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LIFE, LOVE & MEMORIES



MEMORY LANE

PUBLISHED BY AGE UK OLDHAM

Welcome to our September newsletter. The month when the children go back to school. Cars will be in abundance with parents carrying their offsprings to the school gates. How things have changed since the older generations set off to school. A lot of the older generations didn't even know anyone who owned a car, let alone a parent with a car to drive them to school.

From an early age children went to school on their own, meeting with friends on the way. Do you remember we use to say 'calling for' ?

Come rain or shine, we walked to school, even the snow didn't stop us. We'd never heard of the school being closed because of the weather. Can you picture your friends faces if you had arrived at school by car?



Mike Atherton

Michael Andrew Atherton was born on 23rd March 1968 in Failsworth.

His father Alan, a former Manchester United reserve central defender in the 1960s, never expected that Michael would represent his country in Cricket, or that he would act as captain in 54 test matches.

He made his debut for Woodhouses Cricket Club 1st XI as a 13 year old, but his other representative commitments meant that his appearances were very few. However, it was while watching Woodhouses first team as a young lad during the early 1970's that Michael caught the cricketing bug. One of their former overseas players showed him how to put a ball into an old sock and hang it from the washing line. This enabled him to spend hours playing and helped develop his ability to watch the ball.

He attended Manchester Grammar School and became Captain of their cricket team, scoring almost 3500 runs and taking 170 wickets.



Manchester Grammar School

His performances led to selection for the England under-19 team, which he captained aged 16. He also represented Lancashire Schools from 1982 to 1986. In 1983 he won the Jack Hobbs Memorial Award as the Outstanding Schoolboy Cricketer at under-15 level.

Upon leaving school he went to Downing College, Cambridge, to read History. Aged 18 he was selected to play for Cambridge University Cricket Club and a year later he started to play for Lancashire. During this time he represented his own university, the Combined Universities cricket team and his county.



Downing College, Cambridge

He made his debut for England in the 5th test of 1989 against Australia at Trent Bridge, where he scored 0 and 47.

In the summer of 1990 he gave the first demonstration of his abilities at international level. In his first opening of the batting for England he scored 151 against New Zealand. He shared an opening partnership of 204 with Graham Gooch against India at Lord's. Test centuries against New Zealand and India earned him the title of Young Cricketer of the Year.



During the winter of 1990-1991 he made a century in the 3rd Test at Sydney, which would prove to be his only century in an Ashes Test.

During the 4th Test of the 1993 Ashes series, Graham Gooch, frustrated by continual losses against Australia resigned as captain, and Mike, aged just 25, replaced him. He lost his first match in charge, but England managed to beat Australia in a morale-boosting final Test. England had not beaten Australia in the previous 18 Test matches!

His first tour as captain to the West Indies in the winter of 1993-94, was not a success as England lost 3-1. In a series of highs and lows Mike was the best of the English batsmen.

Earning plaudits for his determination and leadership, Mike followed up with two centuries in the three-match series at home against New Zealand.

His reputation suffered a blow when he was implicated in a ball-tampering controversy during his first Test against South Africa at Lord's, for which he was fined £2,000 by Ray Illingworth. He was accused of lying to Peter Burge, the match referee.

