

Retiree News



A Quarterly Publication for Retirees of all
Chevron UK Companies



Issue 67, May 2015

Editor's Chat

Did you notice there was no Retiree News in March? We are all probably aware of the oil prices fluctuations and how it is affecting the production of oil although many of us are quite happy that prices at the pumps are down. Chevron is like any other company in that they need to study how to cut costs and the Retiree Welfare Programme is not excluded from its reviews. As Chevron covers the cost of production, printing and mailing out of Retiree News, I have been asked to consider cutting back and it has been agreed that there will now be two editions per year rather than four, these will be May and November. I was not surprised when asked as it had been mooted about before, however at least we still have our publication even if reduced in number.

This does not mean that I need fewer articles from you! I still need your input and it maybe that each edition could go to eight pages. I have asked so many times and it feels like pulling teeth, but there is a wealth of stories that will be of interest. Retirees like to read about other retirees and what they are involved in, or even stories of their work careers. Come on, it is your publication needing your input.

I hope you all got through a dismal winter and are now enjoying spring, a favourite time of year for most of us. Everything shows new life, flowers, birds, animals especially ducklings, lambs and calves which brighten up our days. I am also back gardening which I missed during the winter. We are now looking forward to what we hope will be a good summer to enable us to be out in the fresh air and enjoying our lovely countryside. Whatever you have planned, whether holidaying at home or abroad, have a great time and let me have an article about your travels!

News From Chevron

Chevron Acquires Deepwater Acreage in U.S. Gulf of Mexico

The company has announced it will work with BP and ConocoPhillips to explore and appraise 24 jointly-held offshore leases in the deep water Gulf of Mexico's Keathley Canyon. The scope of the collaboration between Chevron, BP and ConocoPhillips includes further exploration and appraisal of these leases as well as evaluating the potential of a centralized production facility, which would provide improved capital efficiency, similar to our Jack/St. Malo project.

Chevron Extends Global Health Partnership

In 2011 Chevron, Baylor College of Medicine, Texas Children's Hospital (TCH) and the Angolan Ministry of Health partnered to establish the Angola Sickle Cell Initiative, the first program of its kind in the country. Angola has one of the world's highest rates of the genetic blood disease. TCH recently recognized our company's long-term support of its global health programs with the dedication of the Chevron Bridge, a walkway linking two major buildings of the hospital complex in Houston, Texas. During the dedication ceremony, the organizations announced a \$5 million partnership extension to support the Angola Sickle Cell Initiative over the next five years.

Keeping an Eye on the Forest

As the biggest geothermal energy producer in Indonesia, our company operates in remote forested areas that are home to a variety of wildlife, including endangered species. In alignment with our goal of conserving biodiversity in all operations, we partner with Conservation International Indonesia to monitor and maintain the jungle's habitants in harmonious balance with human activities. Our Eye on the Forest program is a great example of environmental stewardship and entails training hidden cameras on jungle life in Indonesia's Mount Halimun Salak National Park.

Watson to Analysts: Our Products are Vital to a Growing World Economy

"We believe the fundamentals of the oil and gas business remains attractive for our company and investors, as our products are vital to a growing world economy," said John Watson, Chevron chairman and CEO at our company's annual security analyst meeting in New York. Executives expressed confidence in the long-term energy business, highlighted our growth outlook through 2017 and outlined near-term actions to address the recent decline in commodity prices.

News From Chevron Continued

New Marine Training Centre Sets Standard

Chevron Shipping recently celebrated the grand opening of its state-of-the-art Marine Learning and Development Centre in Glasgow, Scotland. The centre is a direct outgrowth of our "Avoiding the Big Incident" study and is a major step toward a world-class program that enhances organizational capability and leverages industry best practices. It will provide training for up to 2,500 mariners per year from some of the industry's leading instructors covering subject areas from navigation to cargo handling.

Chevron to Receive Award for Advancement of Women

Our company will receive the prestigious Catalyst Award, the premier honour for companies committed to expanding opportunities for women. Chevron's application for the award - titled 'The Chevron Way: Engineering Opportunities for Women' - details how The Chevron Way's focus on people over the past two decades established a culture that attracted and retained more diverse talent in our workforce.

50 Years of Pioneering in the North Sea

Our company recently marked a milestone with the 50th anniversary of its first well drilled in the North Sea. Chevron's pioneering spirit extends from our earliest ventures in the basin, to promising current projects such as Alder and Rosebank, to producing fields, Alba and Captain.

