

RETIREE NEWS

A Biannual Publication for Retirees of all Chevron UK Companies



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Editor's Chat

What a start to this edition! Action with the RAF, the Oilfield West of Shetland and a travelogue on an Antarctic expedition. I feel as though I am there when I read these. Many thanks for the stories. I dip in and out of Retiree News from one issue to the next in preparation for putting it all together and today, 23 January, we woke up not only to frost but snow! Brrrr! It had all gone by early afternoon and in the evening, we had a most spectacular red sunset. If only this was in colour, the pictures would have been good to see. I do hope you have all managed to stay dry from the constant rain in autumn and warm from the cold snaps. Now we are into spring and moving into summer, except today, 9 March we have once again started the day with snow and it is very cold. I wonder if we will have heat waves like we did last year, who knows – what will be will be!

I used to get details of 80, 90 birthdays and Golden or Platinum wedding anniversaries from the retirees involved with the now defunct LCP programme. If you would like details of your anniversary or birthday to appear in any edition, please contact me with full information i.e. date of birthday and town where you live, details of wedding anniversaries including date, how celebrated plus retiree last company where you worked, i.e. Texaco, Chevron etc., and towns where you now live. There is always room to include these details and share it with others through Retiree News. It is, after all, written for all retirees!

Swift Exit

Peter Franklin

I was working on the Gloster Meteor Fighters of 74 Squadron at RAF Horsham St Faiths when I noticed our Senior Chief Technician (Chiefy) doing his rounds with the inevitable clipboard and looking more intensely than usual at various personnel including myself. "My office," he said. "What on earth have I done?" raced through my mind. "Sit down". "Yes Chief". He opened with questions as to why I wasn't on flying training having passed all the aircrew exams and medical - too long a story to bore you with here. More questions followed and then a warning that from then on, the conversation and any ensuing events were in strict confidence. He then told me to prepare for a short "overseas" trip and to discuss this conversation with no one but himself or the C/O. Any breach of this order would be dealt with as an offense under the Official Secrets Act - so something serious then.

A small detachment of us made up of at least one man of every trade and our NCOs boarded a Hastings transport plane together with our C/O and half a dozen or so pilots with no idea of where we were going. The C/O told us (shouted to us at the top of his voice) that all would be revealed when we landed at RAF Aldergrove now Belfast Airport in Northern Ireland.

Although deafened by the noise from four radial piston engines, the C/O conducted a briefing meeting reminding us that under the Official Secrets Act, what would transpire was to be kept to ourselves and discussed with no one but himself and that included other members of the party. No one had any idea what we going to do but the inclusion of the pilots was significant.

After disembarking at Aldergrove we settled into our billets and then had our evening meal together;



very unusual. We were loaded into Land Rovers and set off into the night. In the dim light of the shrouded headlights, I thought I could make out trees and some tall thin structures. We stopped and were ordered to be quiet and form a line alongside the Land Rovers. Next, an order was to have our ID cards (F1250) out ready for inspection, keep quiet and stand still. In the dark, someone dropped his F1250, cursed and bent down to try to find it. "Stand Still" a voice roared out from a PA loudspeaker. Too late, the movement must have triggered some sort of security device and we were blasted with a wall of ferocious light that seared our eyeballs. Pandemonium ensued, the air turned blue as curses and expletives rang out and somebody yelled in agony. As our eyes were wide open in the dark it really felt like we had been hit in the face. Mercifully the arc lights were dimmed and as the red holes in our vision slowly started to fade our surroundings became clear.

We were surrounded by service personnel. A contingent of RAF Police with their dogs, which were now barking furiously and what seemed like half the RAF Regiment, some of whom were armed. Realisation dawned, we were in IRA territory, hence all the security. We were in a wood, the tall structures were the arc-lamp poles and in the background, I could see the outlines of some type of J hangars. These looked like huge Nissen huts with the typical curved roof but were not as solid and spacious as the type C hangars at Horsham.

When order was restored, we were formed up and led to the personnel entry hangar doors which after more security checks opened to reveal a very busy and brightly lit scene. The place was packed tight with very sleek-looking aircraft gleaming in a very attractive light blue finish reminiscent of PR Spitfires. These, I realised, were Supermarine Swifts rivals of the Hawker Hunter for the RAF Fast Jet Interceptor Role. There were technicians swarming all over them. Supermarine crew looking like test pilots in

white overalls with SUPERMARINE emblazoned in brilliant blue letters across their shoulders. RAF crew were wearing indestructible denims in a somewhat indescribable greeny/brown colour.

We were called forward by trades and shown the relevant equipment by either RAF or Supermarine crews. We were delighted at the prospect of our ageing Meteors being replaced by these state-of-the-art aircraft but had to keep our thoughts to ourselves. Any conversation had to be restricted to technical questions only

We were in the NAAFI one evening having a few pints when an unfamiliar face appeared. He made his way over to our table and asked if he could join us to which we readily agreed. After some small talk, he asked what we thought of our little trip the other night. "Bit of a surprise" one of our crew replied. Before he could say any more, I kicked his shins under the table and looking as innocent as I could I replied "What trip"? "You know that excursion to those hangars in the woods" he said. "What hangars"? I replied. By now my colleagues had cottoned on and our visitor realised we all knew what he was up to. He looked at me and said "Well done" He then told us he was a security officer and he was testing our ability to keep secret what we had experienced

Unfortunately, the Swift had many problems and only a few RAF squadrons were equipped with it before the contract was cancelled. The Hawker Hunter became the mainstay interceptor of RAF Fighter Command including 74 Squadron.

