



**BIRTHDAYS** - Many happy returns to all our members and carers who have had birthdays so far this year. People's birthday experiences during the pandemic have been very different and many people had to celebrate milestone birthdays alone. Her Majesty the Queen's 95th birthday last week passed without ceremony as she observes a period of mourning. Last year, it was Sir Tom Moore's idea to walk 100 laps of his garden before his 100th birthday to raise money for the NHS that first put him in the news.

Giulio, a Frodsham member has just had a birthday to remember, thanks to his local What'sApp group that was formed at the beginning of the pandemic to help support neighbours. When he turned 97 last week, lots of new friends in the street wished him happy birthday, including the local vicar who nicknamed him 'OPAL's poster boy', and in honour of his Italian heritage, one neighbour put up the Italian flag and wished him Happy Birthday in Italian!



TALK **GARDEN TIPS** THIS MONTH IN HISTORY TECH TALK ANIMAL WATCH **GARDEN TIPS**

**This week Simon from Carers Connect gives OPAL his tips on Vertical Gardening**



If you only have a small garden or you are short on space for growing vegetables then why not try growing vertically or upwards? All you need are some bamboo canes or you could build a framework structure using 2 x1 inch treated wood with a wire cage attached or both, as I have done (left) with the help of my good friend Alec, who is 86 years young! I am going to grow cucurbits - squashes, cucumbers, courgettes and melons, plus

sweet corn and legumes, runner beans, french beans and peas at the front and also up the canes, plus some tomatoes at the sides.

If you haven't got any canes you could always try the three sisters method of growing squashes, sweetcorn and legumes that Native American Red Indians have used for centuries. The "sister beans" deposit nitrogen from the air into the soil, in a form that the plants can use. The "sister corn" provides support for bean vines to climb upon. The "sister squash" shades the ground with its large leaves to provide a good growing environment for all the sisters. Companion planting at its best!

TALK **GARDEN TIPS** THIS MONTH IN HISTORY TECH TALK ANIMAL WATCH **GARDEN TIPS**

**NATIONAL GARDENING WEEK**

National Gardening week 2021 is 26 April to 2 May. With millions more people enjoying the pleasure of plants and gardening over the last year, the RHS wants to inspire everyone to keep growing and enjoying green spaces. Connecting with nature is vital for our wellbeing and one of their suggestions is to "pep up your plate with quick to grow crops. Have a go at growing some quick herbs, salad leaves, or microgreens on a windowsill, which can be ready to harvest in just a few weeks to add a burst of green goodness and home-grown flavour to your meals." Have you planted your Activity pack cress seeds yet?

**BLUEBELLS**

Anyone out for a stroll now will be impressed by the blossom trees, and in some areas, the delights of bluebells. Associated with our ancient woodlands, Britain's stunning spring flower the bluebell is coming into bloom. Two types are dominant in the UK. The English variety is smaller, a deeper blue and is scented. An increasingly common sight is the Spanish variety as it is a more vigorous plant. It is a light blue, or maybe white or pink and has pollen that is bluey green, but no scent. If you want to go for a walk among bluebells, Bluebell Cottage Gardens, Dutton; Combemere Abbey; Speke Hall and Dunham Massey are all offering booked slots via their websites.



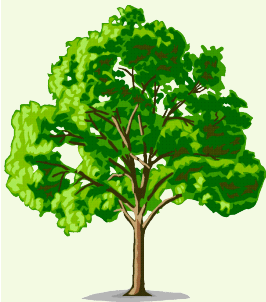
TALK **GARDEN TIPS** THIS MONTH IN HISTORY

TALK **GARDEN TIPS** THIS MONTH IN HISTORY

## FUN & QUIZZES

### Match the tree to the clue

- 1) What tree is often found after a fire?
- 2) What tree is nearest the sea?
- 3) What tree is often found in bottles?
- 4) What tree keeps a lady warm?
- 5) What tree is high in favour?
- 6) What tree does everybody carry in his hand?



- a) Fir
- b) Palm
- c) Cork
- d) Ash
- e) Beech
- f) Poplar

## Who Am I?/Where Am I?/What Am I?

### Name these Gardening Celebrities



How many words can you make out of this square? You must always use the middle letter 'T'.

Can you find the nine letter word?

V	I	E
A	T	N
L	N	E

## This is Your Life...

### SIR TOM MOORE

**Birth place** – Tom Moore was born in Keighley, West Riding of Yorkshire, England, on 30 April 1920. His father was from of a family of builders and his mother was a head teacher.

**Education** - He was educated at Keighley Grammar School and afterwards started an apprenticeship in civil engineering.

**Military service** - Sir Tom was conscripted in the 8th Battalion, Duke of Wellington's Regiment (8 DWR) in May 1940. He was promoted to war-substantive lieutenant in 1942 and to temporary captain in 1944. He was demobilised in 1946.

**Marriage** - He was first married in 1949 to a woman who was known as "Billie". The couple divorced and in January 1968, he married Pamela. They had two daughters, Lucy and Hannah. The couple retired to the Costa del Sol, Spain, but returned when Pamela developed a form of dementia. She spent her last years in a nursing home, where Sir Tom would visit her every day. He then lived with Hannah, her husband, and two grandchildren until his death. He also had two other grandchildren.

**Career** - After leaving the army at 46 years old, he worked as a sales manager for a roofing materials company in Yorkshire and was later appointed general manager of a company manufacturing concrete pipes. He led a management buyout in 1983, with the assistance of local MP, Clement Freud, who became an investor in the renamed March Concrete Products Ltd.

**Hobbies** - Sir Tom raced motorcycles competitively – he purchased his first when he was 12 - a Scott motorcycle - winning several trophies. He was a member of the Keighley and District Photographic Association between 1934 and 1936, as his father had also been.

**Did you know?** Sir Tom held two Guinness World Records: as the fundraiser raising the greatest amount of money in an individual charity walk, and as the oldest person to have a number-one single on the UK charts. He was also a contestant in the Christmas Day 1983 edition of the BBC Television game show Blankety Blank.



LAST WEEK'S ANSWERS : WHAT AM I: Telephone Exchange, QUIZ: 1)Gods2)Doornail3)Glitters4)Romans 5)Lender6)Twinkling7)Crown8)Much9)Love10)Valour, COMPASS: North.

OPAL thanks the following sources in this edition : [bbc.com](http://bbc.com), [goldencarers.com](http://goldencarers.com)

For comments, articles & info contact your Organiser or [opalreach@opalserVICES.org.uk](mailto:opalreach@opalserVICES.org.uk)

© 2021 OPAL Services (Rural West Cheshire)

*Think about me, not my age*