



Older People Active Lives

REACH

Issue 73



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OPAL NEWS

This week's OPAL Reach has an oriental feel; we have chosen Japan as our travel destination for armchair travel, and a focus on the Winter Olympics in Beijing. Everyone will also be receiving the latest activity pack which has a variety of articles, including one on the Chinese New year.



If you are in Chester between 19th February and the end of March, look out for a range of art installations created as part of **Chester Designed By Nature**. One project is close to our heart - they are celebrating the arrival of spring with a Hanami Cherry Blossom installation on a Park and Ride Bus! They are aiming to fill the bus with 1290 cherry blossoms - **one for each unpaid carer** in Chester registered with the Cheshire and Warrington Carers Trust, and some of our members and volunteers have contributed by crocheting blossoms.

ARMCHAIR TRAVEL – JAPAN

Japan has 16 national holidays, double what we have in the UK. This month there are two. February 11th is National Foundation Day, a national holiday for Japanese people, and Emperor Naruhito's birthday is on 23rd February .

Japan is a land of contrasts, where tradition meets technology. It lies on the Pacific "Ring of Fire". Japan has the most active volcanoes of any country in the world, over 100.



Mount Fuji is the highest mountain in Japan and is a dormant volcano.

Tokyo the capital is one of the largest cities in the world and Japan's busy capital, mixes the ultramodern and the traditional, from neon-lit skyscrapers to historic temples.

Cherry Blossom season is a popular time for tourists to visit, starting mid-March and ending early May



Tea Ceremony - In Japan, tea is more than just a hot drink. It is a very important ritual that has a lot of meaning within the culture. The tea ceremony represents purity, tranquility, respect and harmony and a lot of preparation goes into this important event.

The Bullet train travels on high speed train lines and serves to link Tokyo to Japan's main islands of Honshu, Kyushu and Hokkaido. These islands are served by this network of high speed train lines, running at speeds of up to 320 km/h. They are known for punctuality, comfort, safety and efficiency.

Japanese is the official language but English is spoken in most hotels and English-language signage is abundant in the major cities. Most restaurants have photo menus or plastic models of food to make dining out easy.





Winter Olympics

The Beijing Winter Olympics are now on until the 20th February and you may have seen coverage on the BBC. A total of 109 events are being held across 7 sports: biathlon, bobsleigh, curling, ice hockey, luge, skating and skiing. The games will be spread across 13 venues, and the entire games will feature artificial snow at outdoor events as there isn't much snow there.

Beijing is the first city to have hosted both the summer and winter Olympics, as it hosted the Summer Olympics in 2008. Beijing, the capital of China, is one of the largest cities in the world, with a population of 20 million

WINTER OLYMPICS QUIZ

Can you get the sports from these pictograms.....

1	2	3	4
			
5	6	7	8
			

STOP PRESS!



Curling isn't just happening in Beijing! Curling in Frodsham restarted on 10th February, with some Branching Out members having a go. It may be easier than on ice, but it is still a challenge!



Bing Dwen Dwen is the cute mascot of the Beijing 2022 Winter Olympics, as the panda is the national animal of China. His name means 'Ice'- Bing and 'Robust and Lively'- Dwen.

SPOTLIGHT ON LOCAL ATHLETES



Laura Deas, 33 from Wrexham and Brogan Crowley, 27 from Oldham have both just competed in the Skeleton at Beijing, but this time, neither has achieved a medal position. During the skeleton run, the athlete rides headfirst, face down on a flat sled, so the sled gains speed, up to 70mph, through gravity. The Beijing track is unique as it is the only track in the world featuring a 360 degree turn.

Laura made history in South Korea as she and team-mate Lizzy Yarnold became the first British Winter Olympians to stand on a medal podium together in an individual event.

Random fact: *I'd never set foot inside a gym until I got picked for British Skeleton*

Brogan came later to the sport, when an ankle injury curtailed her heptathlete career and saw the challenge as perfect.

Random fact: *I have a phobia of whales and being in the open sea.*

ANSWERS 1.Figure Skating, 2.Skeleton, 3.Bobsleigh 4.Ski Jumping, 5.Speed Skating, 6.Curling, 7.Freestyle Moguls, 8.Biathlon

OPAL thanks the following sources in this edition: Golden Carers, www.eurosport.co.uk, www.thebbsa.co.uk

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Think about me, not my age