



# Upminster u3a Newsletter

"Learn, Laugh, Live"



August 2023

We meet at  
The New Windmill Hall, Upminster, RM14 2QH  
on the 3rd Tuesday of each month.

## News & Notices

We now have a 2<sup>nd</sup> speaker at our monthly meetings. See foot of page for details

London Region Events [click here](#)

## Useful Links

Upminster u3a website [click here](#)

Upminster u3a Committee – Contact details [click here](#)

For future news, articles, and feedback,  
please email

Barbara Smith, Newsletter Editor  
[uu3abarbara489@btinternet.com](mailto:uu3abarbara489@btinternet.com)

Newsletter entries must be received by Barbara by the  
**1st of each month.** Thank you.

The Editor reserves the right to amend or omit  
content.

## For your Diary



Our next meeting will be on  
Tuesday 15 August '23, doors open at 1pm

## Inside this Newsletter

Page	
2	View from the Chair/Membership
3-4	Notices/Your (new) Committee
5	August Quiz/Classical Music Apprec.
6	Beer Tasting
7	STEMM/Poetry Appreciation
8	Classical Music Appreciation
9	Photography Group/Cinema Group
10	Short Walks
11-12	Coach Trips
13	Coffee Morning/History of London
14	Quiz Answers
15	Joke

## Future Guest Speakers at Monthly Meetings

15 Aug	<ol style="list-style-type: none"> <li>1. Simon Keable on his relative Robert Keable, novelist and missionary.</li> <li>2. John Wilcox from Pinney Talfourd giving a talk on wills.</li> </ol>
19 Sept	<ol style="list-style-type: none"> <li>1. Keith Finch on the reopening of the Windmill.</li> <li>2. Gillian Ford, organiser of Upminster Dementia Choir. Gillian is also a Councillor.</li> </ol>
17 Oct	<ol style="list-style-type: none"> <li>1. Mark Carroll about DNA and You. <i>Second speaker – tba.</i></li> </ol>
21 Nov	<ol style="list-style-type: none"> <li>1. Paul Robbins on Cockney Rhyming Slang. <i>Second speaker – tba.</i></li> </ol>



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"Learn, Laugh, Live"



August 2023

## View from the Chair

### AUGUST

August is upon us already and how this year is 'flying' by. It is the last full month of our summer before we 'fall' into autumn.

I have always found it strange to think that August is seen in a different way in other parts of the world. In the northern hemisphere it is, with July, the height of our summer but in the southern hemisphere it falls in their winter and is technically a cold month! It is named after the Roman Emperor Augustus Caesar. It originally only had 30 days - whilst July (after Julius Caesar) had 31 days. It is said that Augustus was jealous of this and had an extra day added to August to make it the same as July.



I also like the flowers attributed to August as the poppy (along with the daffodil) is one of my favourite flowers. The other flower associated with August is the gladioli, which always reminds me of my dad who grew this flower to exhibit in the local show.



Although it's come around quickly, I think it's a lovely warm, relaxing month to be enjoyed by all and not just the schoolchildren with their extended holiday.

Have a lovely summer!!

*Susan Mayes*

## Membership

Since our last newsletter we welcome the following new members:

W.R. Bridges	Robert Jones	Irene Nicholls	Jan Maria Scott	Christine Smy
Additionally, two others who did not want us to publish their names.				

As at the end of July we had 594 paid-up members.

*Pamela Freer*



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August 2023

## Notices

### Hyde Hall - without a car!

If you would like to visit RHS Hyde Hall but don't have transport, from now until 3rd September there is a shuttle bus running to and from Shenfield station ( Elizabeth line ).

It has to be booked on-line and the cost is £2 each way. The journey is estimated at 40 minutes. There are two buses in the morning 10 and 11.30 and two returning from Hyde Hall in the afternoon. You book for a time on a specific bus and it is not interchangeable.

You also qualify for a reduced-price entry ticket. Details are on the website (copy and paste below) and it is all booked on-line.

