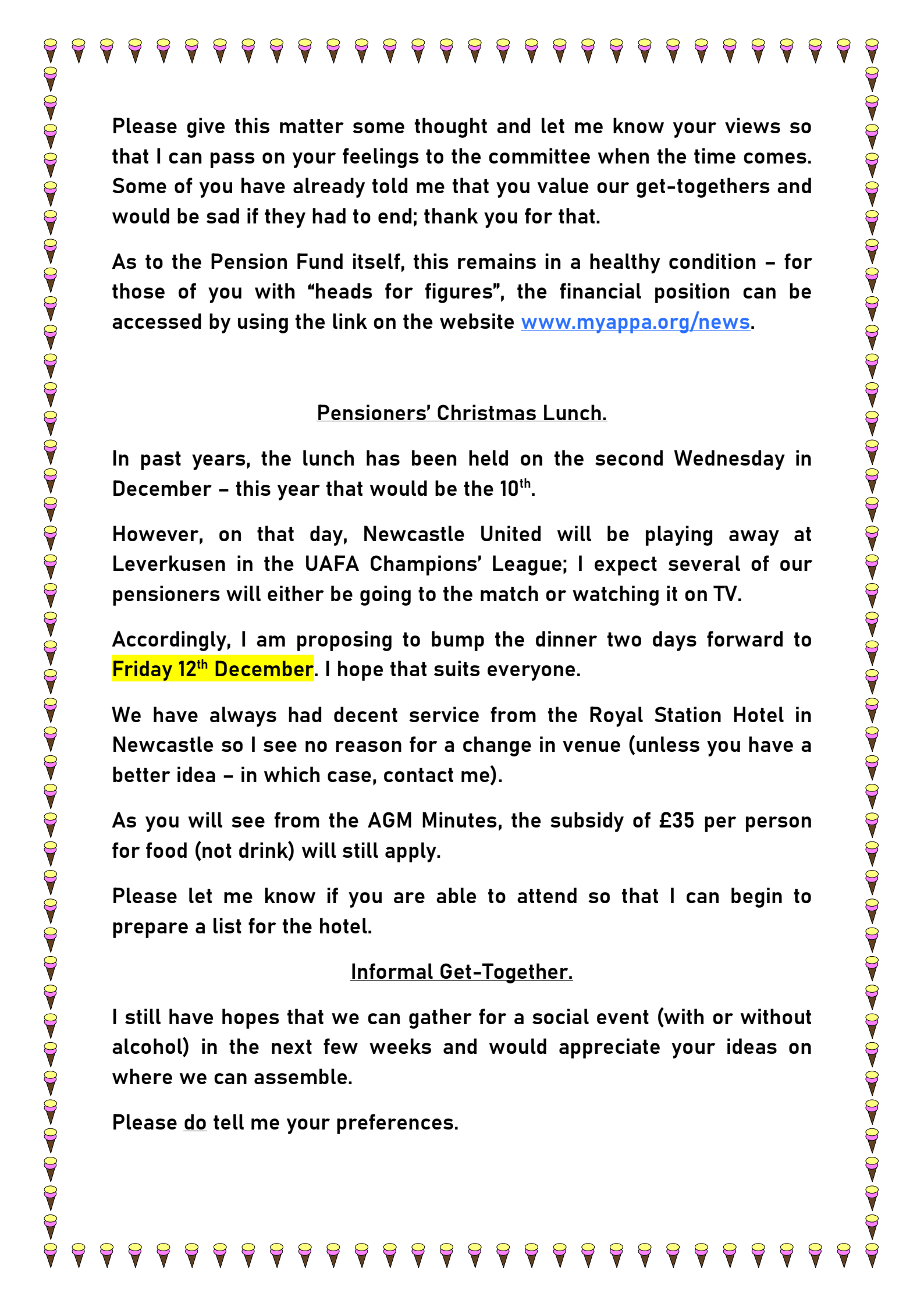
Often, when we do find a wasp buzzing around us, it seems instinctive to try to swat it away – this is not usually a sensible tactic as it will aggravate the wasp and make it more prone to react defensively with its sting. If you're outside, try to remain calm and move away slowly. Inside a building, open a door or window and gently “shepherd” the wasp towards it and outside.

Wasps don't understand windows; a wasp buzzing against a pane is trying to get back into the open, you can help it find the opening by careful direction (I use a sheet of stiff cardboard or a magazine).

APPA Annual General Meeting.

The AGM took place on 4th September and I am attaching a copy of the Minutes.

You will see that the Association's finances will probably be sufficient to fund its activities for the next two years. At next year's AGM, we will have to consider whether to continue APPA as a self-funded organisation.



Please give this matter some thought and let me know your views so that I can pass on your feelings to the committee when the time comes. Some of you have already told me that you value our get-togethers and would be sad if they had to end; thank you for that.

As to the Pension Fund itself, this remains in a healthy condition – for those of you with “heads for figures”, the financial position can be accessed by using the link on the website www.myappa.org/news.

Pensioners' Christmas Lunch.

In past years, the lunch has been held on the second Wednesday in December – this year that would be the 10th.

However, on that day, Newcastle United will be playing away at Leverkusen in the UEFA Champions' League; I expect several of our pensioners will either be going to the match or watching it on TV.

Accordingly, I am proposing to bump the dinner two days forward to **Friday 12th December**. I hope that suits everyone.

We have always had decent service from the Royal Station Hotel in Newcastle so I see no reason for a change in venue (unless you have a better idea – in which case, contact me).

As you will see from the AGM Minutes, the subsidy of £35 per person for food (not drink) will still apply.

Please let me know if you are able to attend so that I can begin to prepare a list for the hotel.

Informal Get-Together.

I still have hopes that we can gather for a social event (with or without alcohol) in the next few weeks and would appreciate your ideas on where we can assemble.

Please do tell me your preferences.



AXA Pension Group Website.

Don't forget that there is lots of useful information on the website; the address is <https://portal.hartlinkonline.co.uk/>.

With all good wishes,

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