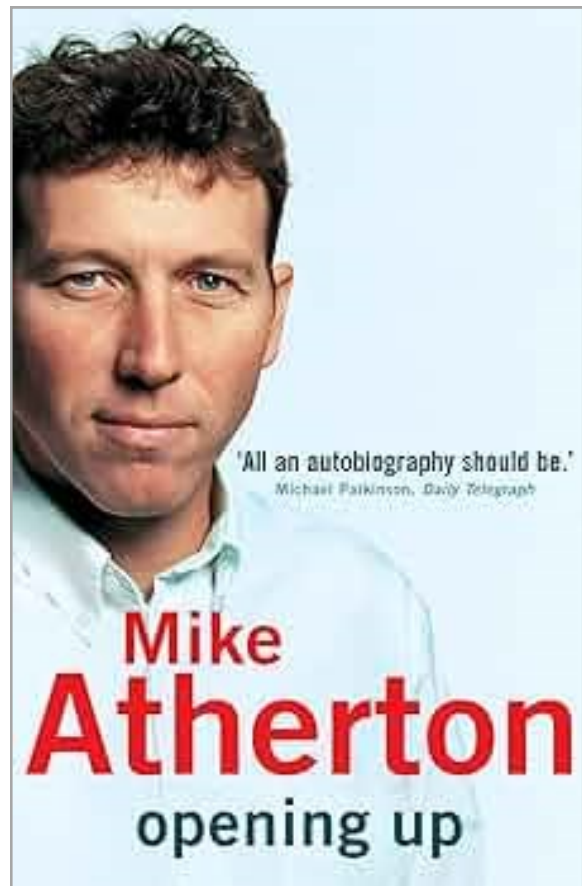


In his autobiography, Mike claims that he answered “No” when asked if there was anything in his pockets. He believed that Peter Burch, the match referee, was referring to nefarious substances such as resin or lip salve. However, the TV pictures were damning, showing Mike deliberately putting dirt, taken from the pitch, on the ball.

Strictly speaking he was not breaking the laws as plenty of cricketers improve their grip on the ball by rubbing their hands on the pitch.

After 5 years as captain, Mike resigned after a defeat in the West Indies in 1997-98.

He continued to play Test cricket for a further 4 years before retiring at the end of the 2001 Ashes. However, plagued by a chronic back condition, ankylosing spondylitis, he did not manage to attain his previous levels of performance.



Since his retirement from the game, Mike has carved out a successful career in the media.

He has worked for Channel 4, BBC Radio, Talksport and Sky Sports as a cricket commentator.

In 2002 he produced his autobiography: “Opening Up”. He has also written

“Gambling: A Story of Triumph and Disaster”, published in 2006.

In March 2010, he won Sports Journalist of the Year at the British Press Awards. He was named the Sports Writer of the Year by the Sports Journalists’ Association in 2009 and 2011.

He is married to Isabelle De Caires, granddaughter of West Indies test cricketer, Frank De Caires. Mike and Isabelle’s eldest son, Joshua, signed a professional contract with Middlesex in 2020.



Mike’s Cricketer son, Joshua De Caires



QUIZ QUESTIONS

How well do you know your body?

1. About what age do men stop growing: 17,19, 21 or 23?
2. What is the function of an artery?
3. What area of physiology is studied by a cytologist?
4. What is the only muscle not attached at both ends?
5. If we breathe in oxygen, what do we breathe out?
6. How many layers of skin do you have: 1,3,5 or 7?
7. What is the name of the 'soft spot' on a baby's head?
8. Which organs filter the water in your body?
9. What is the proper term for the 'Adam's Apple'?
10. Where are your stirrup, hammer and anvil located?
11. The colon is the anatomical term for what?
12. What does the gall bladder store: bile, blood or urine?
13. Which part of the body does Hodgkin's disease affect?
14. Rickets is caused by lack of sunlight and what vitamin?
15. What is the natural oil secreted by the skin called?
16. What is the 'sheath' from which a hair grows?
17. Ossification is the process of forming what substance?
18. What is melanin?
19. The cornea is the protective shield to what organ?
20. During a hysterectomy, what is removed?

ANSWERS TO QUIZ

1. 21
2. To take blood away from the heart
3. Cells
4. The Tongue
5. Carbon dioxide
6. 3
7. The fontanelle
8. The kidneys
9. The larynx
10. In the ears (bones)
11. The large intestine
12. Bile
13. The lymph gland
14. Vitamin D
15. Sebum
16. A follicle
17. Bone
18. A dark pigment found mainly in skin and hair
19. The eye
20. The uterus (womb)

Poem provided by Sue

THE MATTRESS UP THE STAIRS (by PAM EYRES)

We had our bedroom painted it was rather tired and dated
The curtains had grown shabby where the wasps had hibernated
There were cracks across the ceiling if you gazed around on high
And I loved the carpet once although I can't imagine why
When we had decorated, as it often is the case
The other items in the room looked dingy, out of place
The mattress in particular had seen a better day
A picture of exhaustion, it was shattered it was grey
And so as ours was old and with regard to all these points
We went to buy a new one to relieve our aching joints
Well the mattress man bored on about the way that they were made
The pockets and the springing and the buttons and the braid
He told us it was *crucial* that our spines were lying straight
Unlike when on our old bed we scribed a figure eight
And so we chose a new one taking note of all his tips
And looked forward to support at ankles, shoulders, knees and hips
On the day it was delivered I was happy as a queen
It was wrapped magnificently, swathed in polythene
We carried out the old one and we leant it on the gate
Intending to fly-tip it at a later, darker date
We hurried back inside but we were gaily unawares
That the new one had a problem, it would not go up the stairs!