Looking Back on 60 Years in Angola

Chevron has grown its business in Angola for six decades. Together with our partners, we successfully produce energy for the world in addition to providing education, training, health care, and business and economic development for Angolans. Our operations are supported by some 3,700 employees, more than 89 percent of whom are Angolan. In 2013 we invested nearly \$16 million in training programs to continue building a world-class Angolan workforce.

Volunteering

From David McAuliffe

There is life after redundancy, I can assure you, and it can be very fulfilling and worthwhile. In November 2012 we moved permanently to South Devon after having had a holiday home in the South Hams for six years. After a period of settling in, I decided the time was right to embark on some voluntary work. After some research and talking to people who have volunteered, I decided to contact the National Trust at Overbecks Sharpitor in Salcombe. After an initial interview in February 2013, I was asked to start the following week when the season started. When volunteering with the National Trust you can do as many hours per day or give as little time whatever suits your individual needs. Skills required are good verbal communication, local knowledge, humour and wit. The National Trust had 60,060 volunteers working 4.2 million hours in 2014 saving the Trust £38.2 million.

The South West Coast path stretches 630 miles from Minehead in Somerset to Poole in Dorset. The scenery is spectacular and the walk is challenging and worthwhile. Overbecks is on the main route and is visited by 45,000 per year and is situated in a micro climate. The House and Gardens are world famous with the gardens having plants that are not grown elsewhere in the U.K. Otto left the House, Gardens and Museum to the National Trust in 1937 in his will. He was an inventor and scientist.

My job as a visitor experience steward is to welcome each person and verify their membership. If not a National Trust member, outline the benefits and encourage them to join if appropriate for their circumstances. Many of our visitors are individuals or family groups, but a number of clubs, societies etc. visit as part of their planned annual activities. My role includes ensuring that visitors are aware of the range of seasonal activities taking place, this can be as diverse as a

bug trail for children, a Hallowe'en week of various games and water colour painting with our Artist in Residence. I thoroughly enjoy the interaction with our visitors which makes every day different as the tasks I can be involved with cover a wide spectrum.

We have a magnolia which is over 110 years old namely Magnolia Campbellii Overbecks which has creamy pink and white blossoms. We also have had a sculpture exhibition with twelve local South Hams artists and this was a huge success. Our visitors are mainly from the U.K., Germany and Holland and we have had a journalist/media visit from Kuwait. We have been featured on the Antiques Road Trip and regular articles are featured in the local press. I encourage you to visit the website www.nationaltrust.org.uk/overbecks to view current events and also to visit us if you are in South Devon.

Being a volunteer is rewarding and worthwhile; you are part of a team, make new friends imparting your knowledge and experience and help with conservation. I would recommend volunteering to anyone so give it a try, you will not be disappointed. It is enjoyable and you meet such interesting visitors.

Welfare Programme Co-ordinator Change - Ed!

John Donaldson has been a great Co-ordinator in the South for the past eight years and now wants to spend more time with his family and has stood down. John has been a pleasure for me to work with in all aspects whether on Retiree News or as a Local Contact Person and I hope I can speak for other LCPs in this respect. He has been diligent and caring in every aspect of his role and he will be sorely missed, but it goes without saying that we wish him lots of happiness for the future.

John Searle known as Co-ordinator North is taking over the plan as a whole. His contact details are 51 Mossgrove Road, Timperley, Altrincham, Cheshire WA15 6LF. Tel: 0161 980 5232. Email: jxtk@chevron.com

We wish John well in this increased role and trust that all LCP's will assist him in any way that is required.

My Thanks to LCPs

John Donaldson

It was my intention that this article should appear in Retiree News before I stood down as Coordinator South at the end of April, but the reduction in the number of editions to two per year put paid to that! I am therefore most grateful that June has agreed to include this brief article 'after the event' as it was always my intention to use the newsletter to acknowledge the contribution made to the programme by a number of long-service local contacts who have recently 'left service'.

The people I would like to especially thank are Neville Burne, John Hunt, Arthur Lyddall, 'Mac' Owen and David Welsh. All five had two things in common - they were all long-serving local contact persons (LCPs) who took their voluntary roles very seriously and they were also all responsible for organising the annual lunches in their respective areas. Given that I made an effort to attend almost every lunch in the calendar over the past eight years, I can personally vouch for the fact that the Sherston, Kingsteignton, Croydon, Bristol and Truro lunches have always been popular events thanks in no small part to the effort put in by the LCPs in question.

