

breatheeasy

BUCKINGHAMSHIRE

What's that in the sky? Is it a bird? Is it a plane?
Or is it a committee member in a red balloon?



THE LONG WALK!

Kathy and Julian
do it the hard way
- see page 5

NEWSLETTER
November 2007

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BRITISH LUNG FOUNDATION SUPPORT NETWORK



BREATHE EASY BUCKINGHAMSHIRE

THE SMOKING BAN

A total ban on smoking in all enclosed public places came into force on 1 July 2007 and I would just like to say that it has already made such a difference to my life. I can go into pubs again! Yippee!!!

Not that I spend all of my time in them you understand but it is great to see how they have changed over the years. I stopped going into pubs about 20 years ago because I suffered so much from the smoke that a couple of hours in a pub would make me ill for a week after. Now I don't have to worry about smoke any more, I have been able to enjoy many great pub lunches during the last few months, along with a much greater variety of café and restaurant meals. Even popping in somewhere for a coffee has become so much easier – I used to send Graham in first to check whether smoking was allowed, or even if there was a smoking area to steer clear of.

I really didn't think that the government would go this far and part of me, the part that used to smoke, was concerned about the rights of people who wanted to smoke and was it right to take this away from them.

Well, hopefully in the fullness of time, most smokers will realise that they too will benefit because, as we all know, their health will certainly suffer in the long term if they continue to smoke and maybe the new regulations will help them to give it up.

Now can we please call for a ban on smoking in the High Streets because we now have to walk through the smoke to reach the clean air inside the pubs and restaurants!!! Never mind, you can't win 'em all!!!!

Janet (hic!) Fanko

breatheeasy
BUCKINGHAMSHIRE

COMMITTEE MEMBERS
(the not-so-secret seven!!!)

Angie Lockwood 01494 527062
(Chairman)

Janet Fanko 01494 712450
(Treasurer)

Mary Gillan 01494 874988

Charles Phillips 01494 812706

Elaine Smith 01494 443088

Paula Chamberlain 01628 485055

Eileen Peacock 01494 483841

NEWSLETTER
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SENIOR WELLBEING FAIR

Janet and I manned a stall at a Senior Wellbeing Fair in High Wycombe, trying to raise the profile of Breathe Easy Buckinghamshire.

There were a lot of interesting tables and within five minutes of arriving I had arranged a speaker for next year, followed later by two more. It was lovely to see Colleen and John there, thank you for your support.

Eileen came at 2pm to help us but by then everyone had gone downstairs to see a musical theatre put on by Trading Standards. Eileen and I went to see this and it was brilliant. They were warning people about scams, such as a letter saying you had won a prize, asking you to ring an 09 number and then pay £500 to fly out to collect the £10K you had won!!! If their superb acting did not get the message across, then nothing will.

There was a running buffet for everyone and this was delicious, but the turn out was disappointing due, we think, to the



venue not being very accessible and a lot of people, including our Charles, could not find it.

Hopefully they will have a new venue next year.

Angie Lockwood



BOAT TRIP AND SPONSORED WALK

It was the last week of May and I was staying with Alan in Essex. The weather was appalling, raining all the time, and we had our annual boat trip and sponsored walk booked for the coming Saturday.

What would we do if the weather was bad? We had sold a lot of tickets and no way could we all fit into the lower deck of the boat. Jo Murray phoned me on the Thursday and said she had just listened to the weather forecast for the weekend and Saturday was going to be hot.

Saturday dawned lovely and hot and sunny as promised, the weather was on our side once again.

Alan and I arrived at the boat at 12.30pm to find Charles putting our banner up and Elaine blowing up balloons. The river was not busy and the scenery was beautiful. We could see the pollen falling from the trees and I did feel sorry for those that were affected by it.

On the return trip we were joined by the walkers. Clarrie kindly bought us an ice cream onto the boat which went down very well. It was lovely to see so many more of our members on the trip and especially lovely to see Jo and the Murray gang who joined us once again.



We arrived back at 6pm after a very enjoyable day and we made a net profit of £1142 on the event!

Our trip is now world renowned, as Karen (Elaine's friend) flew in from Australia and Greta's sister from St Vincent to join us. Come next year we might need two boats!

