

BRIDGEND COMMUNITY NEWS

We will be producing this newsletter every week during this time of Social Distancing to hopefully brighten spirits, entertain you, keep you informed and most important of all to help everyone feel that even though we have to put physical distance between ourselves none of us are alone.

Thank you as ever to all our contributors to this newsletter. We love hearing your stories and seeing your pictures.

We will be looking for contributions from our readers, so if you have an idea, recipe, story, book suggestion, drawing or activity you think others would love, please send it to info@bridgendcentre.org.uk for us to include.

Bridging Social Isolation

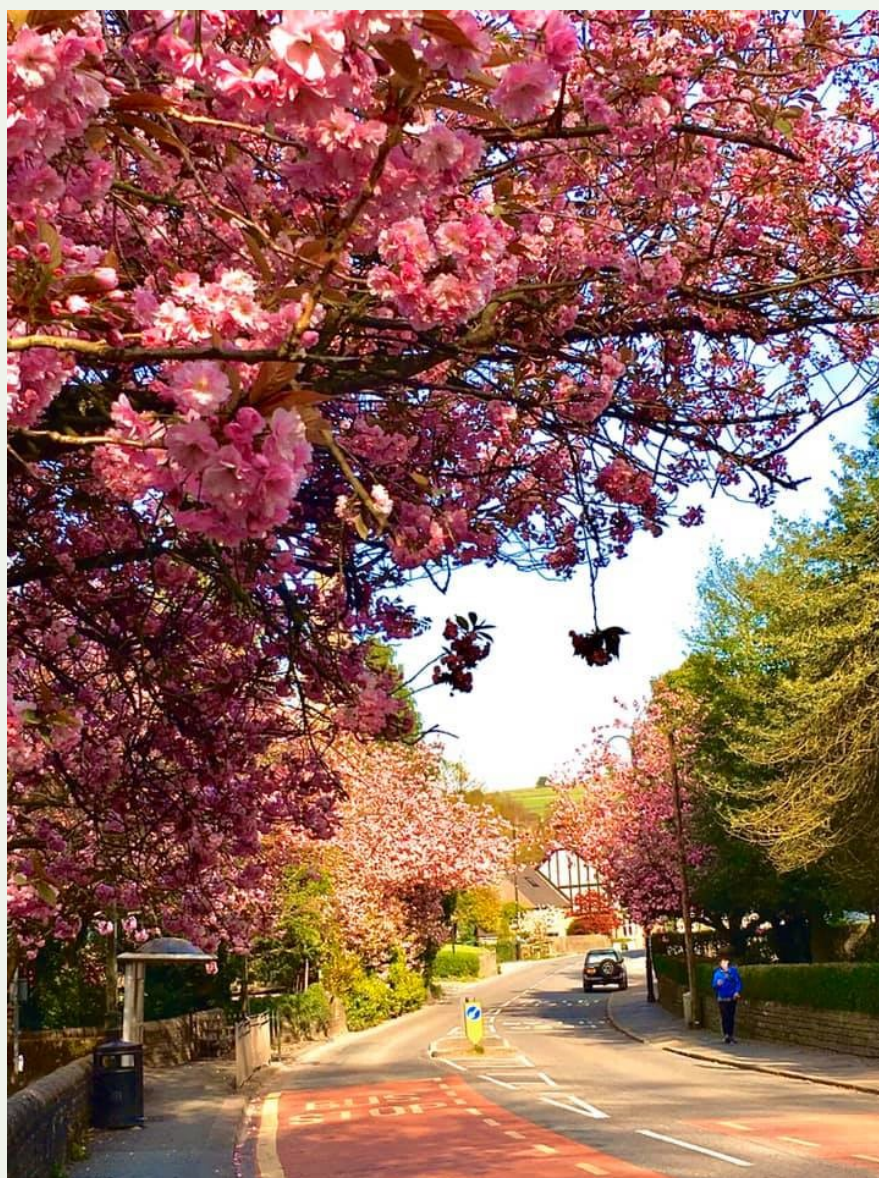


Photo: Heather Rachel Catlow

Bollington's celestial shenanigans

Many Bollingtonians took advantage of the crisp, clear skies this week to observe Elon Musk's 'Starlink' as it passed over the town.