Although I am aware that budgetary constraints have resulted in a number of changes to the welfare programme, I understand the Company is fully committed to the lunch programme and I therefore hope that other LCPs will support John Searle by showing a willingness to take over the organisation of these particular lunches.

On a more general note, I would be the first to admit that I have found the 'recruitment' of volunteer local contacts the most challenging aspect of the Coordinator role. We are fortunate that in three out of the five areas covered by the LCPs who have just retired, we have been able to allocate retirees to another existing LCP or, in the case of Cornwall, to a newly recruited LCP, Frank Blewett. Welcome Frank! That said, there is something amiss when we have quite elderly LCPs being concerned for the welfare of pensioners often much younger than themselves. Surely it should be the other way around and I do wish John Searle well in his efforts to address that balance and also to reduce the number of retirees currently unassigned in the South.

I would also like to take this opportunity to thank everyone associated with the programme for their help, support and friendship during the eight years I have acted as Coordinator South. There is no doubt in my mind that this programme helps the Company keep in touch with its retiree population and this is in no small part down to the willingness of the volunteers to act as contact points for the pensioners. I wish the programme and all its members well for the future.

MOLE adjusting to a new routine

Last New Year's Eve I lay in bed and from my window watched London welcome 2015. I was watching from a nephrology ward in St. George's Hospital having been operated on to prepare me for Peritoneal Dialysis. For cardiac reasons I should not have Haemodialysis. The decision to commence dialysis came after months of me procrastinating, which I can for Britain, over the decision to start. I must admit I was scared to commit myself. As I lay in the ward I reflected on what pattern life would take once the inserted catheter was deemed secure and usable. Following discussions with the Sister in the Peritoneal Dialysis Clinic at St. George's I opted to try using a home programming machine which would permit me to dialyse during eight hours overnight and to this end my wife and I went for residential training in the use of the machine. After three days intensive training I was released home with my own very expensive machine weighing twenty two kilos. Getting started at home was when the nightmare started. For reasons we have failed to determine the machine when working would sound an alarm at the end of each phase of the four phases of dialysis. The net result was that my wife and I got no sleep. All this time we were in touch with the manufacturers and consulting with St. George's. Ultimately it was decided to stop using the machine and start manual dialysis during the day. This procedure is known by the wonderful name of "Continuous Ambulatory Peritoneal Dialysis". The procedure requires that you dialyse three times a day. I am still working on the routine but if there are any fellow dialysers among our readers who have any suggestions on procedures I would welcome them.

For many years I visited Norway on a regular basis and Oslo in particular and made many Norwegian friends. On one occasion, the date I cannot remember, I was introduced by a friend to "Linje Aquavit". I like normal aquavit but this was a very pleasant drink. The "Linje" is named after the tradition of sending oak barrels of aquavit on ships from Norway to Australia and back again, thereby passing the Equator (Linje) twice before being bottled. The constant movement, high humidity and fluctuating temperature cause the spirit to gain more flavour and contribute to maturation. The foregoing was brought to mind when I read an article in The Daily Telegraph of 27th December 2014 on the subject of the Mira Winery in Napa Valley where the owner decided to see what would happen if he tried aging his wine in the sea. This idea was prompted when he read of preserved Champagne bottles recovered from a 19th century shipwreck off Finland fetching thousands of pound at auction. Together with his winemaker he placed 48 bottles of their 2009 cabernet sauvignon in custom built steel cages, secured to wooden boards, with the bottle necks sealed with wax, 60ft below the Charleston Harbour in South Carolina for three months. This harbour was chosen because its water remains relatively stable at 13C, the temperature at which wine is usually aged on land. After three months they tasted the wine and the results were surprising, ocean conditions seem to have expedited the ageing process. Whilst the character of the wine remained similar to the land aged wine the ocean wine tasted older, much more complex and the tannins were more rounded. The Winery is continuing its

investigation into the change in the wine due to the ocean. Following on from the above, I was reading an article on words that have been used to pass comment on a person who has taken too much liquor, symbolical in 1586, temulentious in 1652, half-shaved in 1818, shickered in 1911. I can think of a few more but the Editor might ban me.

