

# ***COPAG CHRONICLE***

**The magazine of the Chesham *Over 50's Positive Action Group*  
Volume 15, Issue 1; March 2018**

**COPAG  
Over 50's Action**

## **A MESSAGE FROM OUR CHAIRMAN**

Hello Everyone,

Well, I don't know about you but I am truly hoping that Spring is not too far away. With lots of daffodils already open and the profusion of snowdrops everywhere, the buds on the trees and bushes all sprouting – surely the better weather is round the corner?

It was very sad to hear that Mary Dixon, who has been with us almost from the start of COPAG, has now gone into a Care Home. Phil, Janet Rodhouse and myself went to see her recently and she was happy to see us and we all had a lovely chat with tea and biscuits. Hopefully we will go again soon.

Another member of ours; Pearl Miles, had a visit to her home from the Fire Brigade, who actually



turned up at her door in a Fire Engine! Pearl had asked for someone to visit her home and carry out fire safety. After much wrangling I managed to talk to someone who said they would arrive in a Fire Engine, and they did!! I bet that gave the neighbours something to talk about! But Pearl was happy that it had been done, and she had the company of two good-looking young men to look after her.

I hope you are all keeping as warm as you can, and avoiding all the coughs and colds that are about.

And the Committee will be thinking about a trip out in June. Not sure where yet, but something to look forward to.

Keep well and warm,

*Barbara*

### ***Editorial***

*As I am writing this the snow has been falling (Wed Feb 28<sup>th</sup>) so I do not know how bad things will get as this goes to press and I do believe we are getting more entries to our Cream Teas competition and also have more members send me material to print.*

*Ed*

**Future COPAG Speakers 2018 MARCH 16th**  
**Emily Culverhouse: APRIL 20th Cat Protection:**  
**MAY 18<sup>th</sup> AGM tba**

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# ***Spotlight Profile – Your Chairman Barbara***



***How long have you lived in Chesham?***

**41 years**

***What were your earliest/first impressions of the town?***

**Wonderfully cosmopolitan and so near the open countryside.**

***What kind of shop would you like to see in Chesham, that it doesn't already have?***

**A department store that sells everything.**

***If you had £1 million to spend on any aspect of improving Chesham, what would you spend it on.?*** I would spend it on new and better bricks for the whole of the High Street

***What aspect of Chesham do you like the least?*** None.

***If you could demolish one building in Chesham, which would it be?*** Circle 7

***What is your favourite part of the world, and why?*** Don't have a favourite. Have loved all the countries I have visited, but would love to visit more!

***What is your favourite biscuit/chocolate/crisp choice?*** Chocolate biscuits/Lindor/Vegetable crisps.

***What is your favourite place to eat out (doesn't have to be local)?*** I love all foreign food! No favourites.

***What is your favourite TV programme?*** Dancing on Ice and Call the Midwife

***What item of technology confuses or frustrates you?*** Digital radio [Why can't I have a dial?]

***If you had one celebrity to pick as a companion for a long car journey, who would it be?***

**Sorry, but it would have to be a cartoon character – the sloth, out of Ice Age. He would keep me laughing all the way...**

***Barbara***

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## ***Uncle Phil's Corner***



### **DEFIBRILLATORS**

Recently, more and more defibrillators are being placed in community locations to be used before an ambulance arrives. such as train stations, shopping centres, airport and leisure centres. These defibrillators are often known as public access defibrillators (PAD) as anyone can use them in an emergency. You shouldn't be afraid of using a defibrillator if someone has had a cardiac arrest. Did you know that we have one in Chesham? In the late of Spring of 2013 it was installed outside Bridgeson and Co Accountants 31A High St Chesham. photos below mark the spot.



Chesham Over 50's Positive Action Group(COPAG) have been moved to put this piece in YourChesham, as it has recently been reported in a National newspaper that a High percentage of the public didn't know that there was a Defibrillator in their town or know where it could to be found.