[https://gardentickets.rhs.org.uk/rhshh/sessions.aspx?tid=145& gl=1\\*447bq9\\* ga\\*NzM1MjYzOTA1LjE2MDk2NzIzMjU.\\* ga\\_X9Q3NCQ40M\\*MTY4OTQ5ODMwMS4xNC4xLjE2ODk0OTgzMTQ uMC4wLjA.\\* fplc\\*U0RaWHEyYUNXRmFFd0kzUGZSazhoRjEIMkYIMkZBdk1icG5FdDglMkJHUnc4 VIRdd1ZaTVVmRHd3dE9TVVlxZGJtOXpuRGVKdmxxNIZSQzV2cnZXdk9rSFo1YmZLUTYxY202TW F4dlhoVSUyQm9hMENIaUFONzIWB1B1YnZyZFJHcE9VMGclM0QIM0Q.](https://gardentickets.rhs.org.uk/rhshh/sessions.aspx?tid=145& gl=1*447bq9* ga*NzM1MjYzOTA1LjE2MDk2NzIzMjU.* ga_X9Q3NCQ40M*MTY4OTQ5ODMwMS4xNC4xLjE2ODk0OTgzMTQ uMC4wLjA.* fplc*U0RaWHEyYUNXRmFFd0kzUGZSazhoRjEIMkYIMkZBdk1icG5FdDglMkJHUnc4 VIRdd1ZaTVVmRHd3dE9TVVlxZGJtOXpuRGVKdmxxNIZSQzV2cnZXdk9rSFo1YmZLUTYxY202TW F4dlhoVSUyQm9hMENIaUFONzIWB1B1YnZyZFJHcE9VMGclM0QIM0Q.)

\* \* \* \* \*

### Suggestions

Earlier this year at a Uu3a Supporters' Evening a number of issues were raised, and suggestions made, and it was considered appropriate to bring them to the attention of all our members.

1. New **microphone** for speakers at monthly meetings. The one now being used should overcome this old chestnut of a problem, but we will continue to monitor the situation.
2. **Cups** at monthly meetings - should all attendees have to bring their own? This has been raised with our admirable band of tea ladies, and it is not felt that it is practicable. However, if anybody is happy to bring their own cup, they are welcome to do so.
3. **New members** at monthly meetings. Some new members, at their first monthly meeting, and particularly if they come alone, find entering the hall quite overwhelming. We have Welcomers, but how best to make our new members welcome is not clear. Perhaps some of you might like to put forward suggestions, to **chrisslade1@sky.com** or on **07906-433559**, as to how we can ensure that they do feel welcome, and find out what goes on.

Continued on next page



# Upminster u3a Newsletter

"Learn, Laugh, Live"



August 2023

4. **Membership** - should we advertise Uu3a more, e.g. Residents' Association newsletter, library, Facebook? Although the latter two methods were used in the early days of Uu3a, membership growth has never been, and still isn't, a problem. In fact, growth itself is a potential problem in relation to monthly meetings and social events as there is a limit to the numbers which the New Windmill Hall can hold, and the Hall is the only realistic option for us in Havering, let alone Upminster.

5. **Disabled and ethnic membership.** We will never not accept anybody for Uu3a membership. However, as with 4 above, we will not actively seek new members.

6. **Second speaker** at monthly meetings. This was a regular feature prior to covid, and will be recommenced soon on a trial basis.

That's probably enough for now; the remaining suggestions will be covered next month.

*Chris Slade*

## Your (new) Committee With effect from 21 June 2023

For those members who may have missed this information in last month's newsletter, we have some new committee members, as shown below, along with those who have agreed to continue to serve on the committee.

### (new Committee Members shown in bold)

Highlighted sections show differences from the list in last month's newsletter

Chair	Susan Mayes
Vice Chair	Linda Davey
Secretary	Chris Marvin
<b>Minutes-taker</b>	<b>Jill Coombes</b>
<b>Treasurer</b>	<b>Malcolm Henderson-Begg</b>
Assistant Treasurer	Mike Massey
<b>Membership</b>	<b>Pamela Freer</b>
Website	Richard Strauss
<b>Newsletter</b>	<b>Barbara Smith</b>
1 <sup>st</sup> Speaker Organiser	Sue Jiggins
Groups Coordinator and Development	Chris Slade
<b>Russ Barnett</b>	<b>Beacon Administrator</b>
<b>2<sup>nd</sup> Speaker Organiser</b>	<b>Beryl Patient</b>



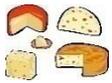
# Upminster u3a Newsletter

"Learn, Laugh, Live"



August 2023

## August Quiz (answers on page 14)



### Cheese

No one knows for certain why we say cheese when taking a photo or who came up with idea of using it in the first place. Most believe that the word itself obliges you to smile. The "ch" sound causes you to clench your teeth, and the long "ee" sound parts your lips, making a facial expression that resembles a grin. Now, be honest, you all just tried that didn't you!



Work out the cheese from the clue.

