



Older People Active Lives

REACH

Issue 71



Kindly printed by  **FARRALL'S GROUP**

OPAL NEWS

Welcome to the first edition of OPAL Reach for 2022. We hope you enjoy the double length edition and the new look created by the newest member of the OPAL Reach Team – Jackie, a volunteer from Helsby who joined us in December.

OPAL also welcomes our newest OPAL Organiser – Joanne.

Joanne Patel has recently started as an OPAL Organiser for Tarporley Club. Although the Clubs aren't meeting this month, Joanne has spoken to lots of members and volunteers by telephone and has shared this message:



"Hello, I'm Joanne. I live near Nantwich with my husband, 2 small children and 3 pet chickens. When I'm not chasing after children, I can usually be found hiding in my veg patch, jogging along the canal, or losing at Scrabble. It's been great to speak to so many lovely, welcoming club members and volunteers on the phone already and I can't wait to meet you all in person soon! I think we're going to have some fun..."

Keeping warm and well.

Following on from the OPAL Winter Warmer special last week, Cheshire West and Chester Council have just been awarded £2.9 million from the Government's Household Support Fund to help vulnerable residents with essentials including food, energy and water bills, plus one off items such as a replacement fridge or unexpected bill. If you would like to know more, please speak to your Organiser. All enquiries will be treated with utmost confidentiality.

ARMCHAIR TRAVEL – SCOTLAND



Aviemore and Oban



For many people, once Christmas and New Year are out of the way, thoughts often turn to booking a holiday. Since the pandemic, planning a holiday has been a risky and frustrating business. So instead of going to the travel agent to pick up some brochures, OPAL Reach will bring a bit of the world and some holiday destinations, near and far to you. We begin with Scotland – a country not too far away and where we know a few of you have been in the last 12 months. "From pristine beaches to crumbling castles, exciting cultural attractions and ancient heritage, Scotland has it all." (Visit Scotland) But did you know ...

- Elvis Presley stopped over at Prestwick Airport in Ayrshire, for 2 hours, after completing his national service. This was his only visit to Britain ever!
- Former US President, John F. Kennedy, gave his first public speech in Glasgow, reassuring survivors of the S.S. Athenia - the first Allied ship to be torpedoed during WWII.





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Big Garden Birdwatch

28-30 January 2022



What will you see?

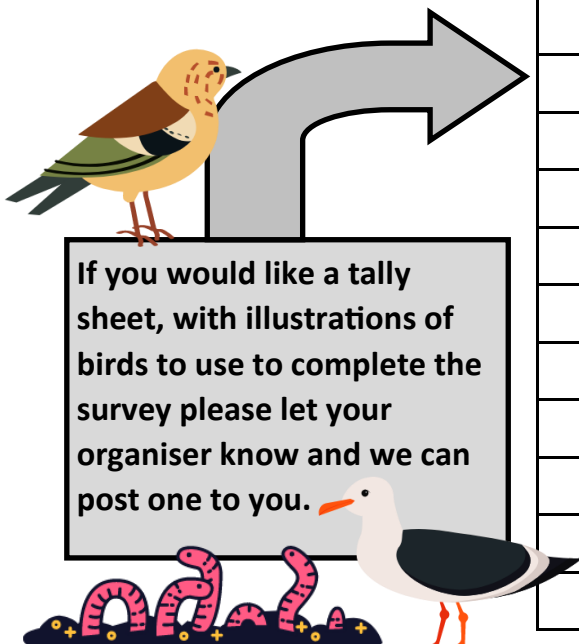


The RSPB Big Garden Bird Watch takes place on the 28-30th January 2022. Last year over a million people took part, a new record. Participants are simply asked to write down all the birds they see in their garden in one hour, anytime during this weekend. Results can then be entered online at [rspb.org.uk/birdwatch](https://www.rspb.org.uk/birdwatch).

The first Garden Bird watch was in 1979, the idea of Blue Peter presenter Peter Holden and 34,000 young people took part. It grew in popularity every year. In 1995 children were asked to come and complete the survey in 10 Downing Street's garden assisted by Chancellor Ken Clarke and overseen by the Prime Minister himself John Major.

From the year 2000 adults were also allowed to join in too and now the annual watch has become a firm family favourite, spanning the generations.

The results over the years have highlighted the decline of the Song Thrush, Chaffinch (down by two-thirds) and Greenfinch, and also the increase in Great Tit's, Magpies and Wood Pigeons (up 1029%).