West of Shetland Oilfield Rosebank

Alan Jones

Rosebank is an oil and gas field 130 kilometers off the coast of Shetland and in a water depth of 3,600 feet, close to the border with the Faroes Islands. The



field was discovered by Chevron in 2004 in blocks 213/26 and 213/27. The partners at that time were Chevron, OMV and Dong. It was a certain Jim Hart who named the field Rosebank after his love of the Scottish malt whisky distilleries, Rosebank distillery is located in Falkirk.

In 2012, the partnership entered into the Front-End Engineering and Design (FEED) phase, to include a Floating Production, Storage and Offloading (FPSO) facility.

In 2013, Hyundai Heavy Industries was awarded a staged contract for the design verification, detailed design and full Engineering Procurement and Construction (EPC) for the FPSO. However, this was all put on hold and in 2019 the partnership sold out to Equinor, Suncor and Ithaca. Chevron had made the strategic decision to move its operated assets to the North Sea area and sold the assets to Ithaca. At the time of writing Equinor are in negotiations to buy Suncor for US\$ 1.5 Billion leaving Equinor as the operator and Ithaca as a partner.

In early January 2023, Equinor awarded the contract to Alterra who in turn awarded the contract for the FPSO to Aker Solutions to redevelop the Petrojarl Knorr FPSO. This work will be carried out at Drydock World-Dubai. Currently, the Petrojarl Knorr is in Norway and will be towed to Dubai during the second half of 2023. By redeveloping the Petrojarl Knorr FPSO rather than building a new vessel, it is estimated to avoid 250,000 tonnes of CO₂. The refurbished FPSO will have a life expectancy of 25 years without having to drydock.

The cost of the Rosebank development is estimated at US\$ 5 Billion with further operating costs of US\$ 4.4 Billion. The Rosebank Field has estimated reserves of 300 million barrels of oil equivalent. Equinor has a firm license contract for nine years with the option to extend it to 25 years.

Antarctica & Iguazu Falls – February 2015

Anthony Brearton

Great travel article Anthony and as it is very long, I will run this over this and the November issue.

Keep them coming. Ed!

A casual remark over a coffee led to a life-changing adventure! At the time I was living on Professionals in Riyadh and my Wife was the manager of a biochemistry department in the National Guard Hospital. We had made a great set of lovely friends and it was with some of these that we were having coffee. One particular friend of mine, with whom I was to make many more trips, was Paul; a Kiwi from Napier, New Zealand North Island. We thought that a trip to the Antarctic sounded great, especially as we would be crossing the Antarctic Circle at some point! We sat and looked at the trip online, what it offered and where it was going! Oh yes, and the cost! Not cheap but what the hell, a trip of a lifetime. Going through the trip we saw an offer to break up the return leg by staying in Buenos Aires or taking a break at the Iguazu Falls which borders Brazil, Argentina with a backdrop of Paraguay! This was a must-do! We booked the whole expedition and the excitement began to mount.

To join the expedition, we had to fly from Riyadh to Heathrow (7 hrs/3100 miles), then Heathrow to Buenos Aires (14 hrs/6900 miles), overnighted, then flew down to one of the most picturesque cities I've ever seen, Ushuaia (4 hrs/1500 miles). This is the southernmost city in the world! It is the capital of the Argentine Province of Tierra del Fuego. The city lies on the shores of the Beagle Channel under the protection of the Martial Mountain range, an outpost of the Andes. The views on flying in are stunning with the channel and the snow-capped mountains plus the city and the wildlife around here are worth



mentioning. Penguins, albatrosses, condors, eagles, foxes, dolphins, whales, seals and sea lions! A point of specific interest to me was that on approach to Ushuaia we flew over Uruguay and passed over the River Plate made famous as the place where the German pocket battleship Graf Spee was scuttled in December 1939. It was of interest to me because my Father took me to see the famous film in 1957! After settling in and meeting the expedition leaders we were in need of a good sleep. This we had and the next morning we were shuttled to what was to be our floating home for the duration of the expedition.

MV Sea Adventurer was a fortified ship of 4376 tonnes, 101m length, 17m beam, 4.8m draught, 6 decks and two Rolls Royce Diesel engines producing 5400 HP giving a cruising speed of 12 knots. Accommodation for 128 passengers and staff was available. As it was an expedition, not a cruise, some passengers had to share a cabin with strangers, my friend Paul and I were fortunate in that because we booked early, we were upgraded to what used to be the Captain's Cabin on the top deck! We even had a bath, not that we were ever able to take advantage of it! Although the sea in Beagle Channel was calm when we tied up alongside, we were in for a surprise when we departed for the open sea and Drake's Passage! The Beagle Channel is at the extreme south of the South American Continent where the waters of the South Atlantic and Pacific Ocean meet. It is approximately 175 miles long and 3 to 8 miles wide and is the natural boundary between Argentina and Chile. We set off for the trip down the channel to reach the open sea of Drake's Passage and the trip to Antarctica; the Drake Passage separated South America from Antarctica. From Cape Horn to the South Shetland Islands, it connects the waters of the Pacific Ocean in the west to the South Atlantic Ocean in the East. It is approximately 500 miles wide and is the shortest crossing from Antarctica to the other continents. The waters of the passage are known as being the roughest in the world! Waves frequently reach heights of 33 feet.