Whilst elections loom I feel there are other matters that require our attention. One such matter is the question of the east-west buttonhole versus the vertical one. Much has been written on the subject but I think the answer is in the following from one Derek Rose. "Having manufactured shirts and pyjamas for over 60 years I can reveal that the last buttonhole on a shirt is placed horizontally because it may take greater strain than the others when the wearer plays sports, moves across a seat, or simply sits with legs akimbo. All pyjama buttonholes are vertical due to the greater stress places on them during sleep. The remaining shirt button holes are vertical, as this looks smarter and is easier to secure than the horizontal sort". To bring a woman's perspective, one Jennifer Clezy writes "Any dressmaker will explain that an east-west buttonhole stays closed and is useful for those with beer bellies".

My best to you all. Mole!

Julie Andrews Turning 79 - this is hysterical!

To commemorate her birthday, actress/vocalist, Julie Andrews made a special appearance at Manhattan's Radio City Music Hall for a benefit. One of the musical numbers she performed was 'My Favourite Things' from the legendary movie 'Sound Of Music'. Here are the lyrics she used. If you sing it, it's especially hysterical!!!

Botox and nose drops and needles for knitting, Walkers and handrails and new dental fittings, Bundles of magazines tied up in string, These are a few of my favourite things. Cadillac's and cataracts, hearing aids and glasses, Polident and Fixodent and false teeth in glasses, Pacemakers, golf carts and porches with swings, These are a few of my favourite things. When the pipes leak, when the bones creak, when the knees go bad, I simply remember my favourite things and then I don't feel so bad.

Hot tea and crumpets and corn pads for bunions, No spicy hot food or food cooked with onions, Bathrobes and heating pads and hot meals they bring, These are a few of my favourite things.

Back pain, confused brains and no need for sinnin', Thin bones and fractures and hair that is thinnin', and we won't mention our short shrunken frames, When we remember our favourite things.

When the joints ache, when the hips break, when the eyes grow dim,
Then I remember the great life I've had, and then I don't feel so bad.

Ms. Andrews received a standing ovation from the crowd that lasted over four minutes and repeated encores.

QUIZ



The answers to the quiz in the December issue of Retiree News were:

1 South Africa, 2 Basketball, 3 Phil Hill and Mario Andretti, 4 Sonny Liston, 5 Ruud Gullit, 6 Test and County Cricket Board, 7 Weight Lifting, 8 Tug of War, 9 Sir Stanley Matthews, 10 BAR, 11 Brazil, 12 Four, 13 Left, 14 Elephant, 15 Salt, 16 Two, 17 Seven, 18 Seventy tow, 19 50 kilometre walk.

There were three winners:

Gerald Grindrod, Lancashire. Tony Shapcott, Newport. David Stokes, Bristol.

Congratulations to you, enjoy your prize. Ed!

We have a musical quiz for this edition.

- 1 Which singer was known as the Forces Sweetheart?
- 2 What was Tom Jones' first UK number one single?
- 3 Who sang the theme tune to the Bond film Tomorrow Never Dies?
- 4 Which band released an album entitled Wish You Were Here?
- 5 Which rock'n'roll star was killed in a car crash during a British tour in 1960?
- 6 Who along with Vince Clark formed the pop duo Yazoo?
- 7 Which 60's rock group recorded A Lighter Shade of Pale?
- 8 Which famous musical opens up with an auction underneath a Paris theatre?
- 9 Which is the odd one out of these words? Flow / Snip / Trap / Flog / Back.
- 10 Michael Hutchence sang with which Australian band?
- 11 Which religious ceremony comes from the Greek word for 'to dip'?
- 12 Which Bradford born vocalist performed a duet with Elton John on the hit single Don't Go Breaking My Heart?
- 13 Which group had a UK hit in 1985 with Walking on Sunshine?
- 14 Which male singer was backed by the Heartbreakers?
- 15 Which group was on a Road to Nowhere in 1965?
- 16 Who had a top ten hit single with Sweet Child o'Mine in 1989?
- 17 Who had the best selling single in Europe in 1987 with Never Gonna Give You Up?
- 18 Which song begins with the words The road is long with many a winding turn?
- 19 Which singer came third in the 1973 Eurovision Song Contest with the song Power to all our Friends?
- 20 What was the Oscar winning song from the 1987 film Dirty Dancing?

Answers to the Editor in the usual way, be email or post to be received by **15 September 2015**. The Editor's decision is final

The Train

received from Arthur Lydall

This is beautiful and what a wonderful way to explain it.

At birth we boarded the train and met our parents and we believe they will always travel on our side. However, at some station our parents will step down from the train leaving us on this journey alone.