*Uncle Phil*

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## Transient Ischaemic Attack (TIA)

The FAST test can be used to recognise the signs of a TIA as well. A TIA ([transient ischaemic attack](#)), also known as a mini-stroke, is the same as a stroke, except that the symptoms last for a short amount of time and no longer than 24 hours.

- sudden weakness or numbness on one side of the body, including legs, hands or feet.
- difficulty finding words or speaking in clear sentences.
- sudden blurred vision or loss of sight in one or both eyes.
- sudden memory loss or confusion, and dizziness; or a sudden fall.
- a sudden, severe headache.

If you, or someone else, show any of the signs of stroke you must call 999. Don't wait to see if the symptoms pass or get better.

Early Last year my wife Kate had a TIA. She felt unwell and started to slur her words, we are very lucky to live across the road from the Medical Centre, and the receptionist got us to see a doctor in a very short time, it happened to be her own doctor. She asked Kate a few questions and gave her some exercise to do before contacting Wycombe hospital. Wycombe contacted us that day and wanted Kate in for a check up and scan

the next day. She did have a TIA, it was a short attack and has left no scarring, but she is now on preventative medication.

*Uncle Phil*

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## **Monthly Meeting Reports**

### **COPAG Meeting Friday, 19 January 2018**

for this we had a talk given to us by Kate Hallett from CAB advising us on how to save money on our energy bills, some interesting points to come out of Kate's talk:

- Insulation – make sure your property is properly insulated. There may well be grants for this.
- You could also save money if you switched energy supplier
- Only boil enough water in your kettle that you really need, this will save power bills
- Install smart meters
- Some people may be in line to get a warm home discount especially if you are on tax credits
- Get a water meter installed

In the following photographs can be seen where members of COPAG are receiving advice on how to cut their energy bills



### **COPAG meeting held on 16 February 2018**

This was a talk given to us by Margaret Drinkwater relating to her experiences of riding on a big dipper, also could be known as rollercoasters or switchback. These were initially made of wood but now made from steel to increase the complexity of the ride. Margaret has been interested ever since being a child. Her first experience of a rollercoaster was at Frinton on Sea. Margaret then described various kinds of Big Dipper that were offered throughout the world. You can belong to an organisation called the European Coaster Club and travel together with folk who have the same love of these kinds of rides. I must say that Margaret did not strike me as a daredevil but just an ordinary person – not that we would want to ride but Margaret does and she does get a lot of enjoyment from it.

*Chris Boulter*

## **A GREEK ODYSSEY**

Twenty years ago I visited Athens.

My late husband, a copywriter in an advertising agency was working on a promotion for a well known holiday company, and was asked to go 'incognito' to check out a holiday in Athens. Wife included. Half way through the week he was recalled to London. There and back in a day. I was left alone in the city. I knew only 3 words in Greek: please, thank you and where (which was *poo* and came in useful when I was finding my way back in the dark after my adventures, with a map and street signs in Greek!).

I decided to visit the famed Archaeological Museum. Four wondrous hours later I returned to the hotel (in a taxi) to rest. It was mid-summer and very hot. I then set off again for the National Cemetery. I always liked to see the graves of famous people and in this case wanted to see the grave of the German, Schlieman, who discovered the tomb at Mycenae which we had visited and the golden wonders of which I had seen in the Archaeological Museum.

I encountered a workman who took me to see Schlieman's grave and other English ones and although we couldn't speak each other's language we communicated. He took me to his workshop. He was a tombstone maker and showed me he was working on his own monument. It was a heart-warming encounter.

Then I told him I wanted to see the PARTHENON building on top of the Acropolis Hill, a long-held ambition. He directed me to a pathway winding up through little alleys where elderly ladies in black were sitting on their doorsteps crocheting lace. They smiled and waved as I climbed the hill.