The ship is very comfortable and there are endless cups of coffee available 24 hrs a day. The food is brilliant and the restaurant staff are really helpful! Apart from these people, there are 25 behind-the-scenes staff making sure that everything is running smoothly. As we were to find out we were not due to spend too much time on board, rather we were loaded onto zodiacs to go whale watching or be transported to land. These boats were maintained in tip-top shape by unsean hands! We also had dedicated Expedition staff. The Leader was the one who, along with the captain, made sure it was safe for us to go where we went. He also gave an alarm call in the morning to get us moving. He also seemed to be awake and alert at all times so that he could shout to us when something interesting was visible! Alongside him, we had two Marine Biologists, a Geologist and a famous Antarctic/Arctic explorer called Laurie Dexter (<https://lauriedexter1.academia.edu>), and an Ornithologist. Throughout the trip these guys kept us regaled with stories and lectures during downtime and before the bars opened!

Day one was spent clearing the Beagle Channel with only a few Petrels to see. Overnight we made it out into the Drake and conditions changed, for some people, not for the better! The swell was around 20 feet and Mal de Mer hit some of the group. Luckily I had developed my sea legs and was fine, in fact, the rocking helped me to sleep until we were awoken at 0300 to get up and see the first iceberg of our trip! During our wash-up session in the afternoon, we were called to the deck to see our first ocean-dwelling wildlife, a pod of Orca. These can grow to around 30 ft and weigh 6 tonnes. The ones we saw were a family group and the matriarchs were teaching the young how to catch penguins. Sad but interesting to see! We were also treated to a display of them making mock attacks on a pair of Fin Whales, the second largest animal on the planet behind the Blue Whale. The Fin Whale can reach 88ft and weigh 130 tonnes. The Orca were not really attacking, just



being playful! The Orca family stayed with us for about an hour before diving and leaving us. After dinner, we were given a talk by Laurie and watched a film about the travels of Ernest Shackleton. Following the film, we were given a talk about our first zodiac excursion for the following day. 64° 44'south, 62° 37' west. We steamed through Dallman Bay and anchored up at Cuverville Island after travelling down the Gerlache Strait.

The icebergs were spectacular and we were treated to a display of surface-hopping Gentoo Penguins. These are 24–30 inches tall and weigh in at 12–14lb. They have a red beak and a characteristic white eye patch above the eyes. In the water around the island, we were fortunate enough to see a hunting Leopard Seal these grow to about 11 ft and weigh 1.3 tonnes. They are ferocious hunters and have very big teeth and a jaw that can hinge! We saw this one catch a Gentoo and take it under the water to drown it before it became dinner!



Leopard Seal and Adelie Penguins

A happier sight was when 6 Humpback Whales came alongside us, dwarfing our zodiac and drenching us with their spouts! These grow to 57 ft and weigh 40 tonnes. They are very inquisitive and came right up to our zodiacs. They would lift their heads from the water and look at us with their huge eyes. It was impossible not to see the intelligence behind their gaze. They stayed with us for 20 minutes before diving, probably in search of krill! Around the shore was a colony of Antarctic Fur Seals, just relaxing on the rocks. At this time, around 1000 Gentoos were heading for the shore and roost. A lovely sight made better by a few Wilson's Petrel performing acrobatics. Time then to head back to the ship for a shower and dinner.

The next day we landed at Port Lockroy, 64° 49'south, 63° 30' west, a site made famous by a television program, The Penguin Post Office! To reach Port Lockroy we first steamed toward Wienecke Island, our first landing was at Damoy Point on an old granite quay. This was fun because the waves were around 8 ft high! Timing was essential; luckily we had no mishaps! From the quay we hiked inland for around 30 minutes, taking care not to inconvenience the Gentoo and Chinstrap penguin colonies. They walk on set paths and these are termed Penguin Highways. Penguins always have the right of way! We reached our destination which was an abandoned Research Station. Here we were treated to the unusual sight of a penguin chasing an Arctic Skua. In the normal run of things, the skua, with its large beak and 50-inch wingspan, would attack and eat the penguin. This time the penguin fought back and drove off the skua which flew off seeking easier prey! After waving goodbye to an estimated 10,000 penguins, we returned to the ship and set off for Port Lockroy on Guidier Island. Port Lockroy was originally home to Britain's World War 2 secret naval operation 'Tabarin'. It is now a living museum operated by the UK Antarctic Heritage Trust. They run the only gift shop in Antarctica and have a great selection of



memorabilia for sale. It is also the southernmost British Post Office where you can have a postcard stamped and franked ready for collection. The post is often delayed but most will get through in time! Back to the ship and time to head down Lemaire Channel, also known as Kodak Alley! The photo opportunities are spectacular and endless where we were treated to the rare sight of two Minke Whales breaching! Minke Whales are 35 ft and weigh 9 tonnes and only rarely are seen to breach, or leap out of the water! It was great to see this happening! The weather was getting cold and the wind was rising to increase the chill factor. It was a joy to hear an announcement on the tannoy that hot chocolate was available on both sides of the observation deck; it was even more joyous when the hot chocolate was doctored by the addition of large measures of Baileys! This certainly helped to keep the cold out!

