

Retiree News



A Biannual Publication for Retirees of all
Chevron UK Companies



Editor's Chat

Issue 72, November 2017

Following receipt of the May issue of Retiree News this year, even though I have previously stated that it is up to you, the retirees to tell me of special birthdays or wedding anniversaries, I received quite a lot of phone calls/correspondence telling me that their special birthday or wedding anniversary was not included. Four members whose 80 birthdays were not advised previously are included below, and these occurred in 2015 and 2016, I rest my case!

I will repeat here what I have said before. Now that there are no Local Contact Persons (LCPs), who coordinated this information on their patch and passed the information to me, I have no means of knowing about the respective details. It is now the responsibility of each of you to advise me direct to my contact details which are always at the end of each Retiree News. Please always do this in writing by email or post and not on the telephone. It is so easy to get it wrong, especially if it is a voice mail message.

I am always happy to pass on information about change of addresses, but please note, I do not mail out Retiree News, These are sent from the London office of Chevron as there are over 4,000 sent out each time.

You will see in this issue quite a few articles from retirees and I am always pleased to receive these. I have asked before and I will ask again, send in your stories, there must be a mountain of tales out there. It does not have to be about your career in the oil industry, although that is very interesting, it can be about anything, your hobbies, travel, volunteering, where you live, family – you get the picture, I hope!

It just leaves me to say, as we come to the end of another year (where did this one fly to?) keep well, keep warm and a Merry Christmas and Happy New Year to you all from Maurice and me.

News From Chevron

Chevron celebrates opening of first station in Mexico

Chevron officially entered the Mexican retail market when we opened our first branded station on August 27, in Hermosillo, the capital city and economic center of the state of Sonora. At a grand-opening celebration, Brant Fish, vice president of Americas Products – West, emphasized the strategic importance of the Mexican market to our company, "This event marks our commitment to provide you with our world-class Chevron-brand products; modern, safe and clean facilities; high-quality customer service; and, of course, our gasoline, 'Chevron con Techron'.

Gearing up for more gas in Australia

Mike Wirth, vice chairman and executive vice president, Midstream & Development, Jay Johnson, executive vice president, Upstream and Steve Green, president, Chevron Asia Pacific Exploration and Production, recently visited the Australasia business unit (ABU) to see first-hand the shift from building projects to building a business. They found that the ABU's efforts to increase production and achieve sustained levels of high plant reliability and utilization are paying off in the form of improved cash flow. During their visit to the Wheatstone Project, they saw Train 1 entering its start-up phase and witnessed the readiness of the platform and pipeline.

On the field or in the car: technology fuels performance

Texaco is going for the repeat. Much as professional athletes use the latest technology to enhance their on-field performance, Texaco helps drive engine performance with our proven Techron technology. It's this passion for performance that led us to team up with Sports Illustrated last year to launch a branded video series in which professional athletes push themselves with technology to achieve greatness. Based on our success last year, we're launching a second video series that will help deliver our message of Texaco being a leader in performance.

Chevron Contributes \$1 Million to Immediate Texas Hurricane Harvey Relief Efforts

Chevron is making a \$1 million contribution to the American Red Cross for the immediate relief efforts under way to assist victims of Hurricane Harvey that struck Texas over the weekend. The donation will support relief efforts throughout the affected regions, including both Corpus Christi and the greater Houston metropolitan area. In addition, the company will match donations made to the relief efforts by our employees and retirees, many of whom have seen the tragedy unfold first-hand. One of Chevron's top priorities is protecting our employees, families and communities when they may need assistance in times of emergency.



News From Chevron

Coatings to the rescue

Heat exchangers perform a critical role in the design, operation and maintenance in many of our facilities. Roughly 10,000 of these units are spread throughout our Upstream and Downstream & Chemicals businesses, transferring heat from one gaseous or liquid substance to another, while keeping the substances from mingling. Fouling (or build-up) on these heat exchangers is a pervasive problem, costing the company millions of dollars in lost efficiency, productivity and maintenance costs. Energy Technology Co. and Chevron Technology Ventures are collaborating on a solution that involves a new class of fouling-resistant coating derived from sol-gel processing.

