



Multiple Sclerosis Society
Wales/Cymru

Montgomeryshire Newsletter

May 2015



Dear All

The spring is past and summer is almost upon us. The annual meeting has been held and we move onto another year. A presentation was made to Sue Rollinson who stepped down from the Committee after many years. Our grateful thanks go to her for her work with the Committee. Sue is still with the Development Team. We are very lucky to have such a good Committee and I look forward to working with everyone in the next year.

There are some events coming up with a tea at Lakeside and Coed y Dinas, a Christmas Dinner in January (at the newly owned Royal Oak Welshpool) and the Church Service in September as well as quoits in Caersws and the Sailing Days. I look forward to seeing many of you at these events. The information will be sent to everyone with full details from our illustrious secretary Frances.

The branch has some 'pop up' display boards on MS which have been paid for by an Award for All Wales Grant and these will be used to inform and offer help to those who need it.

Best wishes for now.

Robert

Robert Robinson Chair

Obituary

It is with great sadness that I tell you that Mrs Beryl Sims, wife of Jim died very recently. My memories of Beryl are a luminous smile and lately, unable to talk – a great 'thumbs up' whenever we called to see her and Jim. Beryl and Jim have been members of the Branch for some years, but recently were not able to share our social occasions.

Terry, Moira and I (support team) and Keith Rollinson attended Beryl's funeral in tribute to a super lady and in support of Jim and Jude.

Our deepest sympathy and thoughts are with Jim and their daughter Jude at such a sad time..

Su Rollinson



Terry is on the right of the picture

Auto-BioPic – by Treasurer Terry Jeacock

I was born in Chesham, Buckinghamshire 1951 where I lived until I got married to Karen in 1977. I had an undistinguished school record but fortunately my father introduced me to amateur radio which gave me an interesting career in radio communications. After leaving school, I joined the Post Office Research Station at Dollis Hill (North London) and then transferred to the Ministry of Posts and Telecommunications Radio Department (now Ofcom). This was a fantastic opportunity for a young radio ham – lots of very expensive test equipment to play with and rushing round the country in a Range Rover taking measurements of radio transmitters. Unfortunately, I had to grow up and become a desk engineer for several years. However, for the last ten years of my career I worked in the international coordination section. The introduction of new radio systems like Digital Radio and TV, satellites, 3G, 4G and even WiFi requires huge amount of technical work and negotiation with other countries on a global basis. I found myself involved in technical committees, attending meetings all round Europe and, as this was shortly after the collapse of the Iron Curtain, I was lucky to be travelling to all the former Soviet Bloc countries which, a couple of years earlier, had been forbidden but now incredibly friendly. Europe has to negotiate with the rest of the world, so I was also travelling to South and North America, Asia and Pacific countries. The work is done on a four yearly cycle of preparation, ending in World Radio Conferences organised by the International

Telecommunication Union (ITU), a UN agency based in Geneva. These conferences can take up to six weeks to complete with over 2000 delegates. The outcome is a regulatory treaty.

In 2005 I had the opportunity to take early retirement (Karen had retired in 2003). Karen and I decided to move to Wales after returning from a trip to Ireland through Welshpool and Montgomery and falling

in love with the countryside and villages. Also, it was a welcome relief from living in Luton for 20 years.

My nine years of retirement have passed very quickly. Shortly after I retired, the ITU asked me to undertake some voluntary work, training developing countries in Radio Spectrum Management. I have done several missions including Liberia, Fiji, Burma, Yemen and Gambia. I am still a keen radio amateur and have a well-equipped "radio shack". I've also kept my 1985 BMW motorcycle that I used to commute into London. Our nephews have motorcycles and when they visit I enjoy taking them round the Welsh mountain roads. Our dog Frodo, a Bernese mountain dog-collie cross, keeps me relatively fit on daily walks in the hills above Adfa. Other interests include listening to blues and rock music – the internet has allowed me to obtain all those recordings from the 60s and 70s that I could never afford in my teens. We are also members of the Adfa gardening club, although I consider gardens are for sitting not working in.

We were introduced to the MS Society by Glyn and Irene Jones who we met through the local amateur radio club. Our involvement seems to have grown in the last couple of years!

We have never regretted moving to Wales, partly because of the peace, quiet and safety but also because of the great friendships we have made in the relatively short time we've been here.

Terry Jeacock

MS Branch Treasurer



Training for Quoits



Disability Driving Assessments



I became worried about my ability to drive safely because of my MS, so, on the advice of the physiotherapist, I applied for a driving assessment. My appointment came through very quickly and in the meantime I went for my eyesight check to make sure I could read the number plates.