My man took up the challenge with defiance on his face
He took away the banister encroaching on the space
The door came off its hinges, the frame came off and split
He sweated and he fretted but it didn't help a bit
We tried it soft and gentle, we tried it mean and rough
We got it up a little way, but nothing like enough
He heaved it with his shoulder, I was hauling from above
But the mattress wasn't shifting, not for money, not for love
So I kicked it in the label and I kicked it in the springs
I kicked it in the piping and the little button things
You could tell that it despised us as it flopped this way and that
It said "I hope you break your ankle, kick away you daft old bat!"
Then we laughed, we had convulsions, we were helpless, couldn't stop
We laughed up to the moment when he felt his back go 'pop'
Now he is moaning, he is groaning, it's a grim state of affairs
And he'll have to suffer standing.....as we can't get up the stairs!



Provided by Gwen (our Proof Reader)

ADVANTAGES OF BEING OLDER

If I had known I was going to live this long, I would have taken better care of myself.

If you're as old as you feel, how can I be alive at 150?

Inside every older person is a young person wondering what the heck happened.

The irony of life is that by the time you're old enough to know your way around, you're not going anywhere.

It is easier to get older than it is to get wiser.

It takes about ten years to get used to how old you are.

It's hard to be nostalgic when you can't remember anything.

It's hard to feel middle aged because you don't know how long you're going to live.

It's weird being the same age as old people.

Just when I was getting used to yesterday, along came today.

Life not only begins at forty, it begins to show.

Lying about my age is easier now that I often forget what it is.

Old age comes at a bad time.

Setting an example for your children takes all the fun out of middle age.

Some days I amaze myself. Other days I put my keys in the fridge!

There are a lot of good things about being old. I just can't remember any of them.

There is always a lot to be thankful for, if you take the time to look. For example, I'm sitting here thinking how nice it is that wrinkles don't hurt.

They tell you that you'll lose your mind when you grow old. What they don't tell you is that you won't miss it much.

Time may be a great healer, but it's a lousy beautician.