Techron beats unbeatable

To confirm that our gasolines are “unbeatable” and “unsurpassed,” our teams of chemists and engineers routinely test fuels with Techron® against competitive fuels. Based on our recent round of tests, we boosted Techron’s ability to clean up even more deposits left by low-quality gasolines – and cleaning up deposits restores lost gas mileage. Karen Means, manager, product and analytics unit in Energy Technology Company, says, “Our latest advancement in fuels technology will allow customers at nearly 8,000 Chevron- and Texaco-branded service stations throughout the United States to receive even more cleaning power in every grade.” A new campaign launched in early July will be supported with an extensive marketing program to educate and inform customers about the products’ enhanced cleaning power.

What’s up at Wheatstone?

Located in Western Australia, about seven miles west of Onslow, the Wheatstone Project is one of Australia’s largest resource developments. The project includes two liquefied natural gas trains, with a combined capacity of 8.9 million metric tons per annum, and a domestic gas plant. The startup process at Wheatstone is underway.

Debrief: second-quarter earnings call with Pat Yarrington and Jay Johnson

A substantial improvement in second-quarter results compared to Q2 2016 was a strong theme during Chevron’s July 28 earnings call with Chief Financial Officer Pat Yarrington and Upstream Executive Vice President Jay Johnson. “We have an improvement trend underway,” Yarrington said. “Production is up. In particular, high cash margin production is up. We’re getting more efficient and our cost structure is coming down.” Johnson pointed to positive results in the Upstream, including how performance has improved through a strategy of capital efficiency.

Earnings calls, which are open to anyone and held after the release of Chevron’s quarterly financial results, provide primary investors and security analysts an opportunity to discuss our company’s performance with senior executives – to help inform investment recommendations to their clients

GS Caltex joint venture marks 50-year milestone

GS Caltex, our downstream joint-venture affiliate in Korea, celebrated its 50th anniversary in May. A formal ceremony was highlighted by Chairman and CEO John Watson’s video congratulations. In thanking the partners, Watson said, “Together we have pursued ‘getting results the right way.’ While the future business environment can be volatile, it’s clear that our strong and trusting GS Caltex partnership will continue to drive towards excellence.” GS Caltex is Korea’s second-largest energy company. Throughout the years, the company has powered development of the Korean economy by providing jobs and by delivering a reliable supply of fuels and petrochemicals to the nation.

All upstream business units now wellsafe

WellSafe – a well-control assurance program developed by Chevron’s Global Drilling & Completions team to eliminate Loss of Containment incidents from our wells – is now fully deployed across all Upstream business units. The WellSafe program has been developed to create a superior level of planning and operational discipline to mitigate against a blowout catastrophe occurring within the business. It ensures that every well that Chevron drills and every rig that is contracted or owned by our company is certified to the highest well-control standards.

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My Life in New Zealand

Lynne Emery

New Zealand (NZ) is about the size of Britain and is made up of two Islands separated from each other by a stretch of ocean called the Cook Strait, it takes approximately three hours to cross the Strait, rather like going from Dover to Calais. There are 4.3million people living here and the country is around 300 years old. The South Island is very cold, wet and windy with heavy snow falls in the winter and hot weather in the summers; the whole of the South reminds me very much of England in the 1950's. The scenery is absolutely breath-taking with snowy mountains, large ski fields (where the Australians come to ski), huge waterfalls lots of forest and bush and lovely beaches. If it were not for the weather, I would love to live in the South Island. It is mainly farming, some fishing and tourism, plus little communities where everyone knows everyone else and all make their own amusements, as many have only the local pub or community hall for entertainment. There are also several cities and larger towns there, with shops, cinemas cafes restaurants etc. Christchurch was my favourite city; it so reminded me of Oxford, sadly the earthquake destroyed the city centre. (Look on the net and you will see the cardboard cathedral and the 185 white chairs in memoriam.) Den and I spent several holidays in the South when we used to visit Neil (our son) and since we have lived here. Nelson at the top of the South Island is called the sunshine centre of NZ and it's a great vibrant city with always lots going on. They get long hot summers but again, very cold winters, they have several farms growing soft fruit, many of which I have never heard of - Tayberries, Marion berries, Boysenberries - we used to go picking the fruit for Neil's restaurant many moons ago. They also grow and export apples.

