



Older People Active Lives

REACH

Issue 58



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LOCKDOWN HALTS OPENING— with news that the current restrictions are extended further - to at least July 19th - we have sadly put a temporary hold on our plans to reopen our indoor clubs and services. In the meantime, we will still be providing our telephone befriending, garden visits and outdoor get togethers as often as we can until it is safe to open our doors again.

IT'S NATIONAL PICNIC WEEK on 19th—27th June so we do hope the sun keeps shining and gives us a chance to sit outside (even if just in our gardens) and enjoy a picnic or two. Here's a photo of the delicious picnics our carers enjoyed during Carers' week—thank you local baker, Jane K Smith from Homemade Tasty Food, for providing.



TECH TALK ANIMAL WATCH GARDEN TIPS THIS MONTH IN HISTORY TECH TALK ANIMAL WATCH PODCASTS —YOUR TIME, YOUR WAY



Podcasts are basically recorded radio shows, like TV programmes on iPlayer, which you can choose to listen to whenever you want, in a range of ways such as on your computer, mobile phone or tablet. There are a huge range of podcasts on offer, such as tv programmes, talking advice, entertainment, documentaries, comedy and sport.

The best way to listen is via Spotify, the Apple Podcasts App for iPhones or iPads or Google Podcasts App for Android phones.

Some popular podcasts are:

- Tailenders- An alternative topical look at Cricket
- TED Talks- (Technology, Entertainment and Design)- A range of Inspiring Talks
- Stuff You Missed in History Class- All the interesting bits that got left out!
- Good Job, Brain!- For Trivia Buffs
- Lux Radio Theatre- Radio show featuring Broadway adaptations from the 1930-1950s
- That Story Show- Clean comedy telling real life stories
- Bon Appetit Foodcast- foodie favourites from across the globe

If you would like to learn more about using technology, including accessing Podcasts, please contact your Organiser or email jean.toyn@opalservices.org.uk for our GoOnline service.

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

WHAT DID YOU WANT TO BE WHEN YOU GREW UP?



The 23rd June marks Women in Engineering Day. If you were asked to name some famous female engineers, would you struggle? If so, you would not be alone and this is one of the reasons that an international awareness campaign celebrating the work and achievements of

**INTERNATIONAL
WOMEN
IN ENGINEERING DAY**



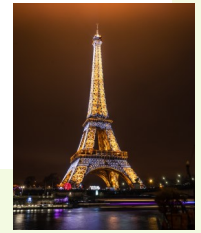
women engineers has been an annual event for the last 8 years. In the UK, just 12% of engineers are female – this is the lowest rate in the whole of Europe. In 2017, the Royal College of Nursing reported a similar percentage of male nurses. Our 'This is Your Life' this week features Elizabeth Killick - the first woman to be elected a Fellow of the Royal Academy of Engineering. Did you pioneer a career in an unexpected job role, or work in a job dominated by the opposite sex?

FUN & QUIZZES



Engineering Quiz

- 1) What kind of bridge is the Golden Gate Bridge in San Francisco?
- 2) In electricity, voltage is measured in volts, while current is measured in ____?
- 3) Which two oceans does the Panama Canal link?
- 4) Is a mangonel a type of catapult or bridge?
- 5) Did the Eiffel Tower open in 1789 or 1889?
- 6) In terms of engineering software, what does CAD stand for?



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



Number Cruncher...

Diana bakes some scones. She gives half to her sister Susie. Then she drops half of the scones she had left. Now she only has six scones. How many did she start with?

This Is Your Life.....

ELIZABETH "BETTY" AUDREY KILLICK

Birth place—Betty was born on 10th September 1924 in London. Her father was a chartered accountant who was made an Order of the British Empire in 1954 for service to the Cotton Board. She moved to Cheshire during World War II to avoid the Blitz.

Education—she studied at the University of St Andrews where she earned a degree in natural philosophy in 1951 and was awarded an honorary doctorate in 1998.

Career - She first joined the Women's Auxiliary Air Force and worked as a radar mechanic. However, she was demobilized in 1947, and worked briefly at the Royal Air Force Institute of Aviation Medicine as a laboratory assistant before studying her degree.

In 1951 she joined the Admiralty Signals and Radar Establishment, working in a group which later became the Antenna Division. By 1966 she had risen to the civil service grade of Senior Principal Scientific Officer. Her work was highly secret but in March 1967 she made one of only a few public presentations of her work, a paper on Radar Techniques, at a meeting of the Portsmouth and District Physical Society. She joined the Admiralty Underwater Weapons Establishment (AUWE) in 1969 working on the radar systems used in Royal Navy warships, as well as the torpedoes used in submarines and aircraft. In 1976 she was promoted to Deputy Chief Scientific Officer and Head of the Underwater Weapons Department at AUWE.

Did You Know? - During her time at the AUWE, the main building became known as 'Betty's Hilton'. She did not like being considered a "woman engineer"; and would not permit the Women's Engineering Society to interview her. Whilst she preferred being known for her excellence, not her gender, she worked to promote equality during her time at the AUWE - this included removing a rule claiming women must wear skirts.

In 1980, Betty was elected Fellow of the Institution of Electrical Engineers, and was the first woman to be elected to the Royal Academy of Engineering in 1982.



LAST EDITION'S ANSWERS : ANIMAL COLLECTIVES - 1) F, 2) C, 3) E, 4) A, 5) G, 6) H, 7) D, 8) B.

WHO AM I? Pat Boone. CHAMELEON WORDS : there were 3 x 7 letter words possible, if you scored 150 or more you are a genius!

OPAL thanks the following sources in this edition : thepeoplehistory.com. *Where Am I?* image courtesy of Cheshire Archives & Local Studies. SF Bridge photo by Maarten van den Heuvel on Unsplash. Eiffel Tower photo by Sam Vogt on Unsplash

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

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Think about me, not my age