1. Remain a hundred.
2. Hide a small horse.
3. Sounds like part of the hand plus a bit of the beach.
4. Dairy product for a small house.
5. Concerned young horse.
6. Pungent clergyman.
7. Sweet milk.
8. County for gamekeeper's adversary.
9. A Wallace and Gromit favourite.
10. Expiration of a blackbird.

*Chris Slade*

## GROUPS : Event Descriptions / Information

### Classical Music Appreciation

As you will see when reading the excellent write-up by Group member Richard Saville, Malcolm, the Group leader, is now able to take on additional members. For more details, see **Groups For You** on the Uu3a web site or contact **chrisslade1@sky.com or on 07906-433559.**

*Chris Slade*



# Upminster u3a Newsletter

"Learn, Laugh, Live"



August 2023

## Beer Tasting

One of my favourite beer heroes is the late great Michael Jackson ( no, not that one ! ) who opened my eyes to the delights of beer hunting through his pioneering 1989 Channel 4 TV series 'The Beer Hunter'. In the spirit of Michael, the Beer Tasting Group decided earlier in the year to embark on another European adventure with 3 countries, all accessible by Eurostar, in the frame.

Belgium was chosen as our European destination as it has long been considered a Mecca for beer lovers and has kept many of its traditional beer styles such as spontaneously fermented Lambic [beer fermented with wild yeast].

Following arrival at Antwerp's majestic Centraal train station, the Group took little time in delving into its staggeringly diverse range of beers and discovering the best of Antwerp's authentic and charming brown cafés over the next 4 days, sticking mainly to locals' favourites and hidden gems - such as the traditional and friendly Oud Arsenaal in the old town, but also venturing into modern bars such as the Antwerpse Brouw Compagnie Taproom, a converted warehouse in the up and coming docklands district.



Incredulously, we were denied entry into the renowned Kulminator pub following a surreal afternoon encounter with the Geppetto look alike owner at the doors of the pub [‘Yes, the pub is open but you can’t come in!’]. We subsequently discovered from locals that the owner has a well-earned reputation for eccentric behaviour and a few of us made a ‘quest in beer’ to return and gain entry into this quirky pub!

During our stay, we enjoyed two interesting but contrasting brewery tours. First off was an interactive self-guided tour of the iconic De Koninck brewery, famous for its draught Flemish pale ale renamed Bolleke after its distinct serving glass [pronounced in the same way as bollocker].



We also took the train to Mechelen, a little visited gem of a town, for a guided tour of the Het Anker Brewery, where we learnt all about the history of this family-owned brewery and the brewing process, before tasting some fine examples of its Gouden Carolus beer range and adjourning for dinner in its excellent restaurant.

As well as beer tourism, plenty of time was spent walking and exploring this historic city including a tremendous guided tour of the magnificent Gothic cathedral [with its own beer café which we would never have found but for our excellent guide] and the free escalator ride to the top of MAS [the modern Museum am deer Stroom] in the developing docklands area for a great view of Antwerp from all sides of the rooftop, albeit in the rain!

*Kevin Kilbey*



# Upminster u3a Newsletter

"Learn, Laugh, Live"



August 2023

## STEMM

In July, our group visited Upminster Windmill - newly opened after a very full and hugely expensive rebuild. We saw how many of the massive supporting timbers had been replaced, which was almost all of them and how the drive from the enormous sails was transmitted through the mill to the grindstones. The Friends of Upminster Windmill, all of them volunteers, gave us a very interesting visit, which included a tour right to the top floor just under the cap itself. The sails were not turning but the cap, resting on a huge track supported on wheels did rotate slightly to point the sails towards the wind, driven by the fantail, which is the small turbine mounted on the cap itself. There are so many interconnected systems, all rebuilt to operate as they did in the nineteenth century, that we were amazed at the ingenuity of the original builders and the tenacity of the rebuild team in getting it all running again.



### A slight word of warning:

The stairs are so steep they are almost ladders but with plenty of handrails. Open toe shoes or flip flops are not permitted and people who wear skirts or dresses might prefer to wear trousers.



Upminster Windmill is a local treasure, even a national treasure; go along and have a look on one of the Open Days. You will be made most welcome.

*Iain Attiwell*

## Poetry Appreciation

We met in July for the last meeting before our summer break, discussing the works of W H Auden and John Betjeman, two "old friends" of the group. Over the years we have much enjoyed their work. Their work cast an amusing tone reading the famous NIGHT MAIL and Betjeman's HOW TO GET ON IN SOCIETY.