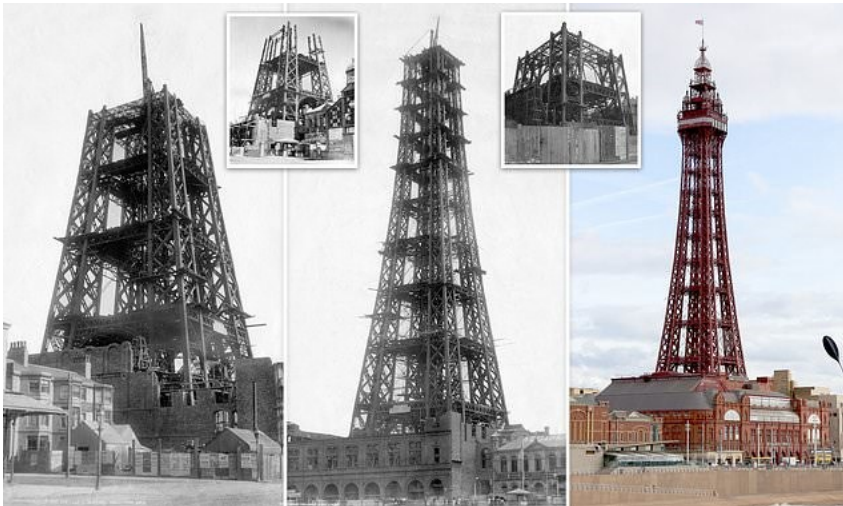
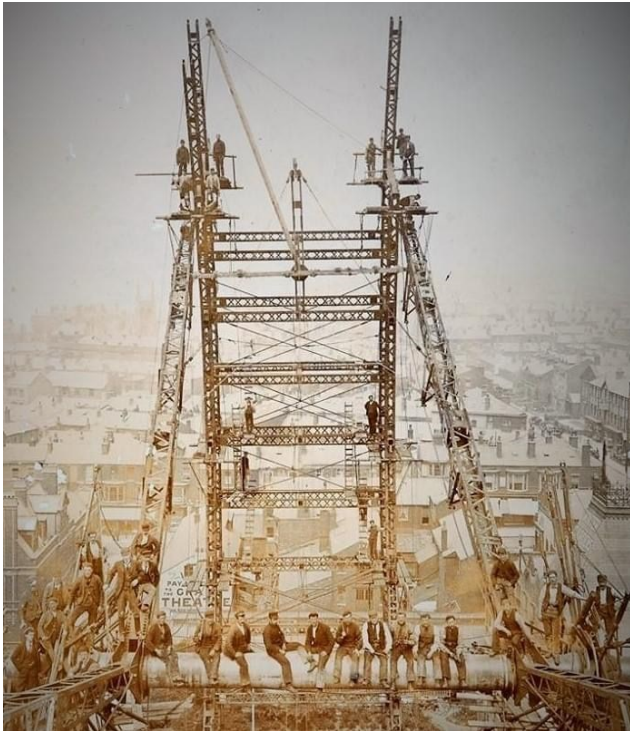
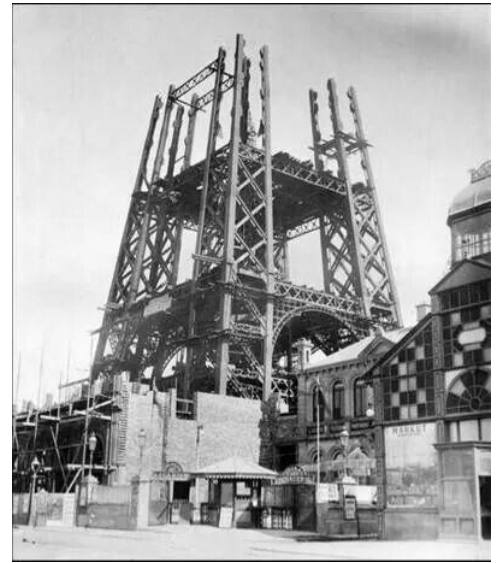
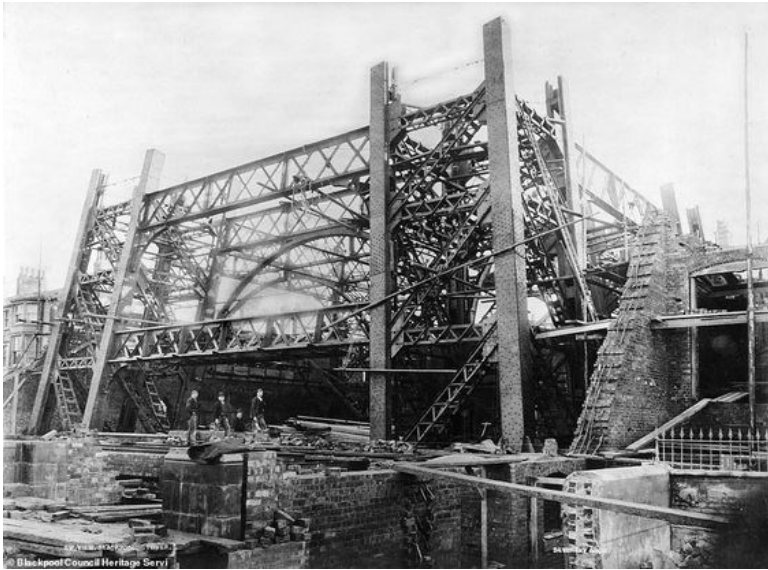
The trick is to live a long time without growing old.

We get heavier as we get older because there's a lot more information in our heads. So I'm just really intelligent and my head couldn't hold any more so it started filling up the rest of me.

When we're young we sneak out of our house to go to parties; when we're old we sneak out of parties to go home. .

There's one more terrifying fact about old people: I'm going to be one soon.