Time to head off once more. We were told that our position in Lemaire was the furthest south that any expedition ship had been that season. We sailed on past Port Charcot on Booth Island, named after Jean-Batiste Charcot, a famous explorer, getting ever closer to the Antarctic Circle and the promised protocols and rituals had to be observed! 0730 on the 13 Feb 2015 and we were heading south through spectacular icefields for our Crossing of the Antarctic Circle. 14 miles to go. At 0850 we are at 66° 33' 39' South. We have reached the Antarctic Circle! The deck has been cleared of snow and ice, the sun is shining and the sea is calm. Perhaps this was due to the presence of our esteemed guests! Poseidon (Neptune) has appeared on board complete with a trident and an entourage of various denizens of the deep. We have invaded his territory and fealty is demanded! This takes the form of each passenger kneeling in front of Poseidon, head bowed. While in this position our heads were anointed with freezing cold water straight from the ocean, we had a Mark of Poseidon put on our forehead – the mark was runny Gentoo Poo – then we had to Kiss the Krill all whilst

being flogged gently with wet seaweed! The whole thing was made even more fun by being asked to down a rather large tot of ice-cold Absolut Vodka! An unforgettable experience. The strange thing was though that Poseidon sounded very much like Laurie Dexter! One word about Krill, this is an organism from the zooplankton. It's a small shrimp-like crustacean between 1 and 3 inches long. These are perhaps the most important organisms of the zooplankton. They are the primary source of food for many Antarctic species and they make up an estimated biomass of over 500 million tonnes! A Humpback Whale will eat an estimated 4.5 to 5.5 tons of krill, small fish and plankton per day!

We had to manoeuvre around an iceberg of epic proportions on our way further south. From the radar, we could tell that this berg was 1500m long and 450m above water! It had its own attendant wildlife. There were Crabeater Seals, 8' and 500 lbs, Fur Seals, Gentoo and Adelie Penguins, plus we were visited by both humpback and minke whales! We anchored up in Crystal Sound for an entertaining zodiac expedition with humpbacks keeping us company! Next was time to head around the top of Adelaide Island and back into the Southern Ocean and down the length of Adelaide. The weather was getting interesting with 20' waves lashing us but we persevered with our southward trek overnight! The ship was anchored in Marguerite Bay when we awoke. A proposed landing on Avian Island was discussed and agreed upon. This turned out to be a very fortuitous decision for later in the expedition! On the mainland of Adelaide Island, across the Crosse Passage from Avian Island was an old Chilean Research Station called Teniente Caravajal. The Expedition leader had tried to raise the Chilean soldiers stationed there but had no success. As we all had lunch he, with a couple of other linguistically gifted team members, took a zodiac across to see what was what. It turned out that the Chileans had run out of radio batteries, fuel for the generators,



fresh fruit and were low on provisions! We were granted permission to land and look around and were made very welcome! In return, we gave them a goodly supply of food, battery packs, cigarettes and invited them to dine with us aboard the Sea Adventurer that evening! A great time was had by all. As we were eating, the crew began putting up steel shutters on the windows and preparing for bad weather. Thankfully the Chilean delegation had been safely returned home by then. We had a sudden weather change and winds of between 40 and 60 knots began hitting us and there were gusts up to 90 knots. Waves were crashing as high as the top deck above the bridge. Evening promenades were banned and all were asked to stay indoors. I was fortunate enough to be on the top deck with my GoPro camera and managed to film a wave that crashed over the bow and over me. Thank heavens for waterproofs!

We managed to get around 70 miles inside the Antarctic Circle and headed for Horseshoe Island. If possible, we would make landfall on the actual Antarctic Peninsula. Located in Bourgeois Fjord in the spectacular Marguerite Bay, Horseshoe Island is home to British Antarctic Survey 'Base Y'. This base conducted studies in geology and meteorology as well as surveying the surrounding area for future explorers during its operating period of 1955-60, after which it was abandoned. Restoration work by BAS personnel was done in 1995 making the site suitable for visitation, providing a time capsule to early base living conditions complete with bunks, an emergency store, a balloon shed and dog pens. On our journey to the island, we encountered Elephant Seals. These are 17ft long and weigh 3.5 tons. We also saw Fur seals, Adelie Penguins (named after the wife of Charcot), Antarctic Shags, Antarctic Fulmar, Storm Petrels, Kelp Gulls and Blue-eyed cormorants. We have reached the furthest south than any other expedition ship this season and now it is time to head back north.

End of Part One, to be continued in November issue.

Annual Lunch

Sue Pesch

Rod and I attended an excellent Retiree lunch on 19 October last year at the RAF Club in Piccadilly.

It was well supported with over sixty Texaco colleagues enjoying meeting up with fellow friends and capturing memories from the past. I was amazed by the distances that many of them had travelled to get to the lunch - from Belgium, Newcastle, Cornwall, Wales, Shropshire and Hampshire. We had a new retiree join us who remembered the Editor of Retiree News. She was Gill Hill who worked on the 7th floor with Ethel Keevil, Wendy (her surname escapes me) Gill Gates and Terry Perry.



Photos courtesy of Colin Bayliss.



The overwhelming response from everyone was to host it again in 2023, so Rod will once again be busy organising the event (with a little help from me). This year it will be held on 20 October, again at the RAF Club in Piccadilly.

To learn more about this year's lunch, contact Rod Pesch on rodpesch@aol.com

My Prostate Story

Phil Arnold

Following Dave Dodd's article in November, I thought that I would share my own experience of a prostate cancer diagnosis and treatment.

Almost five years ago now, I decided to book a health screening via my private medical insurance cover with WPA (I happen to have worked for them as a Healthcare Partner since I left Chevron in 2008) which flagged a raised but not significantly high PSA reading. This was reported back to my GP who, in the knowledge that my father had died from prostate cancer age 79, suggested that I have a biopsy at the local NHS hospital in Taunton.