As time goes by other people will board the train and they will be significant i.e. our siblings, friends, children and even the love of our life.

Many will step down and leave a permanent vacuum. Others will go so unnoticed that we don't realize they vacated their seats. This train ride will be full of joy, sorrow, fantasy, expectations, hellos, goodbyes, and farewells. Success consists of having a good relationship with all passengers requiring that we give the best of ourselves.

The mystery to everyone is: We do not know at which station we ourselves will step down therefore we must live in the best way, love, forgive and offer the best of who we are. It is important to do this because when the time comes for us to step down and leave our seat empty we should leave behind beautiful memories for those who will continue to travel on the train of life.

I wish you a joyful journey on the train of life. Reap success and give lots of love. More importantly, thank God for the journey.

Lastly, I thank you for being one of the passengers on my train.

The Bluebell Wood

by Felix Dennis

We walked within an ancient wood
Beside the Heart of England way
Where oak and beech and hazel stood
Their leaves the pale shades of May

By bole and bough still black with rain
The sunlight filtered where it would
Across a glowing radiant stain
We stood within a bluebell wood.

And stood and stood both lost for words
As all around the woodland rang
And echoed with the cries of birds
Who sang and sang and sang and sang

My mind has marked that afternoon
To hoard against life's stone and sling
Should I go late or I go soon
The bluebells glow - the birds till sing.

80

Audrey Blake, Essex
Margaret Bowden,
Hornchurch
Doreen Buckman, Poole
Nigel Budden, Dorset
Alfred Elliott, Manchester
George Ellis, Essex
Grace Farra, Clacton
Terence Gibson, Nottingham
John Griffiths, Pembroke
Dock
John Phillip Hall, Lancashire
Michael Hallett,
Loughborough
Maureen Hutchins,
Portishead
Marjorie Imlah, Cheltenham
Pauline Jones, Merseyside
Dave Keen, Bristol
Colin Madison, Essex
Thomas Mcgrath, Co. Armagh
Margaret Molyneux, West
Glamorgan
John Pearce, Gillingham
Una Powell, Haverfordwest
John Bevan Rawlinson,
Haverfordwest
James Keith Ryder, South
Yorkshire

Marjorie Smith, Essex
Bernard Tomkins, Tamworth
John Trotter, North Wales
Grenville Watts, Pembroke
Iris Williams, Essex
Geoffrey Wright, Swillington

90

John Addison, Scotland
Henry Bishop, Avonmouth
Alan Blackburn, Bristol
Arthur Boorman, Essex
Basil Coalston, Colchester
Edna Dixon, Dorset
Joyce Feasey, Surrey
Edward Gask, Staffordshire
Peter Jory, Dorset
Gordon Lloyd, Cornwall
Jocelyn Molyneux,
Buckinghamshire
Audrey Nelson, Lincolnshire
Daphne Webster, Surrey
Letitia Wheatley, Sunderland
Ria Wheeler, East Sussex
Lily Anne Willey,
Carmarthenshire

100

Irene Godfrey, Worthing

Golden Wedding Anniversaries

Tony and Veronica Bignell on 30 January 2015, Horley, Surrey.
Les and Tina Evans on 6 March 2015, Saundersfoot,
Pembrokeshire.

Platinum Wedding Anniversaries

Albert and Mary Arran on 22 January 2015, Milford Haven.

I knew it. Finally a study that makes sense.

Sent in by Chris Bayley

The brains of older people slow because they know so much. The brains of older people only appear to be less speedy, because they have so much information to access, much like a full-up hard drive, scientists believe.

Elderly people have so much information in their brain that it takes longer for them to access it, scientific studies show.

Older people do not decline mentally with age. It just takes them longer to recall facts because they have more information in their brains, research suggests.

It has been reported that much like a computer takes longer as the hard drive gets full up, so humans take longer to access information.

Researchers say this slowing down is not the same as cognitive decline.

The human brain appears to work slower in old age, said Dr. Michael Ramscar, but only because so much information has been stored over time.

Older people simply know more, so selecting a correct choice from the trove of stored data may take a bit longer.

There, it's official!