The assessment was at Newtown hospital and consisted of a 40 minute discussion with the assessor (Gary) to identify the difficulties MS was causing to my driving, followed by a 20 minute test drive to see how well I could cope with a car converted for hand controls. On this occasion, a lady Occupational Therapist (OT) joined us for the discussion and then very bravely came out with us for the drive. For the test drive, we started with a short run round the local estate to get the feel of it and then drove to Kerry through Newtown. I was rather nervous as it felt like my first driving lesson but Gary was very calm and re-assuring. The brake and accelerator controls (a push/pull lever) were all on the right hand side of the steering wheel, so my right hand worked those, while the left steered by turning the wheel with a knob. I did not need to use my feet and legs at all. It certainly felt strange at first but not as difficult as I had expected.

When we got back to the centre, my husband (Terry) joined us to hear Gary's summing-up. He also told me all the things I had to do: inform the DVLA and insurance company and send a copy of the assessment report to them. He also recommended I had up to 10 hours of instruction on driving an adapted car with a qualified instructor. All-in-all, the assessment gave me confidence that I would be able to "get my wheels back".

We were advised to have the adaptations made to a new car (rather than our 2 year old car) to obtain the best value for money. Since moving to Adfa we have always bought our cars from Alan Roberts in Tregynon. We explained what we wanted and he began the search for a nearly-new Vauxhall Meriva (ideally suited for motability drivers). We also visited Martin at AllShropshire mobility to choose and arrange the adaptations. Martin and Alan agreed to co-operate so that Martin could do the work in Alan's workshop as soon as the car was delivered.

The time waiting for our adapted car allowed me to have a course of driving instruction. There are very few driving instructors qualified for disabled driving instruction in this area. I booked my lessons with Haydon Jones in Shrewsbury. I had a one hour lesson every week for 8 weeks. The instruction includes town centre and main road experience, reversing and a refresher course on correct driving procedures (the hardest bit).

By the time I had finished my lessons; our car was ready for collection from Tregynon. As well as the hand-operated brake and accelerator, our adaptation included a steering wheel knob, rather like a lollipop, with a set of buttons to control lights, indicators, washers and wipers. It is connected into the electrical system by radio (like WiFi), so it is cordless and easily removed. Also, the hand operated controls still allow the pedal controls to operate; therefore anyone can drive the car normally. Terry drove the car out of the garage but we swapped over on the way home and I was able to try my new skills on our own car – wonderful!

Since then, I have been driving regularly on my own into Newtown for shopping and getting more experience. It is also good for Terry as I can drive home from the pub!

Karen Jeacock



Spring at Factory Cottage

Spring seems to have been a long time coming but we had some lovely weather in April and during the last week or so up to the middle of May.

The wild birds are very busy every day on the bird table, chaffinches, 2 robins, various varieties of tits and we have also had woodpeckers and nuthatches on the peanuts. .

We seem to be overrun with pheasants picking up the cast off seed from the bird table and even trying to reach through the cage we have on the table. The blackbirds join them – so quite a scrum on the lawn. Our doves are busy building nests and it is hilarious to see them try to get long twigs horizontally through the holes into the dovecote.

If you remember, our barn cat had a crush on our cocker spaniel Josie – the situation still remains the same – the cat is never far away from her and will insist on sitting right outside the doorway of Josie's kennel from first light. Josie still tries to ignore her and walks or runs through her if necessary!!

One of our Dexter cows calved in April, our neighbour and good friend Frank noticed whilst driving past the field the cattle were in. He is a lovely calf and growing rapidly with all the milk his mum seems to have available.

In my small polytunnel/greenhouse outside on the front lawn – I am growing all sorts of flowers and also some lettuces at the moment. Time to go down to the nursery to buy the trailing begonias and tomato plants, have not had time to grow either of those from seed this winter.

We have 1 solitary Canada goose on our pond and this year quite a lot of wild ducks too. I think because it is a long way from the house it is free of human noise. Our own goose is laying eggs again, but she never sits them unfortunately, but goose and gander do let us know when anyone is about.

Lets hope the Summer is kind to us all and there is lots of sunshine to enjoy, without a heatwave!!

Su Rollinson



Research notes

I was really interested to read in Open Door (the newsletter of the MS Trust), that in addition to current research into relapsing/remitting MS, there is much more interest in Secondary Progressive MS and research into drug therapy. At a recent MS conference, dr Robert Fox said that “within 10 years”, he thinks, “we will be able to treat progressive MS in the same way we can now treat relapsing MS.”

