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OPAL OUT AND ABOUT....

OPAL's club at Malpas opened its doors to members and volunteers on Thursday 19th August. They played carpet boules and card bingo and refreshments of cheese and crackers, fresh fruit and cake were offered. Members also enjoyed a glass of sherry to toast the return of the Club and happy days to come.



Meanwhile, BreakTime Plus members enjoyed a VIP trip to the Grosvenor Museum in Chester last Thursday with Learning

Officer Virginia Kettle giving a talk and also showcasing some 1950s products. The group had a great time reminiscing about the items and enjoyed a game of 'Tell Me' followed by free time to wander around this wonderful museum. Virginia is in the spotlight in this edition, so turnover to find out more.



On Wednesday 25th August, OPAL GoOnline and OPAL InTouch volunteers and clients opened their session to members of the Cheshire Freemasons Charity to thank them for their generous donation of £15,000. Also attending were volunteers and members from Tarporley OPAL club. The visitors really enjoyed the hospitality and the opportunity to see how their funding is being put to use.



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

Mulching - create healthy soil and keep the weeds at bay. Why not use your own organic mulch to help retain moisture in the soil? I use grass clippings, leaves, cardboard and newspaper, compost and manure (all free as I make my own compost). You can also use wood chips, bark, straw and hay. By placing the mulch on top of the soil you will improve the health and fertility of your soil, reduce weed growth and attract earth worms to dig it all in for you. If you use bark or wood chips this will also enhance the visual appearance of your garden—making your beds more attractive.

By using your own organic materials as a mulch and making your own compost, you could save yourself £40 a year if you pay your council tax to CWaC, as they are soon to introduce a £40 fee for recycling the green garden waste bin!

By Simon Traynor, BreakTime Plus member



ENJOYING ART

It has not been an easy 18 months for those employed in the Arts sector, but the Arts Council has fought hard for funding believing the Arts will help Britain bounce back from the wide ranging effects of the pandemic. Public investment in British cultural life helped the nation after WWII and it is hoped it can again. Museums and Art galleries are open again, offering a wellbeing boost for visitors who prefer to appreciate art in person. During lockdown, Grayson Perry was involved in promoting health through art, encouraging the TV audience of his Channel 4 programme, plus celebrities, to unleash their creativity. An exhibition of the weekly chosen pieces can be seen at Manchester ArtGallery.



www.manchesterartgallery.org/exhibitions-and-events/exhibition/graysons-art-club/
Alternatively, sculptures and scarecrows are scattered across our area, with lots of villages doing scarecrow trails and more places featuring sculptures and art. There is also Mount Pleasant garden and sculpture trail near Kelsall if you would prefer an "outdoor gallery".

FUN & QUIZZES



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

I was born in Olton, Warwickshire in 1946. I went to India with her family at the age of seven: my father was an English actor-manager who led his own repertory company on tours of India. I contracted typhoid fever in Calcutta at the age of 17. I had a long career in acting and am best known as my role in The Good Life. In 2010 I took part in Strictly Come Dancing....WHO AM I?

In The Spotlight...

VIRGINIA KETTLE

Where were you born? Gorton, Manchester, UK.

What's your earliest memory? I think it would be going on family camping holidays to Anglesey. I would have been aged 2 or 3 years. I used to sit on a towel, on the engine of our little Hillman Imp, in between my Mum and Dad, with my 3 x siblings in the back. No seat belts back then!

Where is one of your favourite places to be? France, preferably the south. I love the beautiful scenery, the culture, the relaxed way of life and the wine!!

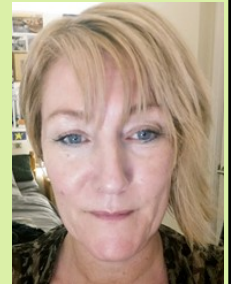
Who makes you laugh? For a real belly laugh, it would be Michael McIntyre, Peter Kay or the late, great Victoria Wood. I also love watching classic old comedies, such as Laurel and Hardy or Dad's army. My Mum is 85 and lives with dementia. We watch these shows together and both laugh out loud.

Tell us something we might not already know about you. I'm a folk singer and songwriter in an 8-x piece folk band. I once spent a year travelling across Africa.

What is your job? I work as a Learning Officer at West Cheshire Museums. My job is to find engaging ways of using our museum collections to support learning for all ages and groups in our community. I really enjoyed welcoming an OPAL group to the Grosvenor Museum recently and showing them some of our Museum's handling collections, whilst eating Battenburg and drinking tea!!

Do you have a favourite quote or poem?

"Enjoy yourself, it's later than you think,
Enjoy yourself, while you're still in the pink,
The years go by, as fast as you can blink,
So enjoy yourself, enjoy yourself,
It's later then you think..." Song written by Herb Magidson in 1948



- 1) Where would you find Davey Jones Locker?
- 2) Complete the saying – "The hand that rocks the cradle"
- 3) What is the collective name for a group of Owls?
- 4) How many days in lent?
- 5) Name the girl who had an adventure in Wonderland.
- 6) Complete the saying – "As busy as a _____"
- 7) What is the name of the famous statue in New York harbour?
- 8) In bowling, what is the total number of pins set up in the alley?



LAST EDITION'S ANSWERS : WHAT AM I? A satellite dish. POPULAR SONGS 1)star 2)moon 3)moon 4)star 5)star 6)moon 7)sun 8)sun 9)moon 10) sun. SPACE QUIZ : 1)National Aeronautics & Space Administration 2)Valentina Tereshkova 3)Alan Sheppard 4) Neil Armstrong 5) Alexei Leonov

OPAL thanks the following sources in this edition : goldencarers.com

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

Think about me, not my age