TIME FOR A CHUCKLE

Oh give me your pity, I'm on a committee, which means that from morning to night we attend, amend, contend, and defend without a conclusion in sight. We confer and concur, we defer and demur and reiterate all of our thoughts; we revise the Agenda and frequent addenda and consider a load of reports. We compose and propose, we suppose and oppose and the points of procedure are fun! But though various notions are brought up as motions there's terribly little gets done. We resolve and absolve, but we never dissolve, since it's out of the question to bring our committee to an end like this ditty, which stops with a period - thus.

Retelling the Garden of Eden Story.

A beautiful blonde woman runs a red traffic light and crashes into a man's car. Both cars are demolished but, amazingly, neither of them are hurt. After they crawl out of their cars the woman says; "Wow, just look at our cars! There's nothing left, but fortunately we are unhurt. This must be a sign from God that we should meet and be friends and live together in peace for the rest of our days." The man replies, "I agree with you completely. This must be a sign from God!" The woman continues, "And look at this, here's another miracle. My car is completely demolished, but my bottle of wine didn't break. Surely God wants us to drink this wine and celebrate our good fortune." She then hands the bottle to the man. The man nods his head in agreement, opens it, drinks half the bottle and then hands it back to the woman. She takes the bottle, immediately puts the cap back on and hands it back to the man. The man asks, "Aren't you having any?" The woman replies, "Nah. I think I'll just wait for the police." *Adam ate the apple, too.*

Whisky is good for you taken in moderation.

Whisky is low-carbohydrate and fat-free, so your thighs will thank you. One shot has zero fat and .04 carbohydrates guys, so you can wear your skinny jeans and drink a highball too. The word whisky means "water of life." Whisky comes from the Gaelic word "Uisge Beatha," which means "water of life." That phonetically became "usky," and eventually was pronounced as "whisky." Drink that water friends. In frontier country, whisky was as valuable as gold. In 18th century Pennsylvania, the favoured currency was whisky which was used for cooking, medicine and drinking, among other things. That whisky loyalty would eventually lead to the 1794 Whisky Rebellion where farmers fought against the taxes that threatened their liquor livelihood. That's a fight worth fighting if you ask me.

Whisky can help prevent cancer. In 2005 Dr. Jim Swan, speaking at the EuroMedLab conference in Glasgow, said, "Research has shown that there are even greater health benefits to people who drink single-malt whiskies. Why? Single-malt whiskies have more ellagic acid than red wine." That ellagic acid, also found in most fruits is an antioxidant that may absorb rogue cancer cells in the body. More research needs to be made to make this conclusive, but let's drink up and hope Dr. Swan is correct. Drinking whisky can lower your risk of having a stroke. To be clear, drinking large amounts of alcohol is related to a higher incidence of stroke. However, if you can master the art of moderate consumption, meaning one drink a day, that may provide protection against an ischemic stroke. In fact, having one drink per day is better than no drinks per day when it comes to protecting against ischemic stroke. It also may reduce your risk of developing

heart disease. A 1998 study found that a big shot of whisky can help protect against heart disease and boost the body's defences against disease by raising the body's level of antioxidants. Drinking one to six glasses of whisky a week can lower an adult's risk of dementia. A 2003 case study with the Beth Israel Deaconess Medical Centre found that the odds of incident dementia were lower among those adults who consumed moderate alcohol, rather than none at all!

Winston Churchill drank whisky and water for breakfast and led a nation through World War II. The whisky soda washed down his eggs and cigar naturally. Mark Twain was a big fan, he said: 'Too much of anything is bad but too much good whisky is barely enough' A closed bottle of whisky will be good for 100 years; after you open a bottle of whisky, a half-full bottle will remain good for five years. Drinking whisky is the American thing to do; Tennessee and Kentucky are two of the world's primary whisky-distilling regions. Bourbons like Maker's Mark and Wild Turkey are made in Kentucky, while Tennessee is home to Jack Daniel's.

There are over 5,000 types of single-malt whisky. Whisky might be the smartest investment you'll ever make. Probably unlike wine, whose taste deteriorates in the bottle, the fact that whisky lasts almost forever means its value can appreciate in a big way, just buy a couple of rare bottles and watch their value soar! (It's a whole lot more fun that way too.) George Washington, the father of America, also founded one of the country's largest whisky distilleries, so whisky drinking is basically in the Constitution. After his term as the first president of the United States ended in 1797, Washington's Scottish farm manager encouraged him to build a whisky distillery. It was the largest of its kind in America producing 11,000 gallons of whisky in 1799. Whisky was originally crafted only by monks making it a holy spirit; that practice changed in 1541 when King Henry VIII dissolved all of their liquor-ridden monasteries. Poor sober monks!