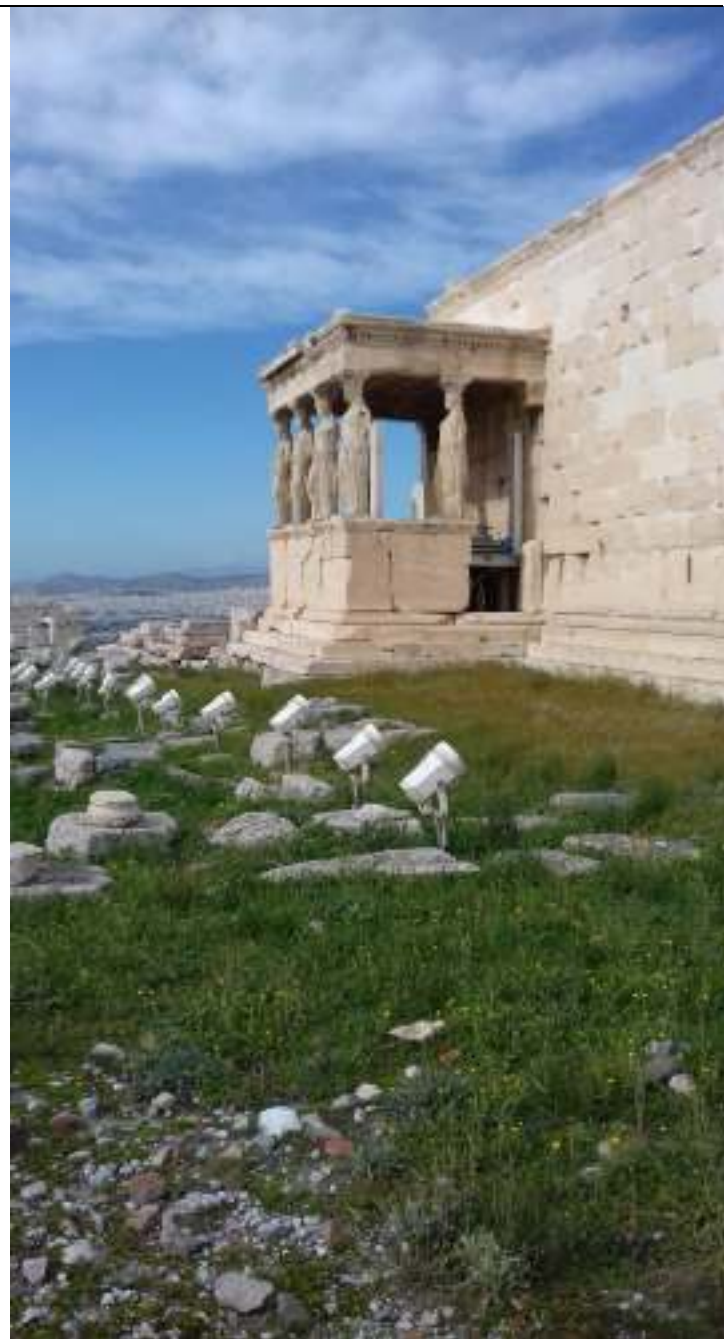
By this time it was late afternoon. I had wanted so much to see this miraculous ruin built to the goddess Athena 2,500 years ago, but feared I might be disappointed, so best to see it on my own. Now with the sun setting gold and pink and red it was a magical sight. BUT at sundown the guards cleared the tourists off the site. One came to me and said I must go. I said sadly I had only just arrived and he said I could stay until everyone had gone. I will never forget the magic of that solitary sunset.

But I then had to find my way back to the hotel. I left the hill and as I went I looked down on the ancient amphitheatre where I could see the stage with ruined arches at its back and row upon row of stone seats curving up to where I was standing. There were people on the stage. A man who spoke English was sent up to tell me to go. I asked if I could stay to watch. He said no it was a rehearsal for the performance next day – the night of the full moon- and told me where to get tickets. We did, and saw the tragedy of Electra in Greek (we couldn't understand a word but knew the story) acted by the most famous Greek actress... in the light of the full moon. Magic. And it was our wedding anniversary....

Twenty years on I returned with a friend to celebrate New Year 2018. Returning to the PARTHENON in golden sunshine was a totally different experience. It is no longer possible to walk into the monument which is undergoing extensive restoration but you can walk safely around the site, seeing the magnificent ruins of other temples, one colonnaded with the famous carvings of six maidens (Caryatids) in their graceful robes holding up the roof. One of these statues was taken by an English ambassador, Lord Elgin.