The people of the South Island are mainly ancestors of the original pioneers from England, Scotland, The Netherlands and Eastern Europe. I cannot imagine why the Scots settled down there as the weather can be worse than in the Highlands and no hope of a trip across to the Mediterranean to get warm. Dunedin and Invercargill are the main Scottish cities, even the Maoris move up to the warmer North. It is a much slower pace of life in the South; you can travel for miles in some parts and never see another car for ages. Den's cousin lives in a place called Geraldine where they have a small holding and breed Dexter cows. They often get snowed in and have to have the cows food airlifted if it's really bad. Another point is hospitals; they are few and very far between down there, so they have an air ambulance to take you to the nearest hospital if need be. But from what I have heard the people down there love it and would never dream of moving to the dirty, overpopulated, fast living North Island.

Wellington is the capital, a very nice city with lots happening but it is always cold, wet and windy there. Sadly they had an earthquake earlier this year. The North Island is a hive of everything happening, Auckland is the main city, full of shops, cinemas, theatres and everything you can think of that is in all the main cities in the world, absolutely full of Asians they run 90% of all the shops and have taken over many businesses, it's like living in Shanghai. We live 45mins away from Auckland in a rural area or at least it was, but is now fast being swallowed up by the new housing estates overflowing from Auckland. The weather up here is good, tropical and the further north you go the better it gets.

Again we have some lovely scenery and many great beaches; the west coast is excellent for surfing. In the centre of the North Island is Mount Ruapehu an active volcano where everyone goes skiing in the winter months. In fact NZ is made up of volcanoes' and earthquakes if one doesn't get you the other one will.

Basically there is not a great deal to do here, if you are keen on any sort of sport then this is the place to be, but there are no great museums or very few places of historical interest to visit. There are lovely national parks, but again that is sporting, riding horses or bikes or hiking. The shops in the larger towns and cities are all the same and all filled mostly with items made in China, there are no large department stores here like Debenhams etc. I find people of our generation and just a bit younger are quite content to spend their time in the house and garden with the holiday once a year probably overseas or a cruise. Almost every town has an RSA club (returned servicemen's association) where you can get a meal play darts, pool etc, at the weekends they usually have a band and singer/comedian or a take-off of the greats i.e. The Bee Gees. Some of them are really good. We went to see a Freddy Mercury one and it was brilliant. On the whole the mode of dress is not very smart and a lot of people adults and kids alike do not wear shoes; shorts and tee-shirts for both sexes are the main summer uniform whatever age, you can imagine the sights! In the cities, it is a bit better but I suppose I am still thinking of my days at work when we all looked smart.

You need to own a car here as public transport, apart from the cities, is not good. I think we only have one train from Auckland to Wellington which take roughly fifteen hours, very few motorways, mainly around the cities, mostly its one road in and out from a to b. Mostly people fly domestic from one city to another, you can get some cheap flights off the net. We have ten cars in our family not because we are rich, but because we really need them to get to work etc.

The further north you go the more rural it gets, with tiny villages beautiful beaches (many empty) and lovely scenery but nothing much to occupy one. Some of the houses have to be seen to be believed they look like garden sheds with tin roofs; shower is a hosepipe out the window (you think I am joking?) Many years ago, before all the rules and regulations came in, people bought a cheap piece of land and put up some sort of dwelling. Don't forget our houses are not built like yours, no deep foundation and double walls just a flat concrete base a wooden or steel frame all our inside walls are just plaster board, aluminium slates or roof sheets and bobs your uncle, another house is up and running. The difference is all houses here are built from the inside out; UK houses are built from the outside in. Our house has brick finish, just plasterboard then bricks, a single wall no breezeblocks like yours (I always think of the Three Little Pigs I'll huff and puff and blow your house down). I never feel my house is very safe especially in the strong winds, which we get in the winter. I must say our houses do look nice, most are single story, very few are the same design and we all have a different colour roof, which looks very cheerful on a wet day. In winter it stays light until 5 o'clock and is light at 7 o'clock in the morning.

I will end on this note; I should think there are more millionaires living here in NZ than anywhere else on earth. (Sadly I'm not one of them.) Since writing this we have now moved further north to what the Kiwis call "The Winterless North"; it speaks for itself.