The guest was THE NORTH SEA by Jeffery Day, who sadly died very young at sea.

Both Auden and Betjeman were men who led interesting lives. In particular, Betjeman was committed to the preservation of certain architecture, whilst he spied for MI5, married an Air Marshall's daughter before having a fling with Auden!

Groups 1 and 2 meet again in September refreshed for autumn! Have an enjoyable summer.

*Michelle Blythe*



# Upminster u3a Newsletter

"Learn, Laugh, Live"



August 2023

## Classical Music Appreciation

The group is run by Malcolm Henderson and the last meeting of the current term took place at his house on Monday 23rd July – and what a meeting it was!!!

Malcolm is incredibly knowledgeable and speaks very enthusiastically from a lifetime of work in the classical music business, both as a teacher/lecturer and as a musician. Malcolm streams the selections of the day from a specialist high quality service and plays them through a very high-fidelity Bose sound system – the base is so rich, the trebles so bright and clear.

The theme for this meeting was National Music of the Late 19th Century.

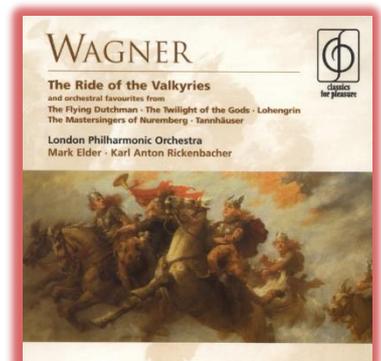
The first piece we were treated to was Mussorgsky's A Night on a Bare (originally Bald!) Mountain. Malcolm gave us some background biographical information about Mussorgsky – he died at the age of only 42. The music is about witches on a mountain near Kiev – then part of the old Russian Empire.

Second up was Polovtsian Dances from Prince Igor by Alexander Borodin (better known as Stranger in Paradise by 20th Century audiences). We were soon tapping our feet, or in Brian's case, jangling our keys to the lively familiar music.



Grieg's In the Hall of the Mountain Kings followed the national music theme – this version chosen featured a choral part.

Then on to Wagner and The Ride of the Valkyries – Love him or hate him for his politics and other subjects, he certainly wrote some brilliant music !



Finally, a change of theme – the quiet but beautiful 2nd movement from Beethoven's 7th Symphony – ignore Richard's very old joke about 'he is just decomposing'.

Throughout the meeting we had such a lively discussion we had to work hard to make time to play the next piece of music. **There are a few vacancies in the group for next term**, starting in late September. You do not have to be a fan of classical music to join, but you will very soon become one!. It is surprising just how much classical music is familiar to us from being used for advertisements and as television theme music.

*Richard Saville*



# Upminster u3a Newsletter

"Learn, Laugh, Live"

August 2023



## Photography Group

This month our assignment was to photograph 'Classic Architecture in Greenwich'. We've been here a number of times in the past years, but it has many areas to explore and photograph.

Our photo walk took in St Alfege Church, the Clock Tower and Borough Hall, the latter being reminiscent of soviet buildings of the past, and then through the streets around the Greenwich Theatre. Whilst there we were invited into the theatre to see and photograph the interior - an unexpected bonus. From here we passed by Queen's House on our way to The Trafalgar pub for lunch.

Photograph by  
Richard Saville



Finally, a few of us walked back along the river to Deptford Creek, before journeying home.

To see some more of the photographs from the July brief use this link:

[https://uu3a-photos.direct.quickconnect.to:57824/photo/#/shared\\_space/folder/1](https://uu3a-photos.direct.quickconnect.to:57824/photo/#/shared_space/folder/1)

*Terry Sims*

## Cinema Group



We have two films to tell you about this month.....



(1) A group of us met in Romford to see the film at the Vue Cinema "No Hard Feelings".

Jennifer Lawrence produced and starred in the film. It was a laugh-out-loud, edgy comedy. I had reservations on my choice of this film, but I had some lovely feedback from members, to say they so enjoyed the film and have not laughed so much for a long time.

So, it was a good choice of film.

Continued on next page



# Upminster u3a Newsletter

"Learn, Laugh, Live"



August 2023

(2) A group of us went to Vue cinema in Romford towards the end of July to see Oppenheimer.

We met in Zizzi restaurant for a meal or a coffee before the show, which is a lovely way to get to know new people and to enjoy catch-up with people that come regularly.

