

# COPAG CHRONICLE

The magazine of the Chesham **Over 50's Positive Action Group**  
Volume 14, Issue 3; September 2017

**COPAG**  
**Over 50's Action!**

Hello friends,  
I'm sitting here waiting for the tropical storms to make its presence felt over here! As if we haven't had enough this so called Summer!! I'm so looking forward to the Picnic in the Park, Lowndesbourne, which is in the park on Sunday 3<sup>rd</sup>



September. I know that date will have gone by the time you get this newsletter, but I hope to see many of you there.

I must send good wishes to Hilda Smeed and Rita Timberlake who are unwell at present, and hope that it wont be long before we see them again at COPAG. I think the last speaker we had; Barry Hughes, was such an interesting speaker, talking about Medical

Detection Dogs, and how amazing they are in detecting illness in a lab setting [with just their noses] and also as pets for people with life-threatening illness i.e. diabetes. They are trained to detect a hypo before it happens and so alerting the person to give themselves Insulin. Its so mindboggling that these beautiful dogs are so happy to come to the aid of us humans. All they need is training, then lots of love and cuddles and food. Actually, when you

think of it, there are dogs who do so much for us: Dogs for the blind/deaf/disabled etc. Not forgetting the dogs who detect drugs/cigarettes/contraband etc at airports. What a lot we owe to these magnificent creatures.

Now we have our next trip to the London Lights with Fish and Chips to look forward to. Hope to see you all there.

*Cheers Barbara*

## My personal thanks

After my plea in the last issue for material to be printed in your Chronicle I am pleased to say that I now have material forthcoming and you will see the result in this issue

## Editorial

I have been organizing our trip to London Lights (with a fish and chip supper) and am pleased to let you know I have managed to fill a 29 seater coach.

Please see the Competition on page 7 where we are looking for suggestions to change the name of COPAG for this there will be a prize for the winner.

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## Forthcoming events

September	15	Kerrie	-	Fire	Safety
October	20	Richard's		Hot	Band
November	17	Peter Hawkes introducing his new book.			
December	15	Christmas Lunch [tbc]			

## ***Spotlight Profile – Mark Shaw (pictured with wife Mary at Buckingham Palace)***



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

27 Years

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

A quiet friendly market town

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

A Dunelm

***If you had £1 million to spend on any aspect of improving Chesham, what would you spend it on?***

A paddling pool in Lowndes Park like there used to be

***What aspect of Chesham do you like the least?***

The litter and dog poop left on our streets

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

Circle 7

***What is your favourite part of the world, and why?***

I have been lucky enough to work in several African countries and it's an amazing continent, beautiful but also so raw and where life is so fragile.

***What is your favourite biscuit/chocolate/crisp choice?***

Chocolate Chip Cookies, Snicker Bars (I still call them Marathons), Smokey Bacon Crisps

***What is your favourite place to eat out (doesn't have to be local)?***

The Black Cat in Lycrome Road!

*What is your favourite TV programme?*

Doctor Who; my favourites are William Hartnell and Patrick Troughton

*What item of technology confuses or frustrates you?*

My iPad when it is on a go slow!!!

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

Miss Billie Jean King, an amazing tennis player who made it possible for women to become professionals in their chosen sport

*Mark*



## **Uncle Phil's Corner** **Transition Town**



Have you heard of this world-wide network, did you know Chesham is a Transition Town? Transition is a movement that has been growing since 2005, and has a vision, of bringing communities together to reimagine and rebuild our world. What do we do when we can't rely on oil dependency?

I first got involved when I meet the Plastic Bag Free Chesham team, Julia, Alison, Donna and Sally. They showed a film at the Town Hall, part of the film showed plastic bags from supermarkets in this country floating in the South Pacific, what is called the world's rubbish dump.