I have to admit to being very surprised and shocked to be told that there were early signs of cancer but that this was treatable and that a single brachytherapy procedure in hospital should be sufficient. I was very fortunate to be looked after by one of the leading brachytherapy consultants based in the Nuffield Hospital in Guildford. Every six months for the past five years my PSA has been monitored and like Dave, I can report that the reading is now very low. My final assessment is due in March.

My message is simple. Be proactive and insist on a PSA test at your GP Surgery or if necessary, pay for it privately. It could be the best decision you make.

Hopefully your assessment in March showed you clear of cancer. Ed!

Strokes - Do Heed this Article!

There are four indications to show the onset of a stroke which are covered by the word **FAST**.

Face – the face may have dropped on one side; the person may not be able to smile or their mouth or eye may have dropped.

Arms – the person may not be able to lift both arms and keep them there because of weakness or numbness in one arm.

Speech – their speech may be slurred or garbled, or the person may not be able to talk at all despite appearing to be awake; they may also have problems understanding what you are saying to them.

Time – it's time to dial 999 immediately if you notice any of these signs or symptoms.

There is another sign of a stroke and this is the tongue. Ask the person to stick out their tongue. If it is crooked or goes to one side, this is also an indication of a stroke. Unfortunately, the lack of awareness spells disaster when people nearby fail to recognise the symptoms of a stroke; the stroke victim may suffer severe brain damage. Some don't die, instead, they end up in a helpless, hopeless condition.

Scenario: During a barbecue, a woman (Jane) stumbled and took a little fall, she assured everyone that she was fine. They offered to call paramedics, but she said she had just tripped over a brick because of her new shoes. They got her cleaned up and provided her with a new plate of food. While she appeared to be a bit shaken up, she went about enjoying herself for the rest of the evening.

Jane's husband called later to say that his wife had been taken to the hospital at 6.00 pm and had passed away after suffering a stroke at the barbecue. Had they known how to identify the signs of a stroke, perhaps Jane would be with us today.



A neurologist says that if he can get to a stroke victim within three hours, he can reverse the effects of a stroke TOTALLY. He said the trick was getting a stroke recognized, diagnosed and then getting the patient medically cared for within three hours, which is tough.

My Love of Gardening – Part 1

June McCullough

From words I have produced in past Retiree News, many of you may have picked up the fact that I love gardening. Having had a sort out of books that we no longer need, I came across one I have read several times before and which I have enjoyed again. It is called 'The Joy of Gardening' by Eileen Campbell and it has some wonderful snippets from many sources. The book is split into Spring, Summer, Autumn and Winter. I would like to share some of the Spring and Summer items and will handle Autumn and Winter in the November issue.

Spring

Winter gives way to spring gradually, but the signs of growth are clearly visible and fill us with hope and optimism. As the days lengthen, sunshine and rain encourage a gentle greening of the vegetation. Arctic winds may still surprise us, frost can occasionally make a visitation and low cloud temporarily hide the sun, but those dark cold days of winter, which seemed so endless, are finally over.

Eileen Campbell

The lesson I have thoroughly learnt and wish to pass on to others is to know the enduring happiness that the love of a garden gives. The love of gardening is a seed that once sown never dies, but always grows and grows to an enduring and ever-increasing source of happiness.

Gertrude Jekyll. Wood and Garden 1899.

There is no spot of ground, however arid, bare or ugly, that cannot be tamed into such a state as may give an impression of beauty and delight. It cannot always be done easily; many things worth doing are not done easily; but there is no place under natural conditions that cannot be graced with the adornment of suitable vegetation.

Gertrude Jekyll. Home and Garden 1900.

(Gertrude Jekyll was a lady of supreme knowledge. I have a rose named after her and the perfume is wonderful. Ed.)

Don't underestimate the therapeutic value of gardening. It's the one area we can all use our nascent creative talents to make a truly satisfying work of art. Every individual, with thought, patience and a large portion of help from nature, has it in them to create their own private paradise, truly a thing of beauty and a joy forever.

Geoff Hamilton, Paradise Gardens 1997

A garden really lives only in so far as it is an expression of faith, the embodiment of hope and a song of praise.

Russell Page. The Education of a gardener 1962.

A really long day of weeding is a restful experience and quite changes the current of thought. For some people, it is more efficient that a rest cure.

Anna Lee Merrit. An Artist's Garden 1908.

Summer

As spring glides seamlessly into summer, gardens put on a dizzying spurt of growth and it's a joy to spend more time outside once again revelling in the warmth of the sun. We marvel at early summer's beneficence, admiring the jew-like brilliance of Iris and Peony, or the old fashioned cottage garden flowers like Canterbury Bells and Sweet Williams and inhale the sweet scents of Lilac, Honeysuckle and Philadelphus, as well as freshly mown grass.

Eileen Campbell



What grows in a garden is not just plants, but the human spirit as well.

Matthew Fox, twentieth century.

Often I hear people say 'How do you make your plants flourish like this?' as they admire the little flower patch I cultivate in summer. 'I can never make my plants blossom like this! What is your secret?' I answer with one word, 'Love'.

Celia Thaxter. *An Island Garden* 1894. (I quite agree. Ed!)

If you take a flower in your hand and really look at it, it's your world for the moment.

