

THE **Oomph!** DIGEST

8th November – David Bowie makes US TV debut (1975)



On this day in 1975, the rock and roll phenomena that was David Bowie beamed from our television screens.

During 1975, Bowie's sound shifted away from his infamous 'Ziggy Stardust' character, towards what he donned, 'Plastic soul'. This new sound gave Bowie his first major US success with his number one single 'Fame' and his first major album 'Young Americans'. After this Bowie went on to producing many more famous numbers.

World Freedom Day



In many parts of the World, freedom is taken for granted. Whether this is freedom of speech, freedom over religion or even the freedom to wear what you like.

Conceived in 2001, World Freedom Day is mainly celebrated in the United States. It is classed as a federal observance day put into place by the then-president George W. Bush to remember the fall of the Berlin wall and the termination of the communist rules in central and Eastern Europe.

What does freedom mean to you?

10th November – David Bowie's 'Space Oddity' goes to number 1 (1969)



David Bowie has had many number one hits, but one of his first top-five charted records was 'Space Oddity'. Written by Bowie himself, 'Space Oddity' became the opening track to his second studio album, and Bowie's signature song throughout his career. The song was also one out of the four songs of Bowie's to hit the Rock and Roll Hall of Fame.

The song helped Bowie to receive the 1970 'Ivor Novello Special award' to honour his talented and original song-writing skills.

11th November – Armistice Day



The first ever Armistice Day was held at Buckingham Palace in 1919 and has been marked every year since. This event is organised by the Royal British Legion to commemorate the memory of those who served within the First World War. Many countries recognise Armistice Day in one way or another. Some have a ceremony, and some have public holidays; but all give thanks to those brave men who fought for us.

Remembrance Sunday

Remembrance Sunday commemorates the contributions of British and Commonwealth military within World War 1 and 2. This day is always held on the second Sunday of November nearest Armistice Day.

Throughout the remembrance period, poppies are worn. This flower holds much significance. It reminds us of the cost of war and the sadness of loss. However, this simple flower now raises millions of pounds each year to support military families. Make sure you wear your poppy this week and read the words of that infamous poem 'In Flanders Fields.'

TURN THE PAGE FOR OUR OOMPH! DIGESTIVE ↻

World Kindness day



What's the kindest thing someone has ever done for you? Perhaps someone offered you a smile, helped you with your shopping, or looked after the children when you needed it most.

World Kindness day was introduced in 1988 and many countries have observed the national day including Canada and Japan. Kindness day was created when a collection of people decided that in today's busy world, kindness is often overlooked. This week, make sure you put kindness first. Write into The Digest with the acts of kindness you experience!

Music to listen to this week:

- ✓ **David Bowie**
Space Oddity
- ✓ **Barbra Streisand**
Memory
- ✓ **Johnny Cash** *Give my Love to Rose*
- ✓ **Anne Shelton**
Coming in on a Wing and a Prayer
- ✓ **Vera Lynn**
We'll Meet Again

14th November – Apollo 12 launches to the moon (1969)

Apollo 12: the sixth manned mission in the United States Apollo Program. It was the second mission to land on the moon and the first under the Presidency of Richard Nixon. The expedition launched in 1969 from the Kennedy Space Centre, Florida. Apollo 12 got off to a bumpy start. The loss of 3 fuel cells panicked mission control and caused every warning light to flash. However, the rocket continued to fly steadily, and proved to the world that a precise moon landing was possible. It was astronauts Alan Bean, Alfred Worden and Pete Conrad who manned the ship and went where very few had been before.



The perfect accompaniment to a cup of tea...

Why not spark up a conversation around:
Remembrance

Get acquainted: Make name badges and say hello.

Get chatting: What's the weather like today? Which articles did you enjoy reading this week in The Digest?

Get singing: Enjoy a singalong to 'We'll Meet Again'

Get Playing: Soft ball catch. Say a name of a popstar before passing the ball to someone in the group.

Get thinking:

- ✔ Why do we mark anniversaries?
- ✔ Are you proud of Great Britain?
- ✔ What does being British mean to you?

Keep up the conversation: Was the ending of World War 2 a new beginning?

Digest Quiz

1. What song was David Bowie's first major success?

- A) Life on Mars
- B) Space Oddity
- C) Fame

2. What Award did David Bowie win the 1970s?

- A) Grammy Award
- B) Ivor Novello Special award
- C) Golden Globe

3. When was the first Armistice Day held?

- A) 1909
- B) 1919
- C) 1929

4. When was World Kindness Day introduced?

- A) 1968
- B) 1978
- C) 1988

5. When did the Apollo 12 expedition launch?

- A) 1959
- B) 1969
- C) 1979