Plastic bag Chesham grew into Transition Town Chesham. A concept that Rob Hopkins a permaculture designer set up when he moved back to his home town of Totnes, Devon. Communities are encouraged to seek out methods to reduce energy usage. In Chesham on Saturday May 22<sup>nd</sup> 2010 Transition Town along with Chesham Town Council set up its first Local Produce Market, it takes place on the fourth Saturday of the month in Market Square, which despairingly is an under used part of town. In December 2011, the Local Produce market was entered in a National award scheme and invited to the award ceremony which was to take place in Barnsley. I representing Transition Town with Julia and Cllr Colette Littlely deputy Mayor and Kathryn, Chesham Town Council travelled to Barnsley, and we travelled home with the National and Regional awards as the greenest market.



Transition Town Chesham also helped set up the Community Orchard. The orchard is placed in Lowndes Park. The first 12 apple trees went in on 17<sup>th</sup> February 2013, it now has 51 fruit trees, apple, pear plum and cherry trees are doing well. We also have a group dealing with energy, and another on transport. On the Third Sunday of the month at the Queens Head, Church Street at 7.30 we have a reserved space for a get together we call Green drinks , all are welcome.

*Uncle" King" Phil*

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## **Monthly Meeting Reports**

### **COPAG meeting June 2017**

This talk was given to us by Hannah of CDC as the original speaker had to go to a funeral.

The core of the talk was about scams.

One lady had received 30,000 begging letters

Scammers parade as council offices, police officers and utility officers. Always get a phone call to the company to confirm who they are. Some things scammers look for:

- Doorstep sales example roof tiles report via 101 telephone call
- In good weather windows left open when you go out
- Defensive plants near windows or patio doors
- Gravel on driveway
- Don't leave keys and the plant pot or doormat
- Time switches
- Shed safety – set alarm, have security marks, ESP bikes, make sure your insurance covers your garden shed
- Neighborhood watch
- There is more information on website

*Chris Boulter*

### **COPAG meeting July 2017**

Talk for this meeting was given by Chris Holden of Trading Standards who has been an officer for 26 years. Initially there were 70 officers now there are 19.

Started off with Surrey Council with community engagements and also checking shops.

No shops are now checked this included food pricing, weights and measures – most of this work was replaced by the Consumer Rights Act.

There is also a lot of European law covering medicines and medical conditions, animal welfare etc.

One used to buy things off what was the Exchange and Mart, now it's off the Internet.

Things that can now be counterfeit:

Vodka, horsemeat, and telephone charges, timberland boots.

From this it was easy to see how people are deceived by counterfeit goods – very difficult to know which one is the real one

*Chris Boulter*

### **COPAG Meeting August 2017**

At this meeting we were told about detection dogs, this talk being given to us by Barry Hughes accompanied by his dog Max a golden retriever.

Because of their very sensitive sense of smell which is 6 times as sensitive as a human nose dogs can pick out from various urine samples, given by patients, whether there is cancer present.

Eight samples are put in a carousel and the trained dog smells each sample in turn and then sits by the one which is from a patient with cancer.

At present such testing has not been recognised by the NHS although when used has proved to be 95 to 97% accurate. Comparing this to a PSA or biopsy given for checking for prostate cancer only one in 4 samples are seen to be accurate.

Barry said that a lot of work is needed to prove the results so that this can be used as a medical test technique.

All monies raised by these detection dogs is raised voluntarily so none of the results can be considered to be biased.

*Chris Boulter*

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## **Savill Garden - Windsor Great Park**

### **THE ROSE GARDEN**

On a fine sunny day some of the members of COPAG went on a trip to the Savill Garden.

This garden consists of 38 acres of interconnected gardens - we couldn't manage them all! However we did our best.

Brian (my husband) and I set off down the steps past the brook and the ponds inhabited by ducks and geese through to what I think was called the Hidden Garden which I thought was like a bog garden with many familiar and unfamiliar plants.

We wandered up and through to the Summer Gardens and came upon the magnificent Rose Gardens with swirls of paths interspersed with so many different varieties of roses and a raised walkway through the middle which looked like the prow of a ship where you could stand and smell the roses.



