



Older People Active Lives

# REACH

Issue 72



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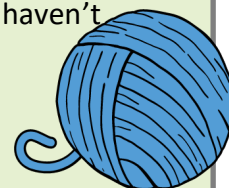


## OPAL NEWS

With the announcement at the end of January that the government's COVID Plan B was ending, OPAL is planning to reopen face to face services during the month of February. With coronavirus numbers still high in the Cheshire area, we will be still taking several measures to try and ensure the safety of our members, volunteers and staff. More details about these measures can be found in the letter from the Trustees attached. Clubs and groups will start meeting again on different dates through the month so your Organiser will be in contact with you to share the plans.



**Knit for OPAL update.** Since we started knitting in lockdown, in addition to the small gifts, members and volunteers have knitted enough squares to complete over twenty blankets. We know the Clubs are finding them very useful, now we have the windows open to keep the air circulating. We have decided to knit some red white and blue blankets to commemorate the Queen's Platinum Jubilee in June. Any members, who would like to knit squares, please let your organiser know and we do have supplies of wool, needles and the pattern if you haven't joined in with our projects before.



## ARMCHAIR TRAVEL – NEW ZEALAND



6<sup>th</sup> February is Waitangi day, the national day of New Zealand. It is a holiday held annually to commemorate the signing of the Treaty of Waitangi - New Zealand's founding document - on February 6<sup>th</sup> 1840. The Treaty made New Zealand a part of the British Empire, guaranteed Māori rights to their land and gave Māori the rights of British citizens.

New Zealand is a beautiful country made up of two islands, its landscapes vary from fjords and mountains to rolling planes, subtropical forests, volcanos and white sandy beaches. It has 14 National Parks and several diverse cities. Tourists can choose from walking, relaxing on a beach with a hidden waterfall forest or relaxing in a hot pool. Other activities include cycling, vineyards, extreme sports such as bungee jumping. There are also great places to shop, art galleries and cultural attractions. In January and February it is their summertime and temperatures reach around 25C.

A direct flight from Liverpool to New Zealand would take you around 23 hours!



**World Wetlands Day**  
2 February 2019  
Wetlands and climate change



World Wetlands Day is celebrated on 2<sup>nd</sup> February every year. It aims to raise awareness of wetlands and their importance in contributing to biodiversity, climate change, freshwater availability and the impact on world economies. Wetlands have been taken for granted and undervalued for centuries. Invasive species, pollution, unsustainable development and climate change are all taking their toll with wetlands under more pressure than ever before.

Figures show:

- 35% of our wetlands have disappeared since 1970.
- Wetlands are disappearing three times faster than forests.
- 25% of wetland species face extinction.



### Local Wetlands

If you would like to visit a wetland area and enjoy the beauty of this environment, here is some information about local places.

#### CHESTER ZOO

As you would expect, Chester Zoo includes conservation work with wetland animals and birds as part of their offer if you visit the zoo, but they are also involved in projects beyond the zoo itself. Chester Zoo and its partners are creating a new 10 mile “nature recovery corridor” to restore wetlands, traditional orchards, hedgerows, grasslands and wild flower meadows across Cheshire. The first phase of the project will run until Spring 2023 and will focus on the Chester area, covering just over half of the 10 mile stretch.

#### Cheshire Wildlife Trust

Cheshire Wildlife Trust have made rivers a priority for the next decade with a target of restoring 100km of river by 2030. According to the Trust, Cheshire is the county of ponds and ditches yet recent research shows that 80% of wildlife ponds in the UK are in a ‘poor’ or ‘very poor’ state and we have lost almost half a million ponds in the last century. If we make an effort to clean up our region’s water then ponds will recover and along with them so will our native wildlife.

<https://www.cheshirewildlifetrust.org.uk/wildlife/our-work-wildlife/living-rivers-and-wetlands/ponds>

#### Bickley Hall Farm, Malpas

Bickley Hall Farm is a 210-acre (86ha) organic, wildlife friendly farm just outside Malpas.. It has a dedicated nature trail and is open all year round. Access is free. Bird species you might spot on a visit could include yellow hammer, reed bunting, chaffinch, swallow, little owl and barn owl.

<https://www.cheshirewildlifetrust.org.uk/nature-reserves/bickley-hall-farm>

#### RSPB Dee Estuary Nature Reserve

If you would like to see a freshwater wetland habitat, then you might like to visit Burton Mere wetlands on the Wirral. The gateway to the Dee Estuary reserve straddles the border between England and Wales with a mosaic of freshwater wetland habitats, mixed farmland and woodland. The area is bursting with wildlife, hosting avocets, egrets, harriers, noisy redshanks, swallows and swifts.