Life After Chevron

George Anderson

I left the Ninian Field in 2000 having decided that I had had enough of offshore life, Chevron had sold the field several years previously and it was an understatement to say things were not the same. I was a Radio Operator and had spent most of my time on Ninian South and Central. I also had just over a year as a plant operator but the magic fairy dust did not work and I got back into the radio room where I belonged.

I bought a Post Office/Village shop on the southern edge of the Lake District and became a local worthy. When I turned sixty we decided to close the shop but maintain the Post Office; we became in effect semi-retired working only two and a half days a week each. This meant a lot of spare time to concentrate on my hobby, which is war gaming with miniature soldiers, or toys to you. One aspect of immersing yourself in military history is that you get carried away and I began to write articles and published booklets on the American Civil War and the Dark Ages. Noticing that I drew maps for these publications, a friend asked if I could draw some for his book on the Campaigns of the Marquis of Montrose. I did this and then contacted by the owner of Helion & Co, to whom Charles had offered the book, and they asked if I could render maps for a publication on horses used by the British Army in WWI. Since that first request I have covered conflicts from the French and Indian Wars to the present hostilities in Syria and worked with authors as far apart as Peru, the US, the Middle and Far East and South Africa, professors and ex-mercenaries. A two-volume set of books on the Scots Guards in WWI, which I drew the maps for, has just won a very prestigious military history award which has pleased the author, Randall Nicol, Helion and myself. You can see examples of my work at www.combatcartography.co.uk.

Memories

Sue Pesch

I worked for Texaco from 1972 to 1988 in several Departments at No.1 Knightsbridge Green, but my happiest memories were in Training and Development Department, under the initial leadership of Ron Morgan followed by Peter Cady and Stewart Anderson. They were enjoyable times and I met so many interesting and lovely people from the company and to this day, still keep in touch with so many.

I began my career in August 1972 working for Bert Murnaghan in the Research and Technical Department, where I met my husband Rod Pesch. We were married in 1977 and this year will be celebrating our 40th Anniversary.

I have some lovely memories during my working career - cutting the largest cake made in Europe (at that time) to celebrate Texaco's 75th anniversary. I was also Captain of the Texaco Netball Team in the early 70s. We called ourselves the Texaco Terriers, but on our first match, were thrashed by BP, so withdrew the word Terriers!



Sue is front left

I'm currently involved in a local Hertfordshire Community Trust and Women's Institute and spend most of my spare time playing tennis, swimming and gardening and of course the holiday bucket list is being tackled. Rod continues to work part time as a consultant in the Lubricant Industry, spends his leisure time learning to fly, playing golf, swimming, and is an active member of the local Rotary Club.

What's in a Name?

Bob Bennett

Many years ago aged 11, I transferred from primary to secondary school. In those days, boys were always known by their surname. All new pupils were settled in a classroom and invited to give a brief introduction about themselves. All was going well until one lad said "I'm known as Geoffrey to my friends, but in your case it's Balls". There is a story, perhaps apocryphal, of a new recruit to the Army named Pants. He was rapidly promoted to Lance Corporal.

Being in Contact

Geoff Drewett

As you have read in previous articles from me, I live in New Zealand. I would love to hear from my former friends and colleagues and give here my email address which is gf.drewett@hotmail.com. Look forward to hearing from any of you. Wishing you all well.

Coast to Coast Walk

David McAuliffe

On the 8 August I started the first Part of my Coast to Coast walk from St Bees to Kirkby Stephen and managed to complete the walk on Saturday 12 August, distance of 83 miles. The highlight were climbing 2200 feet fells, the highest being Kidsty Pike (784m), a truly exhilarating experience one I won't forget. Our group comprised two males and seven females and everyone finished. I hope to complete Part 2 in 2018 from Kirkby Stephen to Robin Hood Bay. If I do this I will report on my efforts.

We all wish you well and good health to complete Part 2 and look forward to hearing further from you. All the best.Ed!



QUIZ



The answers to the quiz in the May issue of Retiree News are:

- 1 1.26 seconds
- 2 The letter E
- 3 About 8,000 km
- 4 Nippon
- 5 A chemical reaction related to the mating process
- 6 11 July
- 7 Amazon River
- 8 Strahov Stadium in Prague
- 9 Ultraviolet Radiation
- 10 Grumpy, Doc, Sleepy, Happy, Dopey, Sneeze and Bashful
- 11 1901 Sweden
- 13 To keep the centre of gravity of the body as close as possible to the walking base
- 14 Hair
- 15 The Ugly Duckling
- 16 Tantalum about 6,000c
- 17 Jupiter's Galilean.