Oppenheimer is a monumental achievement from Christopher Nolan. This was a powerful story told on the grandest scale possible.

Definitely a film not to miss.

*Annette Gaskin*

## Short Walks, Folkes Lane Woodland

This was formerly arable land but is now a mixture of woodland and grassland, managed by Forestry England. We walked around the boundary north of the car park along cinder paths and grass tracks.



We saw several butterflies including red admirals. The site has links to Pages Wood and Great Warley church.



The latter is reached via Hole farm. There are plans for this to become new Community Woodland.

**national highways**

**New Community Woodland at Hole Farm**

The site where you are standing is called Hole Farm. National Highways recently purchased the 90ha site, which sits alongside the route of the Lower Thames Crossing.

Over the coming years we will be working with Forestry England to develop the site into a community woodland for everyone to enjoy. It will create new habitats for wildlife and provide a valuable addition to the network of connected woodlands nearby.

**What will the Community Woodland look like?**  
Our vision for Hole Farm is to create a multi-purpose woodland that will become an inspiring place for people to explore and a thriving wildlife habitat. During the construction of the Lower Thames Crossing, we may need to use a small section of the site temporarily while we divert local utility services and add an extra line to the M25. However, across the rest of the site, once the necessary planning permissions are in place, we look to start planting trees towards the end of 2022.

**Did you know?**  
Hole Farm is the size of 155 football pitches and could soon be home to over 100,000 trees.

**Find out more** [www.lowerthamescrossing.co.uk](http://www.lowerthamescrossing.co.uk)

**Follow us** [@lowerthames](#) [@lowerthames](#) [@lowerthames](#)

**Forestry England**

*Russ Barnett*



# Upminster u3a Newsletter

"Learn, Laugh, Live"



August 2023

## Coach Trips

Our seaside trip to **Broadstairs and Margate** at the end of June was very popular and we were lucky in that the rain that was forecast didn't start until we were in the coach on the way home. It was a busy trip – taking in the two centres. As they were only 3 miles apart a few intrepid members walked, and some took the bus in order to spend more time in Broadstairs than we had allowed.



*A picture of Broadstairs beach*

The Dickens Museum, which was our first stop, was small but of considerable interest to Dickens aficionados. We were given an extremely informative introductory talk by one of the volunteers who helps to keep the Museum open.

Between the Museum and the coach pick-up point was a summer market all along the sea front where some of us were tempted into unplanned expenditure! We all had free time in Margate to enjoy lunch or sightsee before ending our day at the Margate Caves. This relatively recently re-opened attraction was very different and, according to some members, most interesting.

Unfortunately, not all of us could see the cave paintings because of the steep stairs and uneven floors. I was one of those but from what I did see I will return when my knees have fully recovered.

At the end of July, we went to Windsor, not to see the castle (except in the distance) but to visit the **Savill Garden and the Windsor Great Park**. Again, we were blessed with a rainless day. Only one of the group had visited the garden before and most were amazed at how magnificent it was. In retrospect, as the King takes a close personal interest and visits the garden frequently, we should not have been surprised.

*A view of the rose garden*

The gardens cover 35 acres with many trees and are arranged so that there is an area in full glory at all times of the year. We were split into three groups for guided tours of the garden and the guide in my group was very knowledgeable and entertaining but in 90 minutes only had time to take us round the Summer garden area. I overheard quite a few people saying that they wanted to come back to see the garden in Spring and to wander round the whole site at their own pace.



Continued on next page



# Upminster u3a Newsletter

"Learn, Laugh, Live"



August 2023



*Some of the group with the Savill Garden visitor centre in the background*

After time for lunch in the award-winning visitor centre, we had a tour of the Windsor Great Park.

Often bits of this 15800-acre park are shown on TV as the background to historic royal events but visiting is difficult. Cars are banned (unless you live there) so you can only get inside on a bike, a horse, or your feet or, as we did, on a pre-booked coach tour.

The distances between the points of interest are large so our slow tour on our coach with a very good guide was a unique opportunity to get up close to the equestrian statues and other points of interest.

The park is largely forested with swathes of grassland and lakes between, but there are a surprising number of houses; some small for lowly workers, and some very grand former residences of minor royalty.

We also saw the Guards Polo Grounds where the King and Prince of Wales often play (which are being tripled in size) and got out of the coach a couple of times to see things more clearly.