It's a well known landmark that we looked for on our way to the coast, who would be the first to see it, but few will have seen how it was constructed.



The tower's design was ahead of its time. As a writer for the BBC noted: "In heavy winds the building will gently sway, what a magnificent Victorian engineering masterpiece."

FACTS ABOUT THE BLACKPOOL TOWER

Blackpool Tower is a tourist attraction in Blackpool, Lancashire, England, which was opened to the public on 14th May 1894. When it opened, Blackpool Tower was the tallest man made structure in the British Empire. Inspired by the Eiffel Tower in Paris, France, it is 518 feet (158 metres) tall and is the 125th -tallest freestanding tower in the world. Blackpool Tower is also the common name for the Tower Buildings, an entertainment complex in a red-brick three-storey block that comprises the tower, Tower Circus, the Tower Ballroom, and roof gardens, which was designated a Grade I listed building in 1973.

Two Lancashire architects, James Maxwell and Charles Tuke, designed the tower and oversaw the laying of its foundation stone on 29th September 1891. By the time the Tower finally opened on 14th May 1894, both men had died

The total cost for the design and construction of the tower and buildings was about £290,000. Five million Accrington bricks, 3,478 long tons (3,534 t) of steel and 352 long tons (358 t) of cast iron were used to construct the tower and base. Its base is hidden by the building that houses Blackpool Tower Circus. The building occupies a total of 6,040 square yards (1.25 acres; 5,050 m²). At the summit of the tower there is a flagpole where the height at the top measures 518 feet 9 inches (158.12 m) from the ground. A time capsule was buried under the foundation stone on 25 September 1891.

When the Tower opened, 3,000 customers took the first rides to the top. Tourists paid sixpence for admission and sixpence more for a ride in the lifts to the top.

The Tower was not painted properly during its first thirty years and became corroded, leading to discussions about demolishing it. However, it was decided to rebuild it instead, and all the steelwork in the structure was replaced and renewed between 1920 and 1924. Many changes have been made over the years and in 1940, during the Second World War, the crow's nest was removed to allow the structure to be used as a Royal Air Force radar station known as 'RAF Tower', which proved unsuccessful. A post box was opened at the top of the tower in 1949. The tower has also been painted again.



Men at work repairing the tower in August 1934. Just look how narrow the beams are that they are standing on with no safety harnesses. They must have had 'nerves of steel'.

MUSHROOM RISOTTO

Serves 4

Ingredients:

30g dried porcini mushrooms

1 ltr chicken or vegetable stock

2 tbsp olive oil

4 shallots, peeled and finely chopped

350g risotto rice

1 glass of dry white wine

2 tbsp butter

200g chestnut mushrooms, washed and sliced

2 tbsp crème fraiche or sour cream

50g Parmesan cheese, grated

Salt and black pepper.

Method:

Put the dried porcini mushrooms in a bowl, cover with warm water and leave to soak for 20 mins.

Drain and chop the porcini mushrooms and set aside.

Bring the stock to the boil and keep it simmering on the hob.

Heat a tablespoon of the olive oil in a high sided pan and sweat the shallots until they are softened and translucent.

Add the rice, stir well and cook for a minute or so, then pour in all the wine.

Stir as this sizzles and bubbles.

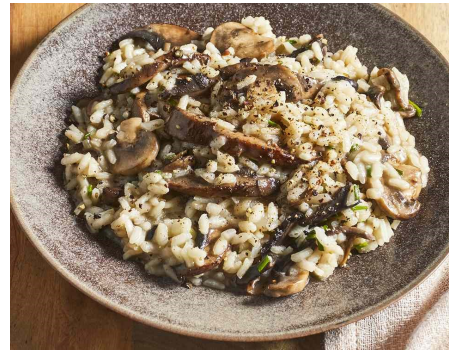
Once the wine has evaporated, start adding the simmering stock a ladleful at a time, waiting between each ladleful for the rice to absorb it before adding another.

Continue until rice is cooked. (approx 20mins).