Starlink is a satellite constellation that is being constructed by American company SpaceX, founded by Elon Musk. The firm sends satellites into the Earth's orbit in batches of 60, the most recent launch taking place in March. So far the firm has deployed over 300 satellites and is working towards a network of 12,000 with the aim of improving global internet coverage.



The satellites appear in a line crossing the night sky and their current orbital position has made them easier to spot in the north west of England in the last few days.

You can check out when Starlink is next visible in our area by going to this website:

[https://findstarlink.com/?](https://findstarlink.com/?fbclid=IwAR3Pqx8MEVawrlxiRmJCDR85OhLN8BmqLlf4g7ud2NzGQ4NExpCPUReVz04#53.5,North,2.25,West;3)

[fbclid=IwAR3Pqx8MEVawrlxiRmJCDR85OhLN8BmqLlf4g7ud2NzGQ4NExpCPUReVz04#53.5,North,2.25,West;3](https://findstarlink.com/?fbclid=IwAR3Pqx8MEVawrlxiRmJCDR85OhLN8BmqLlf4g7ud2NzGQ4NExpCPUReVz04#53.5,North,2.25,West;3)



Photo by John Howarth

If you were willing to wait up even later into the evening, there may have been the opportunity to see meteor showers in the sky. These were between midnight and 5 in the morning on 21st and 22nd April.

The Lyrids are rock and dust left behind by the comet C/1861 G (Thatcher) as the Earth drifts through a cloud of debris left behind by the icy space rock. Every year, the Earth intersects with Thatcher's dusty tail and particles of the comet are seen streaking through the sky where they usually burn up.

Earth from miles away, the meteoroids that cause them are actually quite small. Some meteors leave brilliant trails behind them in the form of ionized gas.

John Howarth's photo above was taken over his home on High Street, on Wednesday 21 April. It's a composite of 115 photos, taken over an hour, merged together showing how the stars slowly rotate around the Pole Star.

Bollington Heroes

Talking of stars, the lads at JJJ Heathcotes butchers have been working very hard during lockdown to keep the people of Bollington and surrounding areas well fed with high quality meat and vegetables.

Heathcotes offer a delivery service to anyone who is self-isolating in Bollington, Prestbury and Tytherington. If you are not self-isolating, you can place your order in advance and come and pick it up from the shop on Palmerston Street.

The shop on Wellington Road is temporarily closed so that they can focus their operations on the Palmerston Street shop and deliveries. If you would like to place an order or delivery, please give them a call on 01625 572202. Thank you to everyone at Heathcotes and all the other local shops and businesses who put themselves at risk in order to ensure that we all receive the daily essentials.



Hello from our friends Kate Gooding and Lynn Knowling



Kate and Lynn volunteer for the Bridgend Centre and organise the twice yearly Vintage Fair which are not only great fundraisers but wonderful social events too.

The vintage fair is organised by me, Kate Gooding, and my friend, Lynn Knowling. Throughout the year we ask volunteers when sorting donations to put aside items that they consider will be suitable for selling at the fair.

We couldn't hold the events without the help of an amazing group of friends of the Centre. A few days before each sale this group help us display the items and price them (no easy task!) Then on the day of the fair they will sell and wrap the purchases and, generally, keep Lynn and I in coffee and cake throughout what is quite a long day.

Lynn and I both became involved due to our joint passion and interest in anything 'old' particularly if it has a history. Lynn brings her expertise due to her very varied background. In between two professional careers - 20 years in clinical NHS administration and later in Librarianship, she became a furniture restorer and dealer but only after 4 years on a 3-dimensional degree at MMU, majoring in wood. She then developed a post degree fascination with antique furniture restoration and general antiques. This led to several years with a workshop at Levenshulme Antique Centre and having stalls at various Antique fairs in Buxton, Chester, and Wilmslow. Later she shared an antique shop with another dealer. Altogether she was a dealer for about 10 years, often buying at antique mills, car boots and selling at the fairs and at Auction houses.