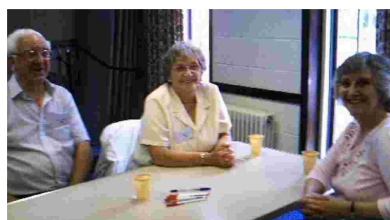
Angie Lockwood



PARTY TIME!



Monday 9th July saw us celebrating our 12th birthday. Fun and games and a lovely birthday cake were the order of the day!





Measuring Cups

Before you pour sticky substances into a measuring cup, fill with hot water. Dump out the hot water, but don't dry the cup. Next, add your ingredient, such as peanut butter, and watch how easily it comes out.

Foggy Windshield?

Hate foggy windshields? Buy a chalkboard eraser and keep it in the glovebox of your car. When the windows fog, rub with the eraser! Works better than a cloth!

Reopening an Envelope

If you seal an envelope and then realize you forgot to include something inside, just place your sealed envelope in the freezer for an hour or two. Voila! It unseals easily.

Conditioner

Use your hair conditioner to shave your legs. It's a lot cheaper than shaving cream and leaves your legs really smooth. It's also a great way to use up the conditioner you bought but didn't like when you tried it in your hair...

Goodbye Flies!

To get rid of pesky flies, take a small glass, half fill it with Apple Cider Vinegar, add two drops of washing up liquid and mix well. You will see that the flies are drawn to the cup and soon gone forever!

Get Rid of Ants

Put small piles of grainy flour like cornmeal where you see ants. They eat it, take it 'home', but can't digest it so it kills them. It may take a week or so, especially if it rains but it works and you don't have the worry about pets or small children being harmed!



These were sent to us by Waveney Munro. Thank you Waveney.

Reheat Pizza

Heat up leftover pizza in a nonstick skillet on top of the stove, set heat to medium low and heat till warm. This keeps the crust crispy. No soggy microwave pizza. I saw this on the cooking channel and it really works.

Easy Deviled Eggs

Put cooked egg yolks in a zip lock bag. Seal it and mash the bag till they are all broken up. Add the remainder of your ingredients and reseal, keep mashing the bag, mixing thoroughly. Finally cut the tip of the bag and squeeze it all into the egg. Just throw the bag away after - easy clean up!

Squirrel Away!

To keep squirrels from eating your plants, sprinkle your plants with cayenne pepper. The cayenne pepper doesn't hurt the plant and the squirrels won't come near it.



Expanding Frosting

When you buy a container of cake frosting from the store, whip it with your mixer for a few minutes. You can double its size. You get to frost more cakes/cupcakes with the same amount. You also eat less sugar and calories per serving.

Reheating Refrigerated Bread

To warm refrigerated biscuits, pancakes, or muffins, place them in a microwave with a cup of water. The increased moisture will keep the food moist and help it reheat faster.

Newspaper Weeds Away

Start putting wet newspapers in layers around your plants, overlapping as you go, cover with mulch and forget about weeds. Weeds will get through some gardening plastic, but they will not get through wet newspapers.



Broken Glass

Use a wet cotton ball or Q-tip to pick up the small shards of glass you can't see easily.

No More Mosquitoes

Place a dryer sheet in your pocket. It will keep the mosquitoes away.

Flexible vacuum

To get something out of a heat register, air vent cover or from under the fridge add an empty paper towel roll, or empty gift wrap roll, to your vacuum hose. The roll can be bent or flattened to get in narrow openings.

Reducing Static Cling

Pin a small safety pin to the seam of your slip and you will not have a clingy skirt or dress. Same thing works with slacks that cling when wearing panty hose. Put a pin in the seam and -- ta da! -- the static is gone.



COAST TO COAST WALK

On the 9th September, nine of us (plus a Silver Cross pram) made our way to St. Bees, Cumbria to start the Coast to Coast walk.

The 192 mile trail starts from the Irish Sea coast across the width of Northern England to the North Sea at Robin Hood Bay. Over two thirds of this spectacular walk crosses three National Parks - the Lake District, the Yorkshire Dales and the North Yorkshire Moors.

The path was devised in the early 1970s by the legendary fell walker, guide book writer and illustrator Alfred Wainwright.

Five people walked all the way and one missed a few days due to back problems. I travelled in the 'back-up' vehicle with the other two who were responsible not only for transferring our luggage from one B&B to another each day but also for being in the vicinity in case the walkers fell into difficulties. Fortunately there were no incidences and whenever I could I met the team to walk the last few miles of the day.