Cold is no match for whisky; even below-freezing temperatures won't freeze it. Nothing proved that more than when a crate of 100 year-old whisky was unearthed in Antarctica. Even though it suffered through the -30 Celsius temperatures, the bottles and liquor were all in great condition. Whisky is measured in "fingers" your body is the only pouring tool you need! To measure out whisky all you have to do is hold your finger horizontally against the glass and pour out a finger's width, or two if you're feeling frisky. The very best reason to drink whisky is because it's delicious.

So That's Where It Comes From!

Brass Monkeys.

It was necessary to keep a good supply of cannon balls near the cannon on old war ships. But how to prevent them from rolling about the deck was the problem. The storage method devised was to stack them as a square based pyramid, with one ball on top, resting on four, resting on nine, which rested on sixteen. Thus, a supply of 30 cannon balls could be stacked in a small area right next to the cannon. There was only one problem - how to prevent the bottom layer from sliding/rolling

from under the others.

The solution was a metal plate with 16 round indentations, called, for reasons unknown, a Monkey. But if this plate were made of iron, the iron balls would quickly rust to it. The solution to the rusting problem was to make them of brass - hence, Brass Monkeys.

Few landlubbers realize that brass contracts much more and much faster than iron when chilled.. Consequently, when the temperature dropped too far, the brass indentations would shrink so much that the iron cannon balls would come right off the monkey. Thus, it was quite literally cold enough to freeze the balls off a brass monkey and all this time folks thought that was just a vulgar expression.

AGE - Anon

As I was lying around, pondering the problems of the world, I realized that at my age I don't really give a rat's anymore. If walking is good for your health, the postman would be immortal. A whale swims all day, only eats fish, drinks water, but is still fat. A rabbit runs and hops and only lives 15 years, while A tortoise doesn't run and does mostly nothing, yet lives for 150 years and you tell me to exercise? I don't think so. Just grant me the senility to forget the people I never liked, the good fortune to remember the ones I do and the eyesight to tell the difference

Now that I'm older here's what I've discovered:
I started out with nothing, and I still have most of it.
My wild oats are mostly enjoyed with prunes and all-bran.
I finally got my head together and now my body is falling apart.
Funny, I don't remember being absent-minded.
Funny, I don't remember being absent-minded.
If all is not lost then where the heck is it?
It was a whole lot easier to get older than to get wiser.
Some days you're the top dog; some days you're the hydrant.
I wish the buck really did stop here; I sure could use a few of them.
Kids in the back seat cause accidents.
Accidents in the back seat cause kids.
It's hard to make a comeback when you haven't been anywhere.
The world only beats a path to your door when you're in the bathroom.
If God wanted me to touch my toes he'd have put them on my knees.
When I'm finally holding all the right cards, everyone wants to play chess.
It's not hard to meet expenses, they're everywhere.
The only difference between a rut and a grave is the depth.
These days I spend a lot of time thinking about the hereafter.
I go somewhere to get something and then wonder what I'm "here after".
Funny, I don't remember being absent-minded!

Poem

Sent by Arthur Lyddall

*I remember the cheese of my childhood and the bread that we cut with a knife,
When the children helped with the housework and the men went to work not the wife.
The cheese never needed a fridge and the bread was so crusty and hot,
The children were seldom unhappy and the wife was content with her lot.
I remember the milk from the bottle with the yummy cream on the top,
Our dinner came hot from the oven and not from the fridge; in the shop.
The kids were a lot more contented, they didn't need money for kicks,
Just a game with their mates in the road and sometimes the Saturday flicks.
I remember the shop on the corner where a pen'orth of sweets was sold
Do you think I'm a bit too nostalgic? Or is it I'm just getting old?
I remember the 'loo' was the lav and the boggy man came in the night,
It wasn't the least bit funny going "out back" with no light..
The interesting items we perused from the newspapers cut into squares,
And hung on a peg in the loo, it took little to keep us amused.
The clothes were boiled in the copper with plenty of rich foamy suds
But the ironing seemed never ending as Mum pressed everyone's 'duds'.
I remember the slap on my backside and the taste of soap if I swore
Anorexia and diets weren't heard of and we hadn't much choice what we wore.
Do you think that bruised our ego or our initiative was destroyed?
We ate what was put on the table and I think life was better enjoyed.*

Thanks for this Arthur and we all wish you better health. Ed!