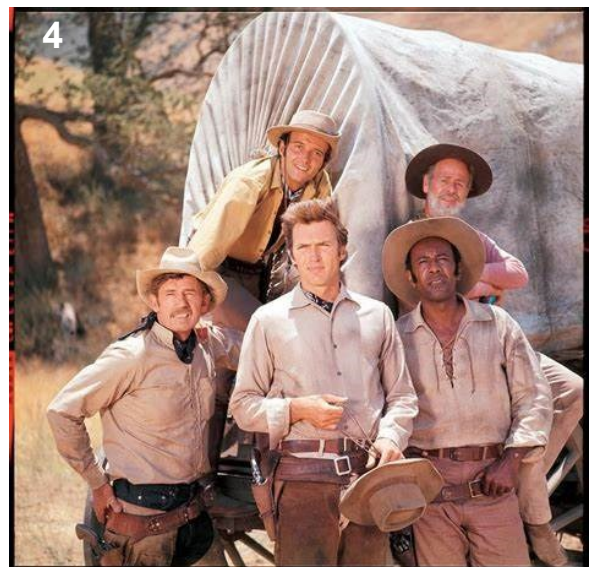
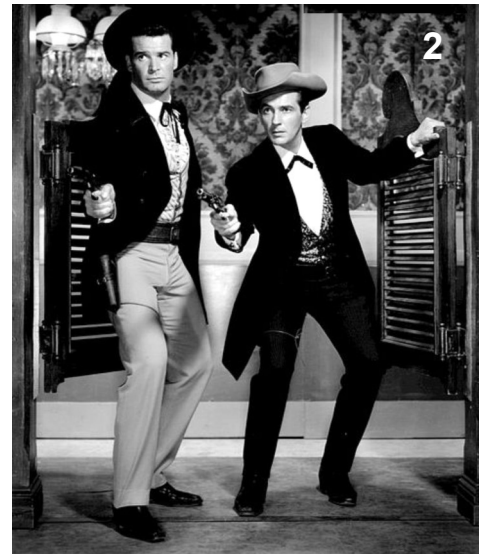
Meanwhile, heat a tbsp of butter and the rest of the oil in a frying pan and sauté the chestnut and porcini mushrooms.

When rice is ready, take the pan off the heat and stir in the mushrooms and add the cream, Parmesan and the rest of the butter. Season to taste.

Garnish with extra shavings of Parmesan if you like.



In the days when we hadn't the choice of TV Channels but you always found something to watch. How many of the '**Westerns**' that used to be on every week can you name? :



See next pages for answers and more about the series...

Answers to 'Name the Westerns'

1. **BONANZA:** The show chronicled the weekly adventures of the Cartwright family, headed by the thrice-widowed patriarch Ben Cartwright (Lorne Greene). He had three sons, each by a different wife: the eldest was the urbane architect Adam Cartwright (Pernell Roberts), who built the ranch house; the second was the warm and lovable giant Eric "Hoss" Cartwright (Dan Blocker); and the youngest was the hot-headed and impetuous Joseph, or "Little Joe" (Michael Landon). Through exposition and flashback episodes, the viewer learns that each wife was accorded a different ancestry: English, Swedish and French Creole, respectively. The family's cook was Chinese immigrant Hop Sing (Victor Sen Yung).

2. **MAVERICK:** *Maverick* initially starred James Garner as poker player Bret Maverick. Eight episodes into the first season, he was joined by Jack Kelly as his brother Bart Maverick, and for the remainder of the first three seasons, Garner and Kelly alternated leads from week to week, sometimes teaming up for the occasional two-brother episode. The Maverick brothers were both poker players from Texas who travelled the American Old West by horseback and stagecoach, and on Mississippi riverboats, constantly getting into and out of life-threatening trouble of one sort or another, usually involving money, women, or both. Though the Mavericks were quick to claim they were motivated by money, and made a point of humorously emphasising their supposed belief in cowardice and avoiding hard work, in many episodes they would find themselves weighing a financial windfall against a moral dilemma. Their consciences always trumped their wallets since both Mavericks were intrinsically ethical, although they were not above trying to fleece someone who had clearly *proven* themselves to be fundamentally dishonest or corrupt. When Garner left the series after the third season due to a legal dispute, after which he enjoyed a successful film career, Roger Moore was added to the cast as cousin Beau.