The three main charities involved were the RNLI, the Anthony Nolan Trust and of course Breathe Easy Buckinghamshire and the British Lung Foundation which my husband Julian was supporting.

The 17 consecutive days of walking were planned very carefully as 'pushing' a big heavy pram all that way over difficult terrain was no easy task. It took a great deal of time and attention to organise. As you might imagine the team attracted a lot of attention and many people were generous with their donations, even if they did think we were mad!



Kathy, who suffers from Bronchiectasis, has been a member of Breathe Easy Buckinghamshire for a while now, although she doesn't manage to get to many of our meetings due to other commitments. Thank you so much Kathy and Julian for your tremendous efforts. We have already banked over £3000 and apparently there is more to come.

Breathe Easy Buckinghamshire Committee

There were many highlights. One of Julian's favourites was when they were in a very remote area of moorland where they were observed from the distance by the RAF. The airplane, a Hawk trainer changed course, circled over them and then tipped its wing once the crew realized they were not in difficulties; they were carrying a pram not a stretcher!

We are the first team to accomplish the walk with a pram which had to be carried approximately 60% of the route. The walkers ages ranged from 42 to 64 (son and father) and the average walking speed was 2.8 miles per hour which was very good for a bunch of 'oldies'.

Kathy Penge



THANK YOU

A big thank you to David Butler and the Badgers for making a donation to us of £250.

We hope to put this towards a pulse oximeter for the Chest Clinic at High Wycombe General Hospital.





I WANNA BE A BEAR

In this life I'm a woman, in my next life, I'd like to come back as a bear. When you're a bear, you get to hibernate. You do nothing but sleep for six months. I could deal with that.



Before you hibernate, you're supposed to eat yourself stupid. I could deal with that too.

When you're a girl bear, you birth your children (who are the size of walnuts) while you're sleeping and wake to partially grown cute, cuddly cubs. I could definitely deal with that.

If you're a mama bear, everyone knows you mean business. You swat anyone who bothers your cubs. If your cubs get out of line, you swat them too. I could deal with that.

If you're a bear, your mate EXPECTS you to wake up growling. He EXPECTS that you will have hairy legs and excess body fat.

Yep, I wanna be a bear!

Author unknown - but sent in by Eileen Peacock and we love it!

BEAT THE BURGLAR!

Crime rates are falling slowly but they are still too high and a fear of crime is actually increasing. Can we protect our property and our peace of mind?

To have your home burgled is an awful experience. The loss of your valuable possessions and the emotional shock of having your home invaded is deeply upsetting.

Although no home is immune, statistics have shown that burglars are more likely to target the following homes: households with poor security, low occupancy levels, lone parents with children, elderly occupants or those in urban areas.

Contrary to popular belief, most burglaries actually take place during the day when homes are less likely to be occupied than they are at night.



Thank you to Jim Tanner for sending us all this useful information

The burglar selects a target and may knock at the door to make sure no one is at home. He will have a plausible excuse if someone answers. If he is satisfied the house is empty, he'll move round to the side looking for dogs, burglar alarms and window locks. If he spies an easy entry he'll be inside in seconds and out again in minutes with cash, jewellery, electrical goods, or even documents containing your personal details. Identity theft is an area where crime rates are soaring.

Opportunist thieves are skilled at observing potential targets, but as they are looking for a quick and easy reward, they are also fairly easy to detect and it only takes simple measures on the homeowner's part to keep the opportunists at bay:

- Make sure your property is visible from the street, and that the bushes and trees are well trimmed so they do not provide cover.
- Don't leave ladders lying around.
- Join your local Neighbourhood Watch Scheme, or start one up.
- Fit security lights and consider installing a burglar alarm.
- Dogs are excellent deterrents!

Finally some burglars stake out an area before striking so be aware of any suspicious activity, or strangers in your area. Report them when you see them so the police are aware of their presence.

With a little vigilance and common sense you can protect your home, but just in case you are unlucky, make sure you're fully insured.

When going away from home:

- Don't close curtains in the daytime as this shows your house is empty.
- Invest in some time switches to turn lights and the radio on and off.
- Fix mortice locks or bolts on all outside doors, and key-operated locks to easily accessible windows.
- Cancel any milk or newspaper deliveries, if you are going away for more than a few days.
- Do not leave valuables where they are visible to a potential burglar.
- Mark your property with your postcode using a proper marking kit available from your Neighbourhood Watch co-ordinator, or a DIY store.
- If replacing windows, consider laminated glass.

