



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

NATIONAL DAY OF REFLECTION

The Prime Minister has announced that 23rd March will be a National Day of Reflection, marking the anniversary of the UK's first COVID lockdown. A minute's silence and a doorstep 'light up' will form part of the day's events.

ST PATRICK'S DAY

St Patrick is the patron saint of Ireland and St Patrick's Day is celebrated on 17th March, the date of his death. The event started as a religious holiday but has become a big celebration of Irish culture.

St Patrick was actually born in Britain in the 4th century and went to Ireland when he was 16, when he was sent to work there. He became interested in Christianity and is said to have converted many residents to be Christians. He died in 461 Saul, County Down and is buried in the grounds of the cathedral in Downpatrick. Whilst the first St Patrick's Day parade in Ireland took place in 1903 in Waterford, records show that the first ever parade was in Boston, USA in 1737. Nowadays green is the colour associated with St Patrick, but it was the colour blue originally. Leprechauns are allegedly one reason people wear green on St Patrick's Day – they like to pinch people and wearing green makes a person invisible to a leprechaun!



BLAST FROM THE PAST - this week in history

- 1662 First public transport service begins. It operated in Paris as the "Carrosses a Cinq Sols", with horse drawn carriages until 1675.
- 1800 Alessandro Volta reports the discovery of the electric battery in a letter to the president of the Royal Society.
- 1882 German scientist Robert Koch discovers & describes the tubercle bacillus which causes tuberculosis.
- 1965 Soviet cosmonaut Alexey Leonov becomes the first person to walk in space, leaving Voskhod 2 for 12 minutes.
- 2020 Japan's Prime Minister announces the postponement of the 2020 Olympic and Paralympic Games until 2021.

REACH SURVEY

Reach is nearly 1 year old! And as we always like to receive feedback on how we are doing. This week we are sending out a quick online survey. If you are not an email recipient, a volunteer will be in touch soon to run through the questions over the telephone.

BREAKTIME PLUS



1st April will see our Carers Connect service change not just its name but also the activities and services we provide to our carers thanks to the award of a new contract from CWaC. More information will be provided soon but we will be able to offer more group and individual bespoke sessions across our rural communities. Jean, Sam and their volunteer team look forward to welcoming old and new carers to our activities soon - albeit online until COVID restrictions are lifted.

NIFTY KNITTING

There's been some twiddling of thumbs for our nifty OPAL knitting groups who have made these beautiful Twiddlemuffs – a sensory comfort for those with restless hands. These will be distributed to members of OPAL Breaktime and Carers Connect who may benefit.



Irish Anagrams

REGEN	Colour of envy
ELAPUNCHER	Mischievous elf
IDLERAN	St. Patrick is from here
ELBRYAN	This stone wants a kiss
RHAP	National emblem of Ireland
SEBFLAT	Capital of Northern Island

Quizzical

- 1) What is the name of the famous dark Irish stout?
- 2) In the popular Irish song, who was the leader of the band?
- 3) What are Leprechauns?
- 4) Name Ireland's 1st female President.
- 5) What colours are on the Irish flag?
- 6) Who wrote Pygmalion?

LAST WEEK'S ANSWERS : 1)C, 2)D, 3)A, 4)E, 5)F, 6)B.
WHO AM I: KENNETH GRAHAME

What's On?

Grace Kelly: The Hollywood Years, Sat 20th March, 9pm, C5
Wonder, film, Sun 21st March, 3.20pm, C4
Line of Duty, Sun 21st March, 9pm, BBC 1
This is my House, Wed 24th March, 9pm, BBC 1
Hancock's Half Hour Special, Sat 20th March, 9am or 7pm, Radio 4 Extra.



Who Am I?

Born 24 March 1930

I was an American film star nicknamed *The King of Cool*. In 1952, I studied acting in New York at the HB Studio. To earn money, I competed in motorcycle races on the weekends and made good money for a student. After graduation I went to California to pursue a film career. I had minor roles until I landed a role in the movie *Never So Few* with Frank Sinatra. It was a lucky break because after that the same director cast me in his next movie *The Magnificent Seven*. Other box-office successes include *The Great Escape* and *The Towering Inferno*. In 1974, I was the highest-paid actor in the world.

This is Your Life...

SIR TERRY WOGAN

Birthplace

Michael Terence Wogan was born in Limerick, Ireland on 3rd August 1938. When he was nine he went to Crescent College, Limerick and at 15, as a result of his father's promotion, the family moved to Dublin, where Terry attended Belvedere College, alma mater of James Joyce.

Career

His first jobs were with branches of the Royal Bank of Ireland. After four years with the bank, he saw an advertisement: the radio service wanted announcer-newsreaders. There was a training course of five evenings a week and 10,000 applicants, but he had found "the only thing I could be good at". In 1969, he stood in for Jimmy Young and this led to him having his own show in 1972. In 1979, he started presenting *Blankety Blank*, and audiences exceeded 20million. In 1984, he stopped presenting on the radio and began hosting the 3 times a week chat show "Wogan". He returned to Radio 2 in 1993 as host of 'Wake Up To Wogan' and presented the show until December 2009. In 2005 he was knighted. Terry referred to his listeners on Radio 2 as "TOGs" - "Terry's Old Geezers". After he was knighted, he joked that they are now going to be called "STOGs" - "Sir Terry's Old Geezers"!

Personal life

Terry married Helen Joyce on 25th April 1965. In the following seven years, they had three children, Alan, Mark and Katherine. He died on 31st January 2016.

Quote

"If the present Mrs Wogan has a fault – and I must tread carefully here – this gem in the diadem of womanhood is a hoarder. She never throws anything out. Which may explain the longevity of our marriage."



Kindly printed by



OPAL thanks the following sources in this edition :
Goldencarers.com, Ireland.com, bbc.com, IMBD, The Guardian.

Think about me, not my age