3. **WAGGON TRAIN:** It was the fictional adventure story of a large westbound wagon train through the American frontier from Missouri to California. Its format attracted famous guest stars for each episode appearing as travellers or residents of the settlements that the regular cast encountered. The show initially starred supporting film actor Ward Bond as the wagon master (replaced after his death in 1960 by John McIntire) and Robert Horton as the scout Flint McCullough (eventually replaced by Robert Fuller). Frank McGrath as cook Charlie Wooster (1957– 65, seasons 1– 8), one of only two regulars to last the entire series.

continued...

Answers to 'Name the Westerns'

4. **RAWHIDE:** Set in the 1860s, *Rawhide* portrays the challenges faced by the drovers of a cattle drive. Most episodes are introduced with a monologue by Gil Favor (Eric Fleming), trail boss. In a typical *Rawhide* story, the drovers come upon people on the trail and involve themselves in other people's affairs, usually encountering various corrupt individuals. Many times, one or more of the crew venture into a nearby town and encounter some trouble from crooked townspeople or lawless politicians from whom they need to be rescued. Rowdy Yates (Clint Eastwood) was young and at times impetuous in the earliest episodes, and Favor had to keep a tight rein on him. Favor is a savvy and strong leader, who always plays "square" with his fellow men – a tough customer who can handle the challenges and get the job done.
5. **THE LITTLE HOUSE ON THE PRAIRIE:** American Western historical drama television series about the Ingalls family, who live on a farm on Plum Creek near Walnut Grove, Minnesota, in the 1870s–90s. Charles, Caroline, Laura, Mary, and Carrie Ingalls are respectively portrayed by Michael Landon, Karen Grassle, Melissa Gilbert, Melissa Sue Anderson, and twins Lindsay and Sydney Greenbush.
6. **THE BIG VALLEY:** The one-hour episodes followed the lives of the Barkley family, one of the wealthiest and largest ranch-owning families in Stockton, led by matriarch Victoria Barkley (Barbara Stanwyck), her sons Jarrod (Richard Long) and Nick (Peter Breck), daughter Audra (Linda Evans), and their half-brother Heath (Lee Majors). **Victoria Barkley**, portrayed by Barbara Stanwyck, the widow of Thomas Barkley, was the head of the wealthy, influential Barkley family, who lived in 19th-century Stockton in California's Central Valley. She was the main character of the series. Victoria Barkley was the owner and head of the Barkley ranch. In fact, Stanwyck's refusal to portray Barkley as fragile was controversial at the time. Barkley's husband Tom had been killed 6 years before the beginning of the series. Victoria Barkley loved and was proud of all her children, including her late husband's illegitimate son Heath, to whom she would refer to as "my son". Stanwyck, who went from the refined, elegant lady of the manor to a jean-clad cowgirl as tough as any cowboy.

TYPICAL WESTERN SCENES



ANIMAL CORNER

BORN FREE FOUNDATION



Virginia McKenna & Bill Travers

Dame Virginia Anne McKenna DBE (born 7 June 1931) is a British stage and screen actress, author, animal rights activist, and wildlife campaigner. She is best known for the films *A Town Like Alice* (1956), *Carve Her Name with Pride* (1958), *Born Free* (1966) and *Ring of Bright Water* (1969), as well as her work with the Born Free Foundation.

William Inglis Lindon Travers MBE (3 January 1922 – 29 March 1994) was a British actor, screenwriter, director and animal rights activist. Before his show business career, he served in the British Army with Gurkha and special forces units.

Whilst on the set of the film *Born Free* (1966) Virginia McKenna and her husband Bill Travers found their love of animals. Based on the real life story of a married couple of animal conservationists who raise and rehabilitate the lion, Elsa, McKenna realised that there was work to be done. Their experience inspired them to speak out of behalf of wild animals and to protect them and their natural habitats.

After filming 'An Elephant Called Slowly' (1970), the couple went to visit their co-star, the elephant Pole Pole at London Zoo. The elephant remembered them and reached out her trunk in greeting. Believing the creature was distressed, they created Zoo Check, a charity that aims to improve conditions



for captive animals, this then became the Born Free Foundation to campaign for the conservation of wild animals, educating and advocating, as well as working to defend against the loss of biodiversity due to climate change.

An Elephant Called Slowly.



