



Older People Active Lives

REACH

Issue 75



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OPAL NEWS



It is St Patrick's day today so in the week's edition, we have chosen Ireland as the focus of our Armchair travel. It is also salt awareness week **14th - 20th March** where the charity Action on Salt campaign for a reduction in salt for health reasons in food manufacturing. We look at Cheshire's role in salt production in the spotlight.

When we surveyed what members like about attending clubs, the biggest reason was having fun. This week, some Clubs have been enjoying playing a variations on carpet bowls, Vegetable Bowls, using potatoes, turnip, swede and onions, rolled at a bullseye, can you guess which vegetable hit (nearly) the target most? The Onion!! It all caused a great deal of laughter.

GoOnline, the OPAL Service that assists with all things to do with technology and the internet, including smart phone and tablets, is now back in 4 venues across West Cheshire. They recently started sessions at The Hive in Frodsham (see photo), plus they are offering face to face sessions with a volunteer at Tarporley, Tiverton and Cuddington. Face to face sessions will soon be starting in Helsby and Kelsall, see the website for days and times of sessions, or contact Jean Toyn on 07923 425239 for more information.



ARMCHAIR TRAVEL – IRELAND



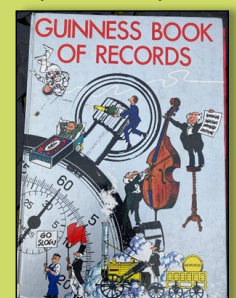
Ireland is known as the Emerald Isle for its wide expanses of lush green landscape, but visitors are often attracted to its coastline with rugged seaside cliffs and windswept rock formations including the Giants Causeway in Antrim and the sheer cliffs of Mohar in the west. Whilst the castle at Blarney is famous for its kissing stone which if kissed gives you "the gift of the gab", Bunratty castle in Co Clare is also a favourite and offers medieval banquets.

St Patrick's day is celebrated all over the world, but Dublin puts on a great celebration. Dublin is a fantastic destination for a long weekend with loads of places to eat and drink but also attractions like Trinity College, Kilmainham Gaol and the River Liffey to name a few.

Other popular destinations include the cultural hub of Cork, the laid back Galway, and Belfast with the highly recommended Titanic Belfast.

The most visited attraction in Ireland is the Guinness Storehouse – 7 floors of history, heritage and an opportunity to taste the "black stuff".

But did you know that the Guinness Brewery also started the Guinness Book of Records? Nowadays it is very easy to google any fact to settle an argument, but at a shooting party in Ireland in 1951, the managing director found himself in an argument about the fastest game bird and when he couldn't find a book with the answer, the idea for the book was born!



TRUE OR FALSE?



Are these statements about Ireland True or false?

1. The Lion in the MGM logo and film intro was born at Dublin Zoo.
2. Shamrocks are only native to Ireland.
3. Brazilian legend Pele was eligible to play for Ireland.
4. Ireland has the longest coastal drive route in the world.
5. Ireland is the only country to have a musical instrument as a national symbol (the harp).

QUIZ

The answers to all these clues have the letters IRE somewhere in the word

1. Church tower
2. Metal in the form of a thread
3. Ream of paper
4. Process of combustion
5. Secretly plan
6. Bog or swamp
7. Point out a route
8. Country gentleman
9. An old radio
10. Grow weary



SPOTLIGHT ON THE HISTORY OF SALT IN CHESHIRE

WHEN DID THE SALT INDUSTRY START?

Salt making in Cheshire dates back over 2000 years when the salt towns of Northwich, Middlewich, Nantwich and Winsford were first established by the Romans.

HOW WAS THE SALT EXTRACTED?

In the 17th Century salt was extracted from the ground using brine pits. This method was exhausted by 1850 and this led to using a pumping method which was controlled by the Salt Union. In 1894, a new salt works was constructed by Henry Ingram Thompson which became known as **The Lion Salt Works** which went on to be one of the last open-pan sites in the world, closing business in 1986. (It reopened as a museum in 2015).

HOW WAS SALT TRANSPORTED?

The salt industry played a big part in the development of navigable waterways in the region. In 1734, the River Weaver Navigation was opened enabling salt to be transported to Frodsham and then onto Liverpool. The transportation of salt improved further with the building of the Anderton Lift, opening in 1875.

SALT MINING TODAY

Salt is still mined in Winsford; it is the largest and oldest of 3 sites in the UK where salt is commercially mined. The centuries of mining has left a large void under the countryside and in 1998, a company started a secure storage business using more than 1.8 million square meters.



TRUE OR FALSE: ANSWERS: 1. True 2. False 3. False 4. True (the Wild Atlantic Way) 5. True

QUIZ ANSWERS Answers : 1. Spire 2. Wire 3. Quire 4. Fire 5. Conspire 6. Mire 7. Direct 8. Squire 9. Wireless 10. Tire

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

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Think about me, not my age