Georgia O'Keefe

Here are flowers for you; hot Lavender, mints, marjoram. The Marigold that goes to bed with the sun and with him rises weeping.

William Shakespeare. *The Winter's Tale*.

Paraprosdokians

The first time I heard about Paraprosdokians, I liked them. Paraprosdokians are figures of speech in which the latter part of a sentence or phrase is surprising or unexpected and is frequently humorous. (Winston Churchill loved them.)

1. Where there's a will, I want to be in it.
2. The last thing I want to do is hurt you, but it's still on my list.
3. Since light travels faster than sound, some people appear bright until you hear them speak.
4. If I agreed with you, we'd both be wrong.
5. We never really grow up; we only learn how to act in public.
6. War does not determine who is right, only who is left.

7. Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
8. To steal ideas from one person is plagiarism. To steal from many is research.
9. I didn't say it was your fault, I said I was blaming you.
10. You do not need a parachute to skydive. You only need a parachute to skydive twice.
11. I used to be indecisive, but now I'm not so sure.
12. To be sure of hitting the target, shoot first and call whatever you hit the target.
13. Going to church doesn't make you a Christian, any more than standing in a garage makes you a car.
14. You're never too old to learn something stupid.
15. I'm supposed to respect my elders, but it's getting harder and harder for me to find one now.

Spread the Laughter,

Share the Cheer!

QUIZ ???

Answers to the quiz in the November 2022 issue of Retiree News were:

1 Teddy Bears, **2** Aida, **3** Haemoglobin, **4** Pokemon Go, **5** Dolphin, **6** Elephants, **7** Monkey Puzzle, **8** Tug of War, **9** New Zealand, **10** Elizabeth II, **11** Bob Dylan, **12** Belle, **13** Clay or Silica, **14** Stalactite, **15** Feathers, **16** Hard, **17** Emma Willis, **18** Adagio, **19** Alfred, **20** Rehminbi or Yuan.

The winners were:

Tony Brearton, Cyprus. Paul Culliford, Pontyclun. Dave Dobbs, Grimsby.

Thanks to all who 'had a go'. Ed!



Be a 'Buzzy Bee' and have a go at this quiz:

1. Aside from the queen, what are the two types of bee found in a colony?
2. If you see a small 'volcano' of excavated earth in your lawn, which type of bee might be responsible?
3. On what would a bee larva need to feed in order to become a queen bee?
4. What is the best way to remove a bee sting?
5. Which J K Rowling character has a name that means 'bumblebee' in Old English?
6. Which group of pesticides is thought to be responsible for the recent decline in bee populations?
7. How many eyes does a bee have?
8. True or false? Bees are the only insects that produce food for human consumption.
9. What is the purpose of a bee's 'waggle dance'?
10. How many eggs can a queen bee lay in a day?
a) More than 5,000 b) 50-60 c) 1,500 – 2,500
d) Around 400
11. Do bees have knees?
12. Male bees can be produced through parthenogenesis. What does this term mean?
13. What is the name given to wine made with fermented honey?
14. What is propolis and for what purpose do bees use it?
15. Why does a bee have two stomachs?
16. If you plant lambs' ears or other downy-leafed plants in your garden, which bee are you likely to attract?
17. Which bees are responsible for the majority of pollination in the UK – bumblebees, honey bees or solitary bees?
18. What causes the familiar buzzing sound of bees?
19. True or false. Bees don't sleep.
20. What is the active compound in bee venom, which causes the burning pain of a sting?

Answers please to the Editor, (details at foot of Retiree News) to be received by 15 July 2023 by email or post. Editors' decision is final.
PLEASE INCLUDE YOUR ADDRESS!!

80 Birthday

Hazel Robinson (T), Somerset

90 Birthdays

Dave Davies (C), Macclesfield

Joan Manning (T), Hampshire

Golden Wedding Anniversary

Jeff and Linda Hier celebrated their Golden Wedding on 26 August 2022. Jeff started on the Texaco Refinery in Pembroke in 1974 and worked for both Texaco and then Chevron until his retirement in 2010. He worked in both Maintenance and Operations Departments.

A Carrot, an Egg and a Cup of Coffee

{A folklore tale of wisdom}

A young woman went to her mother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling. It seemed as one problem was solved,



a new one arose. Her mother took her to the kitchen. She filled three pots with water and placed each on a high fire. Soon the pots came to boil. In the first she placed carrots, in the second she placed eggs, and in the last she placed ground coffee beans. She let them sit and boil; without saying a word. In about twenty minutes she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee out and placed it in a bowl. Turning to her daughter, she asked, "Tell me what you see." "Carrots, eggs, and coffee," she replied.

Her mother brought her closer and asked her to feel the carrots. She did and noted that they were soft. The mother then asked the daughter to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, the mother asked the daughter to sip the coffee. The daughter smiled as she tasted its rich aroma. The daughter then asked, "What does it mean, mother?" Her mother explained that each of these objects had faced the same adversity: boiling water. Each reacted differently. The carrot went in strong, hard, and unrelenting. However, after being subjected to boiling water, it softened and became weak. The egg had been fragile. Its thin outer shell had protected its liquid interior, but after sitting through the boiling water, its inside became hardened. The ground coffee beans were unique, however. After they were in the boiling water, they changed the water. "Which are you?" she asked her daughter. "When adversity knocks on your door, how do you respond? Are you a carrot, an egg or a coffee bean?"