Did you notice my deliberate missing question 12? I did that to see if you were paying attention and some of the quiz entrants did notice. However, regrettably there were no winners, perhaps it was a little too difficult. Let's see how you fare this time.

The quiz for this edition has a Christmas theme.

- 1 Who was the first British monarch to broadcast a Christmas message to the nation?
- 2 Child star Jimmy Boyd sang which hugely popular 1950's Christmas song, which was initially banned by the Catholic Church in Boston because it supposedly mixed sex and Christmas?
- 3 Who banned Christmas in England between 1647 and 1660?
- 4 On which date is Epiphany celebrated in the traditional Western calendar?
- 5 Who are the four ghosts in Charles Dickens 'A Christmas Carol'?
- 6 What liqueur goes into making a 'snowball' cocktail?
- 7 What is the English title of the carol written in 1818 by Austrian priest Josef Mohr originally called Stille Nacht?
- 8 The Nordic countries (Denmark, Sweden, Norway notably) tend to celebrate Christmas chiefly on which date?
- 9 Which US state in 1907 was the last to declare Christmas a legal holiday?
- 10 Presepe in Italy refers to what Christmas tradition?
- 11 What is the popular name for little baked sausages wrapped in rashers of streaky bacon?
- 12 Which of the Wise Men was said to have bought the gift of gold for the baby Jesus?
- 13 The 1954 movie White Christmas was the first to be made using what new Paramount film format?
- 14 Which river did George Washington cross on Christmas night in 1776 in the American Revolutionary War?
- 15 What changed in 1752 which caused England to have a White Christmas less frequently thereafter?
- 16 Traditional in Germany at Christmas, what sort of food is stollen?

- 17 According to the UK National Meteorological Office, what year (prior to 2007) was the last White Christmas in Britain?
- 18 The Christmas period of 1813-14 saw the last what in London?
- 19 How many gifts are given in total in the song 'The Twelve Days of Christmas'?
- 20 The words 'Myrrh is mine, its bitter perfume, breathes of life, of gathering gloom' comes from which Christmas carol?
- 21 Christmas Island in the Indian Ocean is a territory of which country?
- 22 Which diarist noted on
- 23 The USA's official National Christmas Tree is in which National Park?
- 24 John Callcott Horsley designed what first commercial Christmas item in 1843?
- 25 December 1662 (Christmas Day). Had a pleasant walk to Whitehall where I intended to have received the communion with the family, but I have come too late?

Please have a go and send your answers in by email or letter and do include your home address, to the Editor (whose decision is final) by 28 February 2018. Contact details for the Editor are at the foot of this newsletter.

BIRTHDAYS

80

Doug Bingham, Kent
 Roderick Duff (2015)
 Brian Keegan (2016)
 Jarrold Leonard, Stanford-le-Hope
 Audrey Pike, Pembrokeshire
 Tony Rigby, South West France
 Larry Robinson (2016)
 Stuart Slade (2016)

90

Frank Eaton, Hemel Hempstead
 Norman Swindells, Cheam
 Richard Donald Wall, Radstock

Golden Wedding Anniversaries

Bill and Wendy May on 7 November 2016. We were due to go to Florida to celebrate when I had awful pains in my legs and advised not to fly due to narrowed arteries. We celebrated locally with a lot of our friends which was very enjoyable. I worked on the Ninian North platform from 1980 to 1998 when I had to retire because of a heart attack.

John (C) and Avril Searle on 19 March. They were joined by their daughter, son-in-law and grandchildren sailing with them around Corfu and Paxos.

Keith and Mary Thompson on 18 March. Keith was head operator at Texaco Pembroke Refinery with twenty years' service. They still live in Pembroke and Keith said it has taken so many long and fantastic arguments to reach this happy occasion, but added he was only joking as it had been great fun.