It was bought from Elgin for the British Museum with a grant voted by Parliament in 1816 along with many wonderfully carved life sized figures also taken by Elgin from the frieze which ran around the top of the PARTHENON.





A superb new museum on the Acropolis Hill has been constructed looking upwards to the monument with the top floor laid out accurately to reproduce the columns. The original frieze figures are beautifully displayed. Empty spaces show pointedly where the figures had been removed by our ambassador. Seeing the stunning modern construction of the Acropolis Museum with the spaces empty I felt that the 'Elgin Marbles' in the British Museum could perhaps now be returned and we could have the plaster life-sized replicas, knowing we had preserved the originals in our safe keeping.

*Chris Stanners 2018*

### The youth of today (not all bad)

A few weeks ago I went to Aylesbury to visit my daughter-in-law and on the way to catch my bus home I tripped and had a nasty fall, breaking my glasses and cutting my forehead which bled profusely. As I lay there dazed I heard lots of footsteps coming towards me, I must say I wondered what was going to happen. I looked up and saw about five **young** men between the ages of maybe 13 and 15 years of age, they picked me up, picked up my glasses and shopping bag and one went off and got a tissue to help stem the bleeding to my forehead, they asked me where I was going and I said I had a bus to catch and must not miss it, so they escorted me from the far end of the bus station to number one bay all the while fetching fresh tissues for my bleeding forehead, when we arrived at my stop I thanked them and they seemed to just disappear, at this time blood had started to clot, another **young** lady went and got me some more tissue and as I was about to get onto the bus another **young** man came up to me and put a plaster on my forehead. I wanted to share this with you because our youth today gets such bad press, I would also like to say that as these **young** men escorted me a long way through the bus station to my stop, not one adult asked if they could help (who, I ask, should receive the bad press?)

*Jean Sabatini*

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I'm sure you have all heard about the sad death of Derek Lacey. His funeral was on Monday, 22 January 2018 and was held at St Mary's Church which was packed with several hundred people, so well-known and well-liked was he. It was a very touching service especially when his young grandchildren read out poems they had written especially about their "grandad"

What you may not have known is that Derek was the Council representative on the COPAG committee and a very great help. I'm sure you can all remember our quiz night when Derek organised the burger van for us. That evening was probably one of our most successful enterprises. Derek also wrote several pieces for the Chronicle and will be greatly missed. The committee made a donation (on your behalf) to Diabetes UK and Crohn's & Colitis UK.

*Janet Rodhouse*

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**PUZZLE PAGE.**

This time we are asking you to identify the well known sayings or phrases indicated by the following. For example "SYMPHON" should suggest "The unfinished symphony". The numbers in brackets associated with each puzzle indicate the number of words you are seeking the number of letters in each word.

1. **ROBBERS**

(6, 5, 7.)

2. **WEDGE**

(4, 3, 2, 3, 5.)

3. **GOLDEN GATE**  
**H 2 0**

(5, 5, 3, 6.)

4. **STRUGGLE**

(2, 6, 8.)

5. **YOU JUST ME**

(4, 7, 3, 3, 2.)

6. **SHOTGU**

(1, 4, 3, 7.)

7. **COX**  
**CREW**

(3, 4, 3, 5.)

8. **i i**  
**BAGS BAGS**

(4, 5, 3, 4.)

9.  **BIT**

(1, 3, 2, 3, 4.)

10. **NO NO**  
**CORRECT**

(5, 5, 4, 4.)

*Dusty*

COPAG Chronicle is the magazine for Chesham Over 50s Positive Action Group. Meetings are held at 10:15 AM on the 3rd Friday of each month in the Community Hall, Chesham Town Hall, HP5 1DS – For further details contact the Chairman on (01494) 786576. The Chronicle has an email address which is: copagchronicle@talktalk.net and COPAG has a website at: www.cheshamopag.org.uk