



# REACH

Older People Active Lives



For comments, articles & info  
contact your Organiser or  
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## VACCINES REACH OVER 15 MILLION

Great news this week that vaccine delivery had reached this target number. Locally, age groups of 65 and above are now being called. A big thank you to all the NHS and volunteer workers (including some of OPAL's very own) making this happen.

## A RANDOM ACT OF KINDNESS

In the last 12 months hearing about a random act of kindness has boosted many of us, not just the people involved. Scientific evidence shows us the positive effects of doing kind acts for others as well as receiving or even witnessing kindness. Even the smallest act of kindness can change a life. It is believed that the phrase comes from "Practice random kindness and senseless acts of beauty" which was scribbled on a placemat in a restaurant in Sausalito, California back in 1982 by Anne Herbert in response to the saying "random acts of violence and senseless acts of cruelty". She went onto write a book about spontaneous kindness and the far reaching effects.



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

- 1173 Pope Alexander III canonizes Thomas Becket, Archbishop of Canterbury.
- 1816 Rossini's opera "The Barber of Seville" premieres in Rome.
- 1848 Karl Marx & Friedrich Engels publish "The Communist Manifesto" in London.
- 1874 Benjamin Disraeli succeeds William Gladstone as British Prime Minister.
- 1878 Thomas Edison is granted a patent for his gramophone (phonograph).
- 1962 John Glenn, aboard Friendship 7, becomes the first American to orbit the Earth.
- 1981 Prince Charles announces engagement to Lady Diana Spencer.
- 1997 Dolly the Sheep, the world's first cloned mammal, is announced by the Roslin Institute in Scotland.

## BE PREPARED!

We have had a wonderful response to the request for memories of Scouting and Guiding; here are some camping memories. All stories will be recorded in full in OPAL Book of You so if you have any stories please do send them in via email or through your Organiser .



**Jack** remembers going on camping trips to Morecambe, and Llangdeglia Moor. At one camp, he remembers a chicken running around, having its neck wrung and chicken being on the menu, but doesn't remember if he ate it!

**Joyce** recalls being in Guides in the late 20s, early 30s and helping when she was older. She remembers a camping trip to Sherwood Forest, and also heading to camp in an old van, all packed in, no seatbelts!

**Les** remembers heading to Wales to camp, sleeping in camouflage tents and playing the bugle!



Fisher, Susan Bailiff and Suzanne Benson (all of Kelsall) amuse the Princess as they explain to her the art of erecting tents.

Pictured in this photo is Jean's daughter, Joyce meeting Princess Margaret during her 1970 visit

## Dad Jokes...

Did you know they aren't making shortbread any longer.

A ham sandwich walks into a bar and orders a beer, the bartender says 'Sorry we don't serve food here'.

What do you call a man with a rubber toe? Roberto!

Last night my wife and I watched two DVDs back to back. Luckily I was the one facing the TV.

## Quizzical

- 1) How do Scouts shake hands?
- 2) What do you call a boy who is not yet a scout?
- 3) What is the use of the reef knot?
- 4) What is the most fun part of Scouting?
- 5) Why do Scouts have a knot in their neckerchief?
- 6) What year was the Girl Guides started?

LAST REACH ANSWERS: 9 Letter word - ADVENTURE.  
WHO AM I : KIM NOVAK

## This is Your Life.....

### Robert Baden Powell

#### Birthplace

Robert Stephenson Smyth Baden-Powell was born in London on 22nd February 1857.

#### Early memories

His father, Professor H.G. Baden Powell was a vicar and a professor of natural science so the countryside played a large part in his childhood and it was at Charterhouse School where he first became interested in the arts of Scouting and woodcraft.

#### Career

Robert Baden-Powell served with the British Army for over 30 years. He was especially talented in military scouting. In 1899 he published *Aids to Scouting*, which was intended for the military, but had also gained surprising interest among the general public.

In 1906 he wrote a short paper called "Scouting for Boys," where he put some of his ideas into print and in the summer of 1907 Baden-Powell acted upon his ideas and ran a demonstration camp for boys on Brownsea Island off the coast of Dorset. Twenty-two boys, from ages 10 to 17, took part in the weeklong exercise, which consisted of camping, cooking, tracking, singing, and storytelling. He retired from the army in 1910 to dedicate his life to developing the Boy Scouts and later to support his wife and sister set up the Girl Guides.

#### Personal life

He met his wife Olave in 1912, whilst on a ship travelling to promote Scouting around the world. They married in October 1912 and had three children. In 1938, they went to live in Kenya, where in 1941 he died, aged 83.

#### Quote

'The most worth-while thing is to try to put happiness into the lives of others'- Baden Powell.

## What's On?

**Ant and Dec's Saturday Night Take Away**,  
20th Feb, ITV, 7pm

**Bloodlands**, 21st Feb, BBC1, 9pm

**Chris Peckham's Animal Einsteins**, 21st Feb, BBC  
2, 8pm

**Blitz Spirit with Lucy Worsley**, 23rd Feb, BBC 1,  
8.30pm

## Who Am I?

20th of February 1927

I am a Bahamian-American actor, film director and diplomat.

My breakthrough in films came in 1958 when I worked with Tony Curtis in the movie *The Defiant Ones*. I was the first Black American to be nominated for an Academy Award; I was also the first to win an Oscar as Best Actor for the film *Lilies of the Fields*. 1967 was my best year with three successful films: *To Sir with Love*, *Guess Who's Coming to Dinner*, and *In The Heat of the Night*.

From 1997 to 2007 I was the Bahamian Ambassador in Japan.



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Think about me, not my age