Diamond Wedding Anniversary

Victor (T) and Daphne Smith celebrated their Diamond Wedding Anniversary on 2 April 2016 at the wonderful and luxurious 'Jamaica Inn' Ocho Rios. This small hotel had retained a gracious air of colonial Jamaica and attracts individuals and couples who return on a regular basis. In this our 'Diamond Year', we look upon our life generally and think to ourselves, how lucky we are despite our age, to enjoy reasonable health with the very good fortune of being together for over sixty years. Our Daughter Joanne, a Senior Lecturer in Chinese studies at Newcastle University, will arrange a family Diamond Year Luncheon, which we are both looking forward to.

POETRY CORNER

A would-be poem/poet

From Brian Cox

I would like to write a poem
Surely not so hard to do
One that rhymes with eleven lines
Enchanting through and through
Right, here we go – nice and slow
But what will be the theme?
The more I think about it now
The less easier it seems

The day goes by I muse and try
No magic words appear
Inspiration gone, can't carry on
I need a break that's clear
I'm still here to write a poem
And when I find words that rhyme
I intend to write that poem
Though, perhaps another time.

Quotes



Be yourself, everyone else is taken. *Oscar Wilde*

In the end it's not the years in your life that count, it's the life in your years *Abraham Lincoln*.

Just remember when you are over the hill, you pick up speed.
Arthur Schopenhauer

Responsibility

Once upon a time, there were four people...
Their names were *Everybody*, *Somebody*, *Nobody* and *Anybody*.

Whenever there was an important job to be done,
Everybody was sure that *Somebody* would do it.

Anybody could have done it, but *Nobody* did it.
When *Nobody* did it, *Everybody* got angry because...
it was *Everybody's* job!

Everybody thought that *Somebody* would do it,
but *Nobody* realized that *Nobody* would do it.

So, consequently, *Everybody* blamed *Somebody*...
when *Nobody* did what *Anybody* could have done in the first place!

- *Anonymous (of course!)*

OBITUARIES

Sadly we record the passing of our colleagues. RIP.

Bernard Anthony Carless (T) on 14/04/17 aged 87, Cardiff
Clifton Parry Bowen (T) on 15/04/17 aged 72, Whitland, Wales
David Richard Parry (T) on 18/04/17 aged 82, Conwy
John Albert Selway (T) on 18/04/17 aged 85, London
Henry William Beare (T) on 19/04/17 aged 91, Canvey Island
David William Thomas (T) on 20/04/17 aged 75, Pembroke
Peter Joseph Kemp (T) on 21/04/17 aged 71, Liverpool
Stephen Cecil Cana (T) on 24/04/17 aged 85, Colwyn Bay
Charles Selby Denyer (T) on 27/04/17 aged 94, Chippenham
W Clements (Cx) on 29/04/17 aged 102, Essex
George Edward Jarvis (T) on 03/05/17 aged 100, Grimsby
Donald Robert Hindle (G) on 06/05/17 aged 80, Daventry
A Fraser (Cx) on 08/05/17 aged 94, Victoria, Australia
Frederick James Francis (C) on 14/05/17 aged 89, Winchester
Brian Leslie Thom (C) on 18/05/17 aged 76, Aberdeen
C E Foscett (T) on 20/05/17 aged 95, Dayton, USA
Arthur Edward Butterworth (G) on 25/05/17 aged 94, Cheshire
Frederick Dawson Graham (T) on 25/05/17 aged 65, Slough
Howard Leslie Evans (T) on 28/05/17 aged 72, Saundersfoot
Douglas Robertson (C) on 31/05/17 aged 75, Carnoustie
Kenneth Andrews (G) on 19/06/17 aged 85, Cheshire
Ralph Vincent Hadfield (T) on 23/06/17 aged 94, Germany
Evelyn Finch (G) on 25/06/17 aged 95, Enfield
Stephen Henry Rippe (G) on 26/06/17 aged 86, Essex
Terence John Davies (T) on 27/06/17 aged 58, Pembroke Dock
Ronald T Tarn (G) on 13/07/17 aged 87, Pinner
Michael Morris (T) on 18/08/17 aged 74, Barnet

SENIOR CITIZENS

Senior citizens are constantly being criticised for every conceivable deficiency of the modern world, real or imaginary. We know we take responsibility for all we have done and do not blame others. However, upon reflection, we would like to point out that it was not the senior citizens who took:-

The melody out of music, pride out of appearance, courtesy out of driving, romance out of love, commitment out of marriage, responsibility out of parenthood, togetherness out of the family, learning out of education, service out of patriotism, Golden Rule from rulers, civility out of behaviour, refinement out of language, dedication out of employment, prudence out of spending, ambition out of achievement. And we certainly are not the ones who eliminated patience and tolerance from personal relationships and interactions with others! Plus, we do understand the meaning of patriotism and remember those who have fought and died for our country. Just look at the seniors with tears in their eyes and pride in their hearts as they show respect on Remembrance Sunday!