Think of this: Which am I? Am I the carrot that seems strong, but with pain and adversity do I wilt and become soft and lose my strength? Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit, but after a death, a breakup, a financial hardship or some other trial, have I become hardened and stiff? Does my shell look the

same, but on the inside am I bitter and tough with a stiff spirit and hardened heart? Or am I like the coffee bean? The bean actually changes the hot water, the very circumstance that brings the pain. When the water gets hot, it releases the fragrance and flavour. If you are like the bean, when things are at their worst, you get better and change the situation around you. When the hour is the darkest and trials are their greatest, do you elevate yourself to another level? How do you handle adversity? Are you a carrot, an egg or a coffee bean?

May you have enough happiness to make you sweet, enough trials to make you strong, enough sorrow to keep you human and enough hope to make you happy. The happiest of people don't necessarily have the best of everything; they just make the most of everything that comes along their way; the brightest future will always be based on a forgotten past; you can't go forward in life until you let go of your past failures and heartaches. When you were born, you were crying and everyone around you was smiling. Live your life so at the end, you're the one who is smiling and everyone around you is crying.

Poetry Corner

Give Away

Anonymous

When we give away a flower, its fragrance
stays behind

Like a special little 'thank you' for doing
something kind

When we give away a pleasant word to cheer
someone's distress

The glow of it remains with us to bring us happiness.

When we give a loving smile to lighten
someone's heart

Our own is always lightened by the love that
we impart



In fact the sweetest things of all that bring
us joy each day

Are not the ones we try to keep, but those
we give away.

Committees

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 for us
to bring our committee to an end like this ditty,
which stops with a period — thus.



Time for a Chuckle

Two little boys stole a big bag of apples from their
neighbour. They decided to go to a quiet place to
share the lot equally. One of them suggested the local
cemetery. As they were jumping over the gate two
apples fell out of the big bag but they didn't bother
to pick them up since they had enough in the bag.

A few minutes later, a drunk, on his way home from
the bar, passed near the cemetery gate and heard a
voice saying: "one for me, one for you, one for me,

one for you", He immediately sobered up and ran as
fast as he could to the church nearby for the priest.
"Father, please come with me. Come and witness
God & Satan sharing corpses in the cemetery."

They both ran back to the cemetery gate and the
voice continued: "one for me, one for you, one for me,
one for you" Suddenly the voice stopped counting and
said: "What about the two at the gate?"

Be careful when you follow the 'masses'.
Sometimes the 'm' is silent!

Saw a roadside sign on entering the safari park
yesterday. It said, "ELEPHANTS. PLEASE STAY IN
YOUR CARS.' I didn't even know they could read,
let alone drive!

Our Bodies are Amazing

Sometimes you may feel like your body is beginning
to creak and fail you on the outside, but do you ever
stop to consider the incredible work that is taking
place inside of it? There is so much going on and
everything fits together so well it's almost impossible
to comprehend it. The following will remind you that
there are miracles going on inside your body every
single day.

Your heart pumps 2000 gallons (7571 litres) of blood
through its chambers every day. It beats more than
100,000 times a day to achieve this incredible feat.

You take about 17,000 breaths a day on average and
you don't have to think about a single one of them.

Yet if you want to temporarily stop breathing, you can
voluntarily hold your breath. A typical pair of adults'
lungs can hold a huge six litres of air.

Your brain doesn't stop working. It is estimated
that about 50,000 thoughts pass through it each
day on average. That is a whopping 35-48 thoughts
a minute.



The cells in your stomach lining produce an alkaline substance every few milliseconds to neutralise stomach acids. If they didn't do this your stomach would digest itself because some of the acids are strong enough to melt metals.

You blink about 28,800 times a day with each one lasting a tenth of a second. This is a voluntary reflex to keep the eyes clean and moist, which is pretty crucial; 90% of the information you process is visual and you can way up any visual scene in 0.01 seconds.

Most of the body's energy is expelled by heat. Your body produces the same heat as a 25-watt bulb every day.

Red blood cells literally shoot around the body taking less than 60 seconds to complete a full circuit. This means that yours makes 1440 trips around your body every day delivering oxygen and keeping your body energized. Each cell lives for about 40 days before being replaced by a younger model.

You shed more than a million skin cells every day but they are constantly replenished automatically to save you from becoming rather exposed. Your skin is an organ being the largest we have with a surface area of 18 square feet (2 square metres).

Your hair grows about half a millimetre a day and the average adult has around 100,000 hairs on their head. So that's a combined 50 metres of hair growth a day

The brain and mouth work together to allow us to speak up to 5,000 words a day.

Your liver is so busy every day it is almost impossible to summarise its activities. It manufactures cholesterol, Vitamin D and blood plasma. It identifies the nutrients your body needs and stores some away for future use. It filters 1.53 quarts (1.43 litres) of blood every minute and produces a quart of bile

every day to help you break down your food. Basically, you have a factory plant running inside you which is pretty amazing.

The glands in your mouth produce an incredible 1.5 litres of saliva every day. Without this activity, your mouth would dry up and be overrun with bacteria and you wouldn't be able to digest your food.

Each of your kidneys contains one million tiny filters working on average to filter 2.2 pints (1.3 litres) of blood every single minute, that's 3168 pints (1872 litres) every single day. If that wasn't enough, they expel 2.5 pints (1.4 litres) of urine every day.

Your body works overtime to digest your food and the process starts before it hits your mouth. When you smell food, your mouth automatically produces more saliva to prepare the digestive system to work. It takes 6-8 hours for food to pass through the stomach and two days to complete the digestion process. The average person will eat over 50 tons of food in their lifetime which seems ridiculous.