Commenting in Open Door, Dr Jeremy Chataway, consultant neurologist at the National hospital for Neurology and Neurosurgery in London, said, “I certainly think this is a golden time. Over the years, the MS community has achieved a number of drugs that control relapse rate, ultimately quite effectively. That has allowed everyone's attention to fully move onto to what was always the major problem: progressive MS, in whichever form that progression is. And we have a pipeline of drugs which I hope will come through and will hopefully prove themselves in final phase trials.”

**I do have the Open Door newsletter and if anyone would like a copy of the full article, which is very interesting, please phone or email me and I will send you a copy.

There is also an excellent article in the same newsletter called “Jo's Top tips for staying mentally fit.” It is not heavy reading at all and I have found it very helpful.

The same applies if you would like a copy, phone or email.

Su Rollinson – 01686 641843n or email su@rollinson.me





Prince Harry and Moira

Prince Harry and I both love the same poem – it is **Invictus by William Ernest Henley**.

The poem was written in the 1870s when Henley was in hospital facing the loss of both legs. As a child he had TB and one leg was amputated below the knee when he was 16. In his 20s, Henley went to Edinburgh under Joseph Lister who was experimenting with the use of antiseptics. Whilst other surgeons wanted to amputate the foot on the other leg,

Lister insisted on using antiseptics to stem the disease in the foot consequently the foot and leg were saved. In hospital Henley wrote many poems, Invictus being one of them.

To me the verses provide inspiration. In times of trouble I find myself reciting the lines and the last two lines of the poem

“I am the master of my fate:

I am the captain of my soul.”

captures for me, my attitude to life.

Moira

Invictus

William Ernest Henley

**Out of the night that covers me,
Black as the Pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul.
In the fell clutch of circumstance
I have not winced nor cried aloud.
Under the bludgeoning of chance
My head is bloody, but unbowed.
Beyond this place of wrath and tears
Looms but the Horror of the shade,
And yet the menace of the years
Finds, and shall find me, unafraid.
It matters not how strait the gate,
How charged with punishments the scroll
I am the master of my fate:
I am the captain of my soul.**





Disability Sailing at Clywedog

There will be a Disability Sailing Day on Saturday 20th June 2015, at Clywedog Sailing Club – this is an annual event and becomes more popular each year. Sailors and non sailors alike are given the opportunity to sail in dinghies specially built for those with disabilities.

There will be ample sailors around on the day for a 'buddy' system, so that no-one should feel at all vulnerable out on the water.

There will be sailing kit and life jackets available and Refreshments too. Although if you want to bring snacks that is OK too.

Do come along – if not to sail then to enjoy the lovely location and an excellent atmosphere of fun and achievement.

Phone Keith on 01686 640305 or email: keith@rollinson.me

PS: Date to be confirmed for the **MS Picnic Day at Clywedog in August** – we will let you know in the letter going out in late June regarding the MS Tea at The Lakeside, Garthmyl.



Joke from Moira

A couple of nuns who were nursing sisters had gone out to the country to minister to an outpatient. On the way back they were a few miles from home when they ran out of petrol.

They were standing beside their car on the shoulder when a truck approached. Seeing ladies of the cloth in distress, the driver stopped to offer his help. The nuns explained they needed some petrol. The driver of the truck said he would gladly drain some from his tank but he didn't have a bucket or can.

One of the nuns dug out a clean bedpan and asked the driver if he could use it. He said yes and proceeded to drain a couple of quarts of petrol into the pan. He waved goodbye to the nuns and left. The nuns were carefully pouring the precious fluid into their petrol tank when a police patrol car came by.

The policeman stopped and watched for a minute, then he said: "Sisters, I don't think it will work, but you sure have faith!!"

Paraprosdokians are figures of speech in which the latter part of the sentence or phrase is surprising or unexpected; frequently humorous. Sir Winston Churchill loved them.

Here are a few..

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. War does not determine who is right – only who is left.
4. I used to be indecisive, now I'm not so sure.
5. If I agreed with you we would both be wrong
6. You are never too old to learn something stupid.
7. I didn't say it was your fault, I said I was blaming you.
8. Knowledge is knowing that a tomato is a fruit. Wisdom is not putting it in a fruit salad.
9. Women will never be equal to men until they can walk down the street with a bald head and a beer gut and still think they are sexy.
10. You do not need a parachute to skydive. You only need a parachute to skydive twice.