Yes, I'm a Senior Citizen! I'm the life of the party, even if it lasts until 8 p.m.

I'm very good at opening childproof caps, with a hammer.
I'm awake many hours before my body allows me to get up.
I'm smiling all the time because I can't hear a thing you're saying.
I'm sure everything I can't find is in a safe secure place, somewhere.

I'm wrinkled, saggy, lumpy, and that's just my left leg. I'm beginning to realize that aging is not for wimps. Yes, I'm a Senior Citizen and I think I am having the time of my life! Now if I could only remember who sent this to me, I wouldn't send it back to them!

This reminds me of a book owned by Maurice's sister in Seattle called 'Growing Old Ain't for Cissies'. Maurice also says we are taught as children, learn about all manner of things at school, increase our knowledge through our careers, but nobody teaches us how to get old. How true. Just enjoy every day and remember, 'Today is the First Day of the Rest of your Life'. Ed!

THE 12 DAYS OF CHRISTMAS TURKEY

(or the everlasting turkey)

By Anon E Mouse

On the first day of Christmas my true love said to me:
I've bought a big, fresh Turkey and a proper Christmas tree.
On the second day of Christmas much laughter could be heard
As we tucked into our Turkey—a most delicious bird.
On the third day of Christmas came the people from next door
The Turkey tasted just as good as it had done before
On the fourth day of Christmas came relations, young and old,
We finished up the Christmas Pud and had the Turkey cold
On the fifth day of Christmas, outside the snowflakes scurried
But we were nice and warm inside—we had the Turkey curried
On the sixth day of Christmas, the Christmas spirit died
As the children fought and bickered—we had Turkey rissoles fried
On the seventh day of Christmas my true love he did wince
When we sat down at the table and was offered Turkey mince
On the eighth day of Christmas the dog had run for shelter
He'd seen our turkey pancakes and the glass of Akla Seltzer
On the ninth day of Christmas by lunchtime Dad was blotto
He knew that bird was back again, this time as a Risotto.
On the tenth day of Christmas we were drinking home-made brew
As if that wasn't bad enough, we were eating turkey stew.
On the eleventh day of Christmas the Christmas tree was
moulting With chilli, soy and oyster sauce the Turkey was
revolting. On the twelfth day of Christmas we had smiles upon our
lips The guests had gone, the Turkey too—we dined on Fish and
Chips.



TIME FOR A CHUCKLE



A plumber dies in a car accident, on his 40th birthday, and finds himself standing outside the Pearly Gates. A brass band is playing, the angels are singing a majestic hymn, there is a huge crowd cheering, shouting and honouring his name; absolutely everyone wants to shake his hand. Just when he thinks things can't possibly get any better, Saint Peter himself runs over, apologises for not greeting him personally at the Pearly Gates, also shakes his hand and says, "Congratulations son, we've been waiting a long time for you." Totally confused and a little embarrassed, the plumber sheepishly looks at Saint Peter and says "Saint Peter, I tried to lead a God-fearing life, I loved my family, I tried to obey the Ten Commandments, but congratulations for what?

I honestly don't remember doing anything really special when I was alive. Is it because I'm a plumber – the elite among many, royalty of all construction trades?" "Congratulations for what?" says Saint Peter, amazed at the man's modesty. "We're celebrating the fact that you lived to be 160 years old! God himself wants to see you!" The plumber is dumbstruck and can only look at Saint Peter, mouth wide open. When he regains his speech, he looks up at Saint Peter and says "I lived my life in the eternal hope that when I died I would be judged by God and be found to be worthy, but I only lived to be forty."
"That's simply impossible son," frowned bewildered Saint Peter, "We've added up your time sheets."