*Some of our group at the top of the Long Walk with Windsor Castle 2.3 miles away in the distance*

Our **August** coach trip, a cruise on the River Lee including lunch, is sold out - with a long waiting list. Booking for our **September** trip will open on 6 August. This trip will take us to Rudyard Kipling's former home, Batemans, and to Battle Abbey. Full details and booking forms will be sent out to everyone in the usual ways.

*Pamela Freer*



# Upminster u3a Newsletter

"Learn, Laugh, Live"



August 2023

## Coffee Morning

*A surprise in this edition!*

Our next **Tuesday** gatherings in Roomes Cafe at 11am, are:  
**August 15<sup>th</sup>, August 29<sup>th</sup> and Sept 12.**

*Now for the surprise.....*



This photo is of our meeting  
16 of us (sometimes less)  
when we gathered for coffee and a chat on Tuesday July 4<sup>th</sup>.

*Andrea McDonald*

## History of London, Queen's House, Greenwich

Greenwich Park and Palace were settled on Anne of Denmark by James I in 1605, and in 1616 Inigo Jones was commissioned to design a house for her.

Sadly, work had not progressed far when she died in 1619, and the unfinished building was given to Prince Charles whose wife Queen Henrietta Marie asked Jones to complete the house which was done between 1629 and 1640. He used what was then the revolutionary Palladian style, and described the exterior as "solid, proportionable according to the rules, masculine and unaffected". In the interior, however, he allowed himself "licentious imaginacey".

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# Upminster u3a Newsletter

"Learn, Laugh, Live"

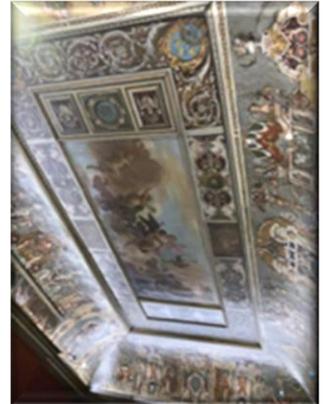


August 2023

The building pleased the Queen so much it was named the House of Delights. Fast forward to 1933 when the school for sailors' orphans, who had been the occupants since the early 1800s, moved to Suffolk leaving the property in a damaged condition. It was restored 1933-35 by the Office Of Works and opened in 1937 as the central portion of the National Maritime Museum. Further restoration was carried out between 1984-90 with the intention of returning it to something like its original form.



The "must sees" in the House are the Tulip Staircase, the beautiful ceiling in the Queen's bedroom, both pictured here, and the wonderfully detailed drawings of William van de Velde. To come when £60,000.00 has been raised in order to fund the research and conservation work the painting needs is a "lost" Gainsborough portrait of Captain Frederick Cornwall. While the painting had previously been recognised as a Gainsborough, when it arrived at the Museum it was re-attributed as "by an unknown British artist" and stored away until 2022 when it was examined and confirmed by a leading authority as a Gainsborough.



*Chris Slade*

## Quiz Answers

1. Stilton.
2. Mascarpone.
3. Parmesan.
4. Cottage cheese.
5. Caerphilly.
6. Stinking bishop.
7. Dolcelatte.
8. Lincolnshire poacher.
9. Wensleydale.
10. Crowdie.



*Chris Slade*



# Upminster u3a Newsletter

"Learn, Laugh, Live"



August 2023

## Joke

Two guys grow up together, but after college one moves to Georgia and the other to Texas. They agree to meet every ten years in Florida to play golf.

**At age 32** they meet, finish their round of golf and head for lunch.

"Where you wanna go?"

"Hooters."

"Why Hooters?"

"They have those servers with the tight shorts, and the gorgeous legs."

"You're on."

**At age 42**, they meet and play golf again.

"Where you wanna go for lunch?"

"Hooters."

"Again? Why?"

"They have cold beer, big screen TVs, and side action on the games."

"OK."

**At age 52** they meet and play again.

"So, where you wanna go for lunch?"

"Hooters."

"Why?"

"The food is pretty good and there's plenty of parking."

"OK."

**At age 62** they meet again. After a round of golf, one says...

"Where you wanna go?"

"Hooters."

"Why?"

"Wings are half price and the food isn't too spicy."

"Good choice"

**At age 72** they meet again.

Once again, after a round of golf, one says, "Where shall we go for lunch?"

"Hooters."

"Why?"

"They have six handicapped parking spaces right by the door and they have senior discounts."

"Great choice."



**At age 82** they meet and play again. "Where should we go for lunch?"

"Hooters."

"Why?"

"Because we've never been there before."

"Okay, let's give it a try."

*Chris Slade*