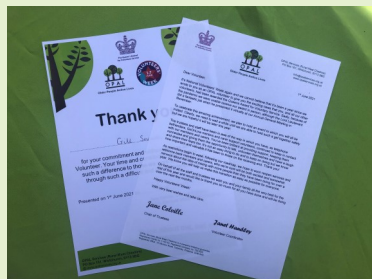




HAPPY VOLUNTEERS' WEEK - the sun was certainly shining for volunteers across the nation last week as we celebrated National Volunteers Week. Our very own award winning OPAL volunteers were sent a thank you certificate for their hard work over the last year. It has certainly been a difficult time for volunteers and we are so grateful for the adaptability all our volunteers have shown and their continued support for OPAL. As we move towards opening some services again, we are in need of more volunteer drivers. Restrictions still only allow one person to be transported per driver so if you are interested, or know someone who might be interested in volunteer driving for OPAL please do ask them to contact our Volunteer Co-ordinator, Janet, on 07592 464856 or email janet.handley@opalservices.org.uk



OPAL member, Joyce, has just received a certificate for 30 years' service volunteering at another great charity - the Cancer Research Shop in Frodsham. She and two other friends were the founding volunteers when the shop opened 30 years ago. The shop was opened by Ken Dodd. Congratulations Joyce!

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

- 1215 King John sets his seal to Magna Carta at Runnymede.
- 1770 Captain Cook discovers the Great Barrier Reef off Australia's north east coast.
- 1837 At the age of 18, Queen Victoria ascends the British throne.
- 1913 Suffragette Emily Davison dies after colliding with King George V's horse (Anmer) during the Epsom Derby.
- 1953 Coronation of Queen Elizabeth II takes place in Westminster Abbey, London.
- 1979 Pope John Paul II visits Poland, the first papal visit to a Communist country.
- 1982 Argentina surrenders to Great Britain ending the 74-day Falklands conflict.

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

NATIONAL BISCUIT DAY was 29th May - did any of you work at the Burton Biscuit Factory on the Wirral, or Jacobs or Crawford's in Liverpool? If you did, you might already know that British biscuit consumption is the highest in the world, higher than all major European countries and even 35 per cent higher than the US! Since the first lockdown, a survey showed that 40% of Brits enjoyed more biscuits. On average, Brits buy 500 biscuits a year, and 61% of households have a biscuit tin!



Biscuit comes from the old French word biscuit meaning bread cooked twice. It is known that the Romans made biscuits to sustain them on their long journeys. Biscuits were the first food to reach the South Pole with the explorer Roald Amundsen in 1911. Do try out our simple (but delicious) biscuit recipe from one of our Trustees—recipe over the page.

DETECTING FUNDRAISERS - LAND WANTED!

Do you have, or know a friend/relative who has, a large plot of land? Our Spotlight this week features Steve who belongs to the Crewe & Nantwich Metal Detecting Club and they often organise fundraising rallies on farmland or similar.

Steve would like to organise a rally as a fundraiser for OPAL so we are on the look-out for a suitable venue for the group to metal detect. The rallies can be for just one day or over a weekend - dependent on size of the land offered. The group are fully insured and very respectful of the farmland and animals etc and leave as found with a contribution offered to the landowner. Please contact your organiser or email sam.moggan@opalservices.org.uk for further information.

Recipe - Hokey Pokey Biscuits

4 oz soft margarine
4 oz caster sugar
2 teaspoons milk
2 teaspoons golden syrup
1 teaspoon bicarbonate of soda
6 oz Self Raising flour

1. Cream the margarine and sugar together 2. Melt the milk and syrup together: cool: add bicarbonate: pour into the creamed mixture 3. Mix together 4. Add flour and mix together 5. Make the mixture into balls the size of walnuts 6. Place, well apart, on 2 baking trays lined with grease proof paper and press each one down with a fork. 7. Cook at 180o C for 10 to 15 minutes until golden brown. Watch out they can overcook very quickly. 8. Cool before removing from tray.

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



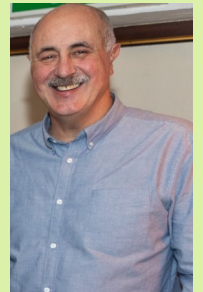
Summer themed anagrams

(Hint – they all begin with the letter B)

- | | |
|--------------|--------------|
| 1) CHEBA | 5) CUBE BEAR |
| 2) BURLYFETT | 6) INKIBI |
| 3) ERBE | 7) FROEBOAT |
| 4) CUTEKB | 8) SEBE |

In The Spotlight...

STEVE FROM ASHTON



Where were you born?

I was born in Woking in Surrey, all the family are from London.

What is your earliest memory?

At 18 months old being introduced to my identical twin sisters.

Did you have a career, if so, what did you do?

I have been retired for 7 years now after 37 years working for Sainsbury's, 20 of that as a store manager.

Where is your favourite place to be?

My favourite place to be is out on farmland with my metal detector. I am out twice a week either with a club or working with archaeologists and the museum.

Tell us something we might not know about you.

I was lucky enough, along with my detecting buddies, to find a 2,000 year old hoard of 400 silver Roman coins and jewellery. It has been until recently at the British Museum in London but has now gone on display in Shrewsbury Museum.

Who makes you laugh?

I spend a lot of time with my first grandchild Poppy who is one next week. I can be having the worst day but as soon as I see her she makes me smile and laugh.

Which OPAL service do you volunteer for and what do you enjoy about it?

I have been a volunteer for Jean on BreakTime. Having had first hand experience of dementia with my father I found it incredibly rewarding to see what even a relatively small amount of time given can make to people who need the support.

Do you have a favourite quote or poem?

One of my old bosses once gave me some advice and it's stuck in my head ever since and I still hear myself saying it when I have a decision to make. He said *"before you do or say anything, take a step back and pause and think to yourself what's the right thing to do"*.

LAST WEEK'S ANSWERS :1)Octopus 2)Spanner 3)Ranch 4)Hangover 5)Record 6)Donate 7)Exotic 8)Chapati 9)Island 10)Dizzy. Where Am I : Frodsham

OPAL thanks the following sources in this edition: pixabay.com/users/stevengiacomelli-2218761/

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

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Think about me, not my age