If you can start the day without caffeine,
If you can always be cheerful, ignoring aches and pains,
If you can resist complaining and boring people with your troubles,
If you can eat the same food every day and be grateful for it,
If you can understand when your loved ones are too busy to give you any time,
If you can take criticism and blame without resentment,
If you can conquer tension without medical help,
If you can relax without alcohol,
If you can sleep without the aid of drugs,
Then You Are Probably The Family Dog!

The boss of a big company needed to call one of his employees about an urgent problem with one of the main computers. He dialled the employee's home phone number and was greeted with a child's whispered, "Hello?" Feeling put out at the inconvenience of having to talk to a youngster the boss asked, "Is your Daddy home?" "Yes", whispered the small voice. "May I talk with him?" the man asked. To the surprise of the boss, the small voice whispered, "No." Wanting to talk with an adult, the boss asked, "Is your Mommy there?" "Yes", came the answer. "May I talk with her?" Again the small voice whispered, "no". Knowing that it was not likely that a young child would be left home alone, the boss decided he would just leave a message with the person who should be there watching over the child. "Is there any one there besides you?" the boss asked the child. "Yes" whispered the child, "a policeman". Wondering what a cop would be doing at his employee's home, the boss asked, "May I speak with the policeman?" "No, he's busy", whispered the child. "Busy doing what?", asked the boss. "Talking to Daddy and Mommy and the Fireman", came the whispered answer. Growing concerned and even worried as he heard what sounded like a helicopter through the ear piece on the phone the boss asked, "What is that noise?" "A hello-copper", answered the whispering voice. "What is going on there?", asked the boss, now alarmed. In an awed whispering voice the child answered, "The search team just landed the hello-copper". Alarmed, concerned and more than just a little frustrated the boss asked, "What are they searching for"? Still whispering, the young voice replied along with a muffled giggle: "Me"

I looked around the restaurant. There were five tables, counting mine, within sight. At every table (my table was the exception), there was at least one person on a mobile phone. I thought as I surveyed the scene, "Is this what we've come to? Permanently tethered to an invisible electronic line? Are we so caught up that we can't even eat without being involved with some electronic device?" What a shame. What have we succumbed to? Are we becoming like the Star Trek Borg creatures? Creatures who cannot exist without being electronically tied into the collective? I was so disturbed by the thought that I just refused to witness it further. Someone has to take a stand! So I closed up my laptop computer and walked out.



A Banana A Day

After reading this you'll never look at a banana in the same way again! Bananas contain three natural sugars: sucrose, fructose and glucose combined with fibre. A banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes. But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

Depression: According to a recent survey undertaken by MIND, amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, which is known to make you relax, improve your mood and generally make you feel happier.

PMS: Eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

Anaemia: High in iron, bananas can stimulate the production of haemoglobin in the blood and so helps in cases of anaemia.

Blood Pressure: This unique tropical fruit is extremely high in potassium yet low in salt, making it the perfect way to beat blood pressure. So much so, the US Food and Drug Administration have allowed the banana industry to make official claims for the fruit's ability to reduce the risk of high blood pressure and stroke.

Brain Power: 200 students at a Twickenham (Middlesex) school were helped through their exams this year by eating bananas at breakfast, break and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

Constipation: High in fibre, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Hangovers: One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach; and with the help of the honey, builds up depleted blood sugar levels while the milk soothes and re-hydrates your system.

Heartburn: Bananas have a natural antacid effect in the body so if you suffer from heartburn, try eating a banana for soothing relief.

Morning Sickness: Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

Mosquito bites: Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

Overweight and at work? Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and chips. Looking at 5,000 hospital patients, researchers found that the most obese were more likely to be in high-pressure jobs. The report concluded that to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

Ulcers: The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

Temperature control: Many other cultures see bananas as a "cooling" fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

Seasonal Affective Disorder (SAD): Bananas can help SAD sufferers because they contain the natural mood enhancer tryptophan.

Smoking: Bananas can also help people trying to give up smoking. The B6 and B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

Stress: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

Strokes: According to research in "The New England Journal of Medicine," eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

A banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrates, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around. Maybe it's time to change that well-known phrase, "A banana a day keeps the doctor away!"

Editors Last Word

Those we love don't go away, they walk beside us every day. Unseen, unheard, but always near, still loved, still missed and very dear.





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