Most amazing of all, your body cells are regenerating every single day without any prompting. This means you have an entirely new set of taste buds every ten days, new nails every 6-10 months, new bones every ten years and even a new heart every twenty years.

So next time your body is starting to creak, just think about all the incredible things that are happening inside it every day, because all of us really are a miracle.

OBITUARIES

Sadly, we record the passing of our colleagues. RIP.

Martin Alexander (C) on 09/12/22 aged 74,
Kincardineshire

Terence Albert Barnes (T) on 09/09/22 aged 79,
Surrey



John Rowland Bate (G) on 11/02/23 aged 85,
Milford Haven

Beverley Isabel Bauer (G) on 25/03/23 aged 87,
Canada

William George Bearman (G) on 25/06/22 aged 82,
Essex

Kevin Kasran Bhaggan (T) on 09/10/22 aged 82,
Nottingham

Steven Atkinson Blacklock (Std) on 22/07/22 aged
56, Tyne & Wear

John Clifford Canty (T) on 24/12/22 aged 85,
Gloucestershire

Valerie Jean Cattlin (C) on 07/02/23 aged 87,
London

Gilbert Coote (T) on 13/12/22 aged 95, Egerton

Malcolm Alan Corner (T) on 08/12/22 aged 85,
Surrey

Joseph Keiran Coyne (T) on 24/01/23 aged 89,
West Sussex

Anthony Christopher D'Angibau (T) on 12/05/22
aged 78, Middlesex

Thomas Ieuan Davies (T) on 02/12/22 aged 91,
Dyfed

Peter George Dawson (T) on 16/01/23 aged 95,
West Sussex

Claire Augusta De Souza (T) on 04/07/22 aged 90,
Surrey

Pearl Eleanor Debenham (G) on 04/12/22 aged 93,
Gloucester

Terence F S Gillman (T) on 12/03/23, aged 93,
Essex

Maurice John Griffiths (T) on 05/10/22 aged 74,
Dyfed

Melvyn Desmond Jenkins (G) on 05/10/22 aged
71, Dyfed

Eric Vaughan John (G) on 21/12/22 aged 85, Dyfed

Brian W R Jones (T) on 12/11/22 aged 67, Dyfed

Dietrich G A Kadolsky (T) on 07/12/22 aged 74,
Surrey

Patrick J Kennedy (T) on 13/03/23 aged 93, U.S.A

Keith Linley (T) on 18/03/23 aged 85, Nottingham

Kenneth G R Lloyd (T) on 21/10/22 aged 97,
Cornwall

Ann Marjorie Mack (T) on 16/11/22 aged 87,
Birmingham

Christopher John Madden (T) on 27/10/22 aged 88,
Gr. Manchester

John Richard Mansfield (G) on 21/10/22 aged 81,
London

John Marsden (T) on 01/03/23 aged 76, Norfolk

Raymond John Mustoe (G) on 22/10/22 aged 67,
Herefordshire

Brian Osborne (T) on 01/02/23 aged 83, West
Midlands

Peter Phillips (T) on 14/11/22 aged 71,
Pembrokeshire

Leonard Pool (T) on 09/12/22 aged 101, Bristol

Royston Powell (C) on 13/11/22 aged 87, Sussex

John Bevan Rawlinson (T) on 08/11/22 aged 87,
Pembrokeshire

Richard George Roblin (T) on 04/12/22 aged 79,
Dyfed

John Keith Rodger (T) on 09/01/23 aged 93,
Wiltshire



Clive James Rowsell (T) on 26/01/23 aged 88,
Cambridgeshire

Charles Edwin Sands (C) on 07/11/22 aged 79,
Marske by Sea

Rekha Shah (C) on 08/10/22 aged 67, Middlesex

Gary Sydney Skipp (T) on 08/03/23 aged 81, U.S.A

John Craig Smith (C) on 16/03/23 aged 75,
Aberdeen

Doris Spackman (T) on 04/06/22 aged 93,
Hertfordshire

Robert William Styles (G) on 21/09/22 aged 92,
Hampshire

John Wilson Todd (T) on 21/12/22 aged 98,
Hertfordshire

James Peter Trodden (T) on 11/11/22 aged 68,
Blairhoyle

John Trotter (C) on 24/02/23 aged 87, Buckley

Brian Watson (C) on 08/11/22 aged 80,
Warwickshire

Christine Whiting (G) on 11/02/23 aged 86,
Gloucester

Maureen Wilson (T) on 05/12 22 aged 87,
Hertfordshire

James Wood (T) on 04/11/22 aged 93, West Lothian

Kenneth Francis Woods (C) on 03/10/22 aged 81,
Merseyside

We have a correction for an obituary in the
November 2022 issue. Raymond Emerson
Cammack was added to the list as Richard Emerson
Cammack. Our apologies to the family for this error.

*Please note, obituaries are provided to me by Barnett
Waddingham. Ed!*



Quotes

Everywhere means something to someone.

Anon

We come from the earth, we return to the earth
and in between we garden.

Anon

Life is not the way it's supposed to be;
it's the way it is.

Anon

It is nice to be important but more important
to be nice.

Received from Ronnie Williams, Gulf, Milford Haven.

Editors Last Word

I'm off to the garden now. Have a good summer!

June Parham McCullough
Editor

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Our Family of Brands