



REACH

Older People Active Lives



For comments, articles & info
contact your Organiser or
opalreach@opalservices.org.uk

VACCINES FOR ALL OVER 70S IN ENGLAND

A reminder following the Government's announcement last week that if you are aged over 70 in England and have not yet had the vaccine please contact the NHS by calling 119 or visit www.nhs.uk to book an appointment online.

PANCAKES!

Tuesday 16th February is Shrove Tuesday, the day before Lent starts and it is believed that the word *shrove* comes from the old middle English word 'Shriven' meaning to go to confession to say sorry for the wrong things you've done. Christians would go to confession the day before Ash Wednesday, and this became known as Shrove Tuesday.



(Olney pancake race website)

It is now also known as Pancake Day, and the story for this apparently dates back to 1445 when a harassed housewife in Olney Buckinghamshire, hearing the shriving bell, dashing to the Church still clutching her frying pan containing a pancake! This led to village pancake races, now a yearly tradition following the revival of the custom in 1948. (Olney pancake race website). *Mardis Gras* (Fat Tuesday in French) are festivals celebrated around the world on Shrove Tuesday.

It was very sad to hear of the passing of Captain Sir Tom Moore. He was a much needed ray of sunshine last year when the NHS and the nation needed a boost. He will be remembered for his amazing fundraising and his positive outlook on life. *"The sun will shine on you again, and the clouds will go away"*.



BLAST FROM THE PAST - this week in history....

- 1806 William Grenville becomes Prime Minister of the UK.
- 1935 Robert Watson-Watt first secretly demonstrates the ability of radio signals to detect aircraft.
- 1975 Margaret Thatcher defeats Edward Heath for leadership of the Conservative Party.
- 1984 Jayne Torvill and Christopher Dean win ice dancing Gold Medal at the Winter Olympic Games in Sarajevo.
- 1990 Nelson Mandela released after 27 years imprisonment in South Africa.
- 1999 US President Bill Clinton is acquitted by the Senate in his Impeachment trial.

HAPPY NEW YEAR



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YOUR HOROSCOPE!

On Friday 12th February it is the Chinese New Year and in recent years Chinese communities in the UK have shared their traditional parades and dances with local communities. Liverpool have moved their celebrations on line and are lighting up in red St George's Hall, Cunard Building, George's Dock building and Sefton Park Palm House to mark the new year – this year it is the year of the Ox.

In Chinese astrology, each year is related to a Chinese Zodiac Animal on a 12 year cycle. This year is the Year of the Ox, especially relevant to those born in 1913, 1925, 1937, 1949 and 1961 ...An ox is a faithful friend and makes great contributions to society. People born in the year of the ox are industrious, cautious, hold their faith firmly and are always glad to offer help. Is that you?

What's On - Line?

Zoom Meet Ups

There are lots of OPAL attended Zoom sessions taking place each week such as socials - including our new 'men's shed' group - exercise classes and knitting, reading and craft groups. If you are interested in joining any of these please email opalreach@opalservices.org.uk or contact your organiser.



What's On?



New on Netflix

The Dig, about the excavations of a Viking ship at Sutton Hoo.

News of the World, western starring Tom Hanks.

Round 2 of the 6 Nations Rugby, 13th Feb, England vs Italy, 2.15pm, ITV, Scotland vs Wales, 4.45pm, BBC

Cricket- 2nd Test India vs England, 13th-17th Feb, coverage every day from 6am on C4

Australian Open Tennis, 13th and 14th Feb 1.15pm, highlights BBC 1 and BBC 2

Quizzical

9 Letter Word Game

Find the 9-letter word in this puzzle!
How many other words can you find?

U	E	T
E	N	R
V	A	D

LAST REACH ANSWERS: 1) YAK, 2) BISON, 3) MONKEY, 4) SNAKE, 5) FROG, 6) GOAT. WHO I AM? - ZSA ZSA GABOR

Who Am I?

I am an American film and TV actress, born in Chicago, Illinois.

My career started when I went on a cross-country tour modelling for a refrigerator company at trade shows. I was crowned 'Miss Deepfreeze' by the refrigerator company!

My best-known films are The Man With the Golden Arm, Vertigo and Picnic. I semi-retired from movies in the 1960s only appearing in a handful of roles.

I am alive and well at 86 years of age.

This is Your Life.....

CARMEN MIRANDA

Birthplace

Carmen Miranda was born Maria do Carmo Miranda da Cunha on February 9, 1909, near Porto, Portugal. Her father named her after the Bizet opera. Not long after her birth her family moved to Rio de Janeiro, Brazil, for her father's business.

Before she was famous

After leaving school, Carmen got a job at a local store and often sang whilst she worked, and before long she was discovered and ultimately got a recording contract with RCA. By 1928 she was a genuine superstar in Brazil. She made her debut on screen in 1933 and continued to churn out hit songs until 1939 when she was taken to New York.

Career

In the late 1930s, she started capturing the Americans' hearts even though she could speak no English, but her singing, dancing and rolling her eyes were quick to capture people's imagination! She began on Broadway, making a big impression with her trademark Tutti Frutti hat and wide grin, and moved into movies starring alongside Hollywood stars like Betty Grable.

Personal life

She was married to film producer David Sebastian for 8 years, until her sudden death from a heart attack in 1947.

Quote

"Look at me and tell me if I don't have Brazil in every curve of my body"

(Sources Golden Carers and imdb)



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Think about me, not my age