[www.rspb.org.uk/reserves-and-events/reserves-a-z/dee-estuary-burton-mere-wetlands/](http://www.rspb.org.uk/reserves-and-events/reserves-a-z/dee-estuary-burton-mere-wetlands/)



## New Zealand – Brief history

The Maori people arrived by canoe from islands in Polynesia near Tahiti around 1,000 A.D. They name the country Aotearoa “The Land of the Long White Cloud”. In 1642, Dutch explorer Abel Tasman became the first European to sight New Zealand. However, his party clashed with the Maoris while still at sea and they turned away before ever landing there.

In 1769, Captain James Cook came to the islands and the British established settlements and made New Zealand a colony of the British Empire. Today, the majority of New Zealand’s population of 4.7million is of European descent.

## Traditional greetings

Taken from the Maori language, **‘kia ora’** is the

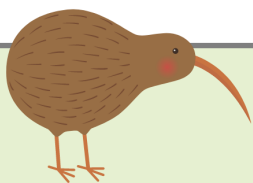
traditional greeting and way to say hello, welcome, send love and show gratitude. Handshakes are also a common greeting between strangers but Maori greet each other with the **‘hongi’**, which involves the two people pressing their noses and foreheads together, holding each other’s heads and breathing to share the same moment and breath.



## The Rugby Haka

The haka is a traditional dance of the Maori people. It is often performed by a group, with vigorous movements and stamping of the feet with rhythmically shouted or chanted accompaniment. Although associated with the traditional battle preparations of male warriors, haka has been traditionally performed by both men and women and for a variety of social functions within Maori culture.

The haka is now well-known across the world because the New Zealand sports teams, particularly the national rugby team - the All Blacks - perform it before international matches. The rugby teams started this tradition back in 1905, but other sports teams have adopted it more recently.



## QUIZ

1. How many stars are there on the New Zealand Flag?
2. Is it true that New Zealand has more sheep than people?
3. What is another name for a kiwi fruit?
4. Which New Zealander climbed Mount Everest in 1953?
5. What happened to the ship “Rainbow Warrior” in 1985?
6. Which daring sport was invented in New Zealand?
7. Which New Zealand film director was responsible for “The Lord of the Rings”?
8. New Zealand was the first country to give women the vote; true or false?



## FUN & QUIZZES

Can you solve these food related puzzles?

May NANA  
AAAAA FISH  
SOUP

## WORD PUZZLE

Try to make as many words as you can using the letters in the grid. You must use the middle letter. There is at least one nine letter word.

W	E	S
Y	D	E
A	N	D

## This is Your Life... This is your life – Sir Peter Scott, founder of WWT (Wildlife and Wetlands trust)

**Birth** - Peter Markham Scott was born on the 14th September 1909 in London, England and was the only son of the famous Antarctic explorer Captain Scott and sculptor Kathleen Bruce.



**Childhood** - Peter was only two when his father died during the ill-fated exploration to the South Pole. In a letter to his wife, Captain Scott expressed his wish for his son to become interested in natural history, which she duly encouraged.

**Adulthood** - Peter Scott went to Trinity College, Cambridge where he read Natural History before going on to graduate in the History of Art in 1931. He had an artistic talent and went on to exhibit his work in London in 1933. He was an accomplished sportsman, winning a bronze medal at the 1936 Olympic Games for sailing, becoming the British gliding champion in 1963 and a national championship standard ice-skater.

In 1946, Peter Scott founded the Severn Wildfowl Trust, now the Wildfowl and Wetlands Trust (WWT), at Slimbridge in Gloucestershire. He was keen for it to be seen as a centre for science and conservation, and uniquely at the time, he opened it to the public so that anyone could enjoy getting close to nature. He was one of the first people to recognise the power of television in bringing wildlife into people's homes and presented the BBC's first ever natural history programme live from his Slimbridge home in 1953.

**Death** - He died on the 29th August 1989, aged 79

**Quote** - Man needs nature for his spiritual wellbeing as well as his material wellbeing (sources – WWT, Golden Carers,)

NEW ZEALAND QUIZ - PAGE 3 Answers: 1. Four 2. True 3. Chinese gooseberry 4. Sir Edmund Hillary 5. It was sunk by the French secret service 6. Bungee jumping 7. Peter Jackson 8. True

FOOD PUZZLE—Page 4 Answers: Mayonnaise, tuna fish and split pea soup

Word Puzzle Answers - Wednesday. Up to 30 words =good, 30 – 50 words – very good, 50 words plus – excellent

OPAL thanks the following sources in this edition: WWT, Golden Carers. Freedomdestinations.co.uk

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**Think about me, not my age**