MS Church Service

St Bueno's Church, Berriew

Sunday

6th September 2015

at

2.30pm

Followed by Afternoon Tea at the Old School

Catering by Sarah, The Lychgate Tearooms, Berriew.

This year we are planning something a little bit different for our Church Service and do urge you to come. We will be letting you have more information later in the summer, as plans and participants are finalised. If you would like to take part, please let me know – we always welcome people and ideas.

The MS Church Service is a further opportunity for the Branch members and friends to meet.

The Service is for everyone, of whatever persuasion or none – please do not think our church service is a bar to anyone – The Branch Church Service is for all our members and friends – please come.

For more information or to offer help please contact

Su on 01686 641843 or Moira on 01686 650963

Don't forget -- Postcards and Used Stamps are always needed to raise funds for the Branch – please keep them coming....



So do we visit the Kent coast for our next convention? Please vote Deal, or no Deal

A Colourful Quiz

1. Who starred in "Blue Hawaii"?
2. What is a 'Clouded Yellow'?
3. Which daily newspaper is printed on pink paper?
4. What is albumen?
5. What colour was the Lancasterian Rose in the War of the Roses?
6. What gives green pasta its colour?
7. What stone is mined in Derbyshire and nowhere else in the world?
8. What colour is a Kingfisher's egg?
9. Complete the name of the TV series ' Captain ? And the Mysterons'?
10. What are O'Donohue's White Horses?
11. Which TV series had a character called Yosser Hughes?
12. What colour eggs are the Chinese symbol of good luck and new life?
13. What colour connects a U.S. medal, flowery prose and an Imperial butterfly?
14. Who had a number 1 hit with 'Lily the Pink'?
15. Where in Russia is St Basil's Cathedral?

(Answers at the end of the Newsletter)



The Golden Mile Llanllugan

Tucked away in a peaceful narrow lane between the tiny hamlet of Llanllugan and the “main” road between Adfa and Cefyn Coch is what local residents have dubbed the “Golden Mile”. At Easter-time the verges of this lane are covered in a host of beautiful golden daffodils. In the spring sunshine they are absolutely stunning.

I had first seen this wonderful sight in 2008 and heard it was something to do with the Evans family who lived in a farm on the lane. Recently I mentioned it to Moira while chatting on the way to an MS visit. As she had not heard about it she suggested I write something for the Newsletter to share with members.

I knew Ivy Evans as she is chairman of the Adfa gardening club, so I telephoned her to learn something about the background and found a very interesting story – some of it previously reported in the Montgomery Times last year (2014). The creator of the Golden Mile is her brother Maldwyn, a retired head gardener at Gregynog Hall, having started work there in 1960. Maldwyn has also tended the cemetery at Adfa Chapel for 43 years on a voluntary basis. He received the British Empire Medal in 2014 for services to the community and a national award for the best kept small cemetery.

In 1998, he had bought some bulbs from someone in Llanfair and began planting around the family farm and drive. He had lots left over and started planting along the lane to Llanllugan. This became something of a passion and he has been planting hundreds of bulbs every year since then, so that the lane from Llanllugan to the Cefyn Coch road has become the spectacular display we see today.

A drive or walk along the road is highly recommended at this time of year but be careful as this road and the roads to Llanllugan are very narrow. Also along this road you will see a very pretty cascade of water in the river Rhiw; at its best after a week of rain or melting snow.





The Officers

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	Moira Pedrick	Tel: 01686 650963
	Terry Jeacock	Tel: 01938 810773

Committee members

Karen Jeacock
Glyn and Irene Jones
Ruth Jones
Sian and Russell Owen
Moira Pedrick



Dates for your Diary

Saturday 20th June -	Disabled Sailing Day, Clywedog Sailing Club
Wednesday 15th July -	MS Afternoon Tea, Lakeside, Garthmyl
August date to be announced:	MS Picnic and Sailing at Clywedog Sailing Club
Sunday 6th September	MS Church Service and Afternoon Tearoom
Wednesday 4th November	MS Tea at Coed y Dinas
Christmas Lunch	Date and Venue to be announced.

Answers to Quiz

1. Elvis Presley; 2. A Butterfly; 3. The Financial Times; 4. The white of an egg; 5. Red
 6. Spinach; 7. Blue John; 8. White; 9. Scarlet; 10. The tips of waves; 11. The Boys from the
 Black Stuff; 12. Red; 13. Purple; 14. The Scaffold; 15. Red Square.



And finally:



"Do you mind if dinner is late? I found some leftover tuna casserole on eBay!"

Thanks to Sue and Moira for their help in producing this issue of the newsletter