Top 10	Most Popular Birds in 1979	Most Popular Birds in 2021
1	Starling	House Sparrow
2	House Sparrow	Blue Tit
3	Blackbird	Starling
4	Chaffinch	Blackbird
5	Blue Tit	Woodpigeon
6	Robin	Robin
7	Greenfinch	Great Tit
8	Great Tit	Goldfinch
9	Dunnock	Magpie
10	Song Thrush	Long-Tailed Tit



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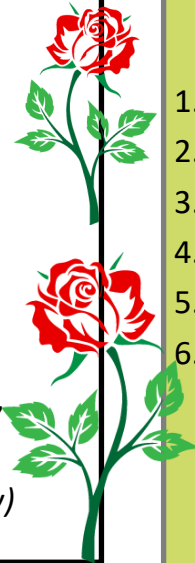


The 25th January marks Burns Night, a traditional Scottish celebration of the poet and writer Robert Burns. Robert Burns wrote many poems in his 37 year life, the most famous 'Auld Lang Syne', sung all over the world at midnight on new year's eve. Another of his most popular poems is A Red, Red Rose.



A Red, Red Rose

O my Luve is like a red, red rose
That's newly sprung in June;
O my Luve's like the melody,
That's sweetly played in tune.
As fair thou art, my bonnie lass,
So deep in luve am I;
And I will luve thee still, my dear,
Till a' the seas gang dry
(meaning until all the seas go dry)



Scottish Quiz Questions

1. What is the largest City in Scotland?
2. What are Neeps?
3. Who was the first King of Scotland?
4. Name the Estuary near Edinburgh?
5. Where did Mary Queen of Scots live?
6. What did the Germans call the Scots in the war?

(Answers are on PAGE 4)



DID YOU KNOW?

The Haggis hurling record was set when 19-year-old Lorne Coltart threw a 1.5lb haggis over 217 feet at the 2011 Milngavie Highland Games



To celebrate Burns Night why not try a 'Neeps and Tatties Soup'?



All the ingredients you need are:

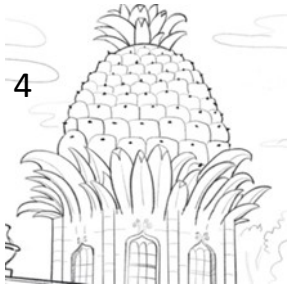
25g Butter, 1 chopped Onion, ½ Swede chopped, 1 sliced Carrot, 1 sliced Celery Stick, 140g diced potatoes, 400ml Milk, 140g cooked Haggis or Black Pudding, 2 tbsp Double Cream, 1/4tsp ground Coriander, a grating of Nutmeg

Method: Melt the butter and fry the vegetables for 5 minutes, then cover with 400ml water, bring to the boil and simmer for 25 minutes, drain. Season with nutmeg, salt and pepper, add the milk and blitz with a stick blender for a smooth texture, return to the pan to heat through. Meanwhile heat the crumbled haggis or black pudding in a frying pan. Serve the soup in bowls with the haggis or black pudding sprinkled on top and a swirl of cream.

Taken from BBC Good Food Website

FUN & QUIZZES

If you visit visitscotland.com, there is a super set of drawings that are downloadable to colour or paint. Here are a few of them, but can you name the tourist attraction?



This is Your Life...

Thomas Cook

The pioneer of trouble free travel and inventor of Tourism

BIRTH - Thomas Cook was born 22nd November 1808 in Melbourne, Derbyshire

CHILDHOOD - Cook left school at the age of 10 and worked at various jobs until 1828, when he became a Baptist missionary

BUSINESSMAN - In 1841, the Baptist minister persuaded the Midland Counties Railway Company to run a special train between Leicester and Loughborough for a temperance meeting on 5th July. It was believed to have been the first publicly advertised excursion train in England and 500 people went on this trip. This was the start of his career in travel. Three years later the railway agreed to make the arrangement permanent, based on the assurance from Cook that he would provide passengers for the excursion trains. He soon expanded to trips to Europe. During the Paris Exposition of 1855, Cook conducted excursions from Leicester to Calais, France. In 1856, he led his first Grand Tour of Europe.

By the early 1860s, he stopped leading the tours himself and became an agent for the sale of domestic and overseas travel tickets, setting up his first shop in 1865

DEATH - He died in Leicester on 18th July 1892. The business passed to his only son, John Mason Cook and remained in the family until 1928.

QUOTE - Cook remained faithful to the Temperance Movement, and never drank alcohol. "From extensive acquaintance with many lands, I unhesitatingly affirm that everywhere God has provided pure water for man."

SCOTLAND QUIZ ANSWERS Answers: 1. Glasgow, 2. Turnips, 3. Robert the Bruce, 4. Firth of Forth, 5. Holyrood Palace, 6. The Ladies from Hell

Answers to pictures 1. The Forth Bridge 2. Tobermory 3. Old man of Hoy 4. The Pineapple, Dunmore Park, Falkirk 5. Glenfinnan Viaduct 6. The Kelpies, Falkirk

OPAL thanks the following sources in this edition : <https://foodanddrink.scotsman.com>, RSPB, Taken from BBC Good Food Website, www.britannica.com, Golden Carers.

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Think about me, not my age