Harold Maurice Abrahams CBE

Born: 15 December 1899

Died: 4 January 1978

Born: Bedford in 1899.

Spouse: Sybil Evers (m. 1936–1963)

Children: Sue Pottle

Harold was an English track and field athlete.

He was Olympic champion in 1924 in the 100 metres sprint, a feat depicted in the 1981 film *Chariots of Fire*.

EARLY LIFE:

Abrahams's father, Isaac, was a Jewish immigrant from Polish Lithuania, then part of the Russian Empire since the Partitions of Poland. He worked as a financier, and settled in Bedford with his Welsh Jewish wife, Esther Isaacs. Harold was born in Bedford in 1899. His eldest brother was the physician Sir Adolphe Abrahams (1883–1967), the founder of British sport medicine. His middle brother was another British Olympic athlete, long jumper Sir Sidney Abrahams (1885–1957).

Harold Abrahams attended Bedford School, Repton School and then Gonville. He won the 100 yards and the long jump at the 1918 Public Schools championships and then went up to Caius College, Cambridge from 1919 to 1923. Before attending university, Abrahams served as a lieutenant in the British Army. He afterwards trained as a lawyer. At Cambridge, he was a member of the Cambridge University Athletics Club (of which he was president 1922–1923), Cambridge University Liberal Club, the University Pitt Club and the Gilbert and Sullivan Society.

A sprinter and long jumper since his youth, he continued to compete in running while at Cambridge. Abrahams earned a place in the 1920 Olympic team, but was eliminated in the quarter-finals of both the 100m and the 200m, and finished 20th in the long jump. He was also part of the British relay team that took fourth place in the 4 × 100m.

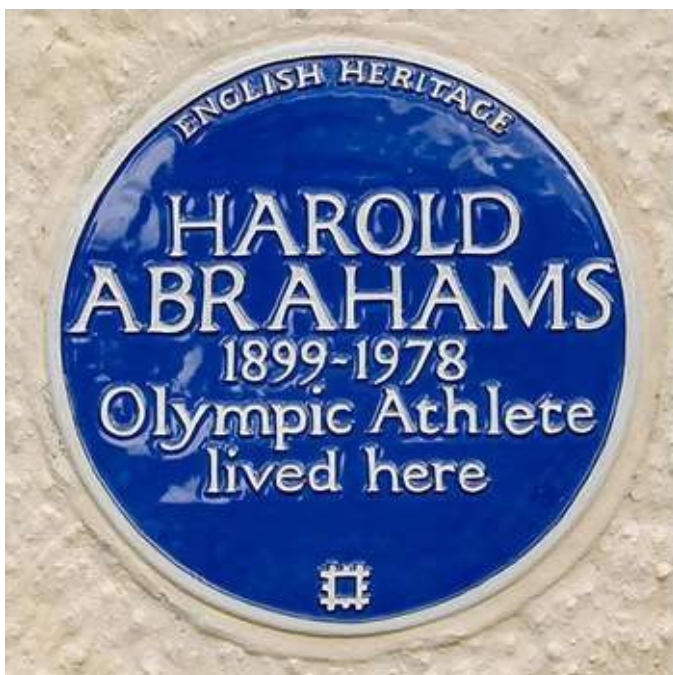
Although Abrahams dominated British long jump and sprint events, after graduating from Cambridge, he employed Sam Mussabini, a professional coach, who improved his style and training techniques in preparation for the 1924 Olympics in Paris, France. At the 1924 Summer Games, Abrahams won the 100m in a time of 10.6 seconds.

continued...

A 100 years ago, at the 1924 Olympics in Paris, Harold Abrahams became Britain's first 100m Olympic champion.



In May 1925 Abrahams broke his leg while attempting to improve on his English long jump record. The injury prematurely ended his athletic career, and he turned back to law, practising as a barrister of the Inner Temple until the 1940s. While living at 2 Hodford Road – a semi-detached house typical of the inter-war period – he wrote a number of books and also became an athletics correspondent for the *Sunday Times* (1925–67) and a radio broadcaster for the BBC (1924–74). He died at Chase Farm Hospital, Enfield, on 14 January 1978.



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EDITOR
JOAN HOLMES



Life Story

Every life has a story...