For more information contact your local Neighbourhood Watch Co-ordinator.



UP, UP AND AWAY WITH JANET!

On 4 September 2007, at long last, I achieved a lifelong ambition to go up in a hot air balloon.

On my 60th birthday, in May 2006, my husband gave me an envelope with a voucher, promising an hour long flight in a hot air balloon. I was so excited but I was in the process of selling my business at the time and I knew that it would be a few months before I would be able to spare the time to go. Never mind, it was something to look forward to and I booked it for the end of August.

Well, by the time August came, I had pneumonia and I had to cancel the flight. I was devastated.

At least I had something else to look forward to – at the end of September we were off on a cruise (another lifelong ambition of mine). That was a wonderful two weeks and enabled me to recover well from the pneumonia.

By the time we came back, the balloon flights had stopped for the winter so I decided to book a date near to my birthday this year.

Do you all remember May 2007? Yes, it was the wettest on record!!!

Needless to say, the flight was cancelled and I re-booked for 28 July. This time, I actually made it to the launch site but the weather was grey and miserable.

The pilot eventually decided that it was too windy and called it off and I must admit that, although I was disappointed, I was secretly pleased

because it had started to drizzle by that time and the visibility wouldn't have been great.

I re-booked for 21 August – but do you remember August? Yes, it was cancelled again!!!

I re-booked for 4 September and at long last, the weather was perfect. There wasn't a cloud in the sky and I enjoyed an hour and a half of perfect bliss. It was so peaceful up there and the Oxfordshire countryside looked amazing.

We should have been in the sky for an hour only but the pilot had various attempts at landing, only to be foiled by the balloon being determined to invade the airspace of RAF Benson! We were also chased off by an angry farmer and eventually put down in a ploughed field because the only other alternatives were a pig farm and the runway at Benson.

I had no idea how little control the pilots of these balloons have – this one has been flying balloons for 20 years, so I'm sure he knew what he was doing. The landing was perfect and the pink champagne was even better!!!

Would I do it again? Not half!!!

I actually think that we should sell the house and spend the rest of our lives going from cruise ship to cruise ship with a hot air balloon flight at every stop on the way. So if I never come to any more meetings, you will know where I am...I'll send postcards!!!

Janet Fanko





DIANE YOUNG'S TV INTERVIEW

Rebecca Fleckney from the British Forces Broadcasting phoned me in May, the day before I was going away. They were filming three volunteer soldiers giving up smoking. They were doing quite well but she thought they needed a bit more push. I was asked if I could find someone for the following week! They had found my number on the British Lung Foundation web site. I called Diane Young and she immediately said she would do it, so I had to leave it to Diane to sort it out, which she did admirably. Diane had a lovely thank you letter and they will be sending her a DVD of the filming. This is Diane's account of her meeting. Thank you Diane! - *Angie*

I was interviewed on TV camera by British Forces TV. It involved talking to three soldiers who are going to give up smoking. I answered all the questions asked of me as honestly as I could and I received a letter thanking me for doing the interview.

The interview took about an hour; I had no problems with the type of questions asked. The lady who asked me if I would do this was Rebecca and the soldiers from Aldershot Army

Barracks were very friendly. They gave me a lovely bunch of tulips for having them in my home.

There are so many of our soldiers that smoke and with the level of fitness required, they are trying to encourage them to stop. My disease is caused through smoking. If I never smoked I wouldn't have Emphysema. I also have a gene called "Alpha 2" Tripson Liver Foundation Disorder. One of my children also has it, but I thank the

Lord my youngest daughter will never smoke. She has lived with me and seen what the illness is like since she was small.

I also thank the Lord for my consultant Mr David Taylor. He is brilliant and, along with my GP Jane Berry, he referred me recently for a lung transplant, which unfortunately was not successful due to anti-bodies in my blood.

They are going to send me a copy of my interview, and I thought, well if I can help people to stop or to not even start smoking; especially the youngsters then I feel it is worthwhile.

If anyone is interested in seeing the film, please let me know.

Diane Young



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CONDOLENCES

We were very sorry to hear that Diane Young's husband sadly passed away in October.

Our love and prayers are with Diane and her family at this sad time.