OBITUARIES

Sadly we record the passing of our colleagues. RIP.

William Frederick Andrew (G) on 31/01/15 aged 77, Milford Haven

Hilda Joan Austen (G) on 06/01/15 aged 88, East Sussex

Anthony G J Bailey (T) on 25/10/12 aged 74, Romford

William Wesley Baker (T) on 25/09/14 aged 88, Daventry

Patrick John Barrett (G) on 21/11/14 aged 80, Haverfordwest

John William Bean (G) on 28/11/14 aged 93, Milford Haven

Anthony John Bevan (T) on 08/12/14 aged 68, Cyprus

Eric John Brown (T) on 04/10/14 aged 76, Pembroke

David Bruce (G) on 02/10/14 aged 81, Oxfordshire

Peter Carpenter (T) on 24/01/15 aged 75, Twickenham

Margaret Coulter Chapman (Cx) on 07/10/14 aged 90, Isle of Wight

Roy Robert Charles (T) on 31/12/14 aged 80, Spain

Hugh Plunkett Daly (T) on 09/11/14 aged 76, Surrey

John Dickie (T) on 18/01/15 aged 94, Prestwick

Neil Fraser Heaney (C) on 24/02/15 aged 78, Merseyside

Lily Jane Herman (G) on 20/10/14 aged 66, Devon

Clare Hill-Blumenfeld (G) on 24/12/14 aged 93, London

Christopher Royce Howells (G) on 14/02/15 aged 73, Milford Haven

Timothy Jeffcott (T) on 30/10/14 aged 60, Swindon

David Jones (T) on 24/12/14 aged 86, Southampton

Victor Kilgour (Cx) on 12/11/14 aged 90, New Zealand

Edward Maxwell King (G) on 04/11/14 aged 93, Warwickshire

Frederick Frank Knapp (G) on 07/10/14 aged 89, Milford Haven

Alexander Anderson Knox (T) on 02/11/14 aged 77, Edinburgh

Ernest Ledwood (T) on 03/10/14 aged 91, Pembroke

Edward Albert Lee (Cx) on 01/11/14 aged 88, Surrey

Harold Lewis (T) on 28/10/14 aged 94, Turkey

Marie Jeannine Maree (T) on 20/01/15 aged 73, London

Peter Gerald McNally (G) on 21/11/14 aged 87, Bedfordshire

Marcel Andre Montagnier (C) on 04/12/14 aged 88, France

Victor Mackney Morgan (G) on 04/11/14 aged 74, Milford Haven

Michael John Owen (T) on 26/12/14 aged 76, Pembroke

Brian Hughes Palmer (T) on 24/01/15 aged 85, Gloucestershire

Thomas Peebles (T) on 10/05/14 aged 88 Angus

James Alfred Philpott (Cx) on 14/11/14 aged 89, Surrey

Pamela Dora Price (T) on 24/11/14 aged 77, Pembroke Dock

John James Pritchard (G) on 15/02/15 aged 79, Milford Haven

Dennis Henry Pullin (C) on 01/01/15 aged 60, Pembroke Dock

Terence Regan (G) on 11/02/15 aged 85, Milford Haven

Sydney Saunter (Cx) on 12/02/15 aged 94, Hertfordshire

Robert Speirs (T) on 30/10/14 aged 78, Isle of Wight

S A Stewart (T) on 01/02/15 aged 70, Birmingham

Florence Minnie Stock (T) on 16/12/14 aged 103, Canada

Adam Turtle (T) on 22/10/14 aged 65, Cyprus

Margaret Mary Josephine Tyler (T) on 07/11/14 aged 86, Republic of Ireland

Alfred Edward John Waddingham (T) on 13/11/14 aged 73, Dagenham

Margreta Celia Williams (T) on 18/11/14 aged 93, Derby

Quotes - Anon.

A sharp tongue can cut your own throat.

Of all the things you wear, your expression is the most important

The best vitamin for making friends..... B1

The happiness of your life depends on the quality of your thoughts.

The heaviest thing you can carry is a grudge..

One thing you can give and still keep...is your word

Editors Last Word

"I Wish You enough!" Bob Perks

Sun to keep your attitude bright.

Rain to appreciate the sun more.

Happiness to keep your spirit alive.

Pain so that the smallest joys in life appear much bigger.

Gain to satisfy your wanting.

Loss to appreciate all that you possess.

"Hello's" to get you through the final "Goodbye."



Our family of Brands

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