We saw magnificent herbaceous borders (unfortunately I didn't write down the names of any of the plants) and the colour themed gardens with wonderful delphiniums which must have been at least 6ft -8ft high.

We went to the temperate greenhouse (for a sit down) and on through the New Zealand Garden and exhausted wandered back to the restaurant for a much needed cup of tea.

Altogether a wonderful day out

*Janet Rodhouse*

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## **The Tale of Mary Wright**

My grandfather Herbert was born in Eye near Peterborough, but one of his sisters was particularly interesting.

Her name was Mary Elizabeth Wright and she was born at Eastwood Farm, Eye in 1862, her father John Wright was a shepherd, later a Bailiff.

At 19 she was working as a housemaid in Main Street, Eye, and her brother was a groom, then in 1891 she appears on the census as being in Battle, Sussex, working for an Army Major and Captain, as a General Domestic Servant. Many eminent people visited here,. She then returned home to look after her father, 5 brothers and one sister after her mother died.

The fascinating thing about this lady is that she lived until 1971 when she died at age 109. Of course, she was often in the papers and even interviewed by Jack De Manio on the BBC. Later being asked who she was going to vote for on election day. During one of her interviews she revealed she had been a lady's maid to an MP's wife and while working for her had done "the London Season," and accompanied them when the family went to Paris for the opening of the Eiffel Tower.

As we have no records of this except from an interview, we assumed that one of the eminent people in the house in Battle had taken her on as a lady's maid. An MP and his wife also appear on the same 1891 Census.

When, after looking after her father for many years, he died, she was a housekeeper to a family in Spalding, retiring at the age of 70, moved to a flat for 24 years and lived alone, before moving into Frampton House, Kirton at the age of 97 where she lived until 109. Then unfortunately she fell and fractured her left femur and the doctors were in a dilemma as to operate or not. This they eventually did as quoted in the newspaper report "this unhappily did not come off" her heart had failed. Even then she was still being remembered in the Guinness Book of Records for many

years, as being the oldest person to have an operation.

This is quite an extraordinary life for a simple country girl born in the 1800s who lived until 1971. What changes she must have seen!!

*Judy Stroud*

## COFFEE TIME



## IMPORTANT **COMPETITION** IMPORTANT

Your committee thinks that COPAG should change its name to reflect what COPAG has evolved into from being a Positive Action Group to a Social Group.

We would like to keep the lettering of COPAG – so we are looking for Chesham O---- P---- A---- Group.

A prize will be awarded to the winner and this will be a meal for 2 at Rumbles Pantry, Church Street.

Entries to be in by October 31<sup>st</sup> 2017 and sent or given to a Committee member Judging will be carried out by the Committee, winner to be announced in your December 2017 Chronicle. [Tip: Don't use "Older"]

*Chris Boulter*

## QUIZ TIME

We all sometimes use slang in our daily conversations. Cockneys carry things a stage further and have developed rhyming slang. Often they shorten the phrase to a single word. For instance "**Apples**" is short for "**Apples & Pears**" which refers to that part of the house that many of us go up on our way to bed. See how many of the single words given below you can expand into a rhyming phrase and give the Queen's English version in the third column. **Good Luck!**

	<b>Single Word</b>	<b>Additional Word(s)</b>	<b>Meaning</b>
a)	Boracic	.....	.....
b)	Mutt	.....	.....
c)	China	.....	.....
d)	Whistle	.....	.....
e)	Errol	.....	.....
f)	Peckham	.....	.....
g)	Mince	.....	.....
h)	Barnet	.....	.....
i)	Plates	.....	.....
j)	Cain	.....	.....
k)	Daisy	.....	.....
l)	Adam	.....	.....
m)	Skin	.....	.....
n)	Sky	.....	.....
o)	Butcher's	.....	.....
p)	Harvey	.....	.....
q)	North	.....	.....
r)	Artful	.....	.....
s)	Almond	.....	.....
t)	Lady	.....	.....

*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 –: usually there are 1/2 speakers at the monthly meetings. 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