I have a professional background in Education and am much more an amateur antique and vintage enthusiast. Several years ago, I did attend evening classes in "Antique Appreciation" But I was mainly an avid collector, purchasing collectable and furniture items that I liked from second-hand shops, jumble sales and antique fairs. My husband, John, and I also held stalls at several boot sales and Bric a Brac fairs. I must admit though, John's involvement was mainly to make sure that our house in Birmingham home did not become submerged in "stuff" (as he called it!).



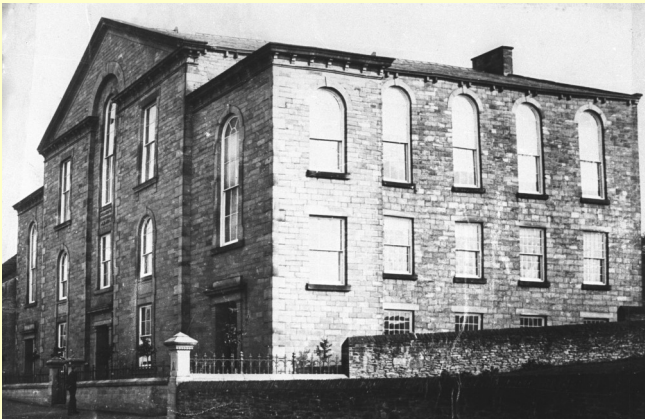
Now retired and living in Bollington, Lynn and I regularly watch antique programmes such as 'Antique Road Trip', 'Flog It', and 'Bargain Hunt'. We also frequently go together to visit charity shops, salvage, antique and vintage fairs around the area. These days, however, we rarely buy anything but use these opportunities to

undertake our "research" and slowly over the years we have increased our knowledge of a wide range of collectables including ceramics, jewellery, treen, kitchenalia, old glass and copper etc, etc.

Some months we go to the Adam Partridge Auction House in Macclesfield to take donated items that we consider may have more value than can be obtained by selling in the Centre's shop or on their eBay site. We are always willing to go to the auction house's Monday valuation sessions with anyone who either wishes to sell or simply to have items valued. Both of us feel privileged to support the Bridgend Centre as volunteers in this capacity and at the same time share and indulge our passion. ***Kate Gooding (and Lynn Knowling)***

Reminiscences of Bollington—Where is it?

Can you guess where these old pictures of Bollington were taken? Answers on page 8.



A



B



C

Poem

Bridgend Community Worker Maxine Lomas told us about a poem that we would like to share.

When things go wrong as they sometimes will
When the road you're trudging seems all uphill
When the funds are low and the debts are high
And you want to smile but you have to sigh
When care is pressing you down a bit
Rest if you must but don't you quit.
Life is queer with its twists and turns
As every one of us sometimes learns
And many a failure turns about
When he might have won had he stuck it out.
Don't give up though the pace is slow

You may succeed with another
blow

Success is failure turned inside
out

The silver tint of the cloud of
doubt

And you never can tell how close
you are

It may be near when it seems so far

So stick to the fight when you're hardest hit

It's when things seem worst

You must not quit.



At home exercises—Pilates

Pilates is a great way to stay active at home during lockdown

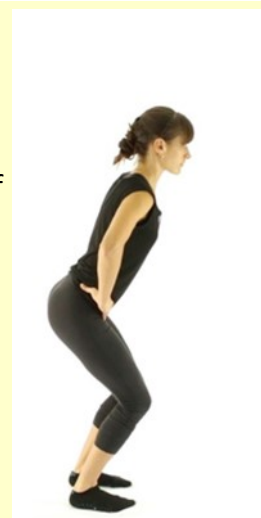
Balance is so important in our day to day lives, ensuring we are able to move about safely and get up and down from chairs or from kneeling with ease. The Pilates squat builds strength and improves our ability to raise up from seated. Take your time and build yourself up slowly. Ensure you are able to practice these exercises in a safe area. If you need additional support stand in front of a chair, with the back of your knees about 1.5” from the chair.

Standing with your feet hip distance apart, look forward, open across your shoulders and gently draw your belly button in. Imagine you have an orange tucked under your chin to keep your head in the right position. Maintain this position.

Bend forward from your hips to about 45 degrees, bend your knees and push your bottom back as you sit back into a squat. If you have the chair behind you, try to hover above the chair. Try to keep your knees behind your toes and shoulders above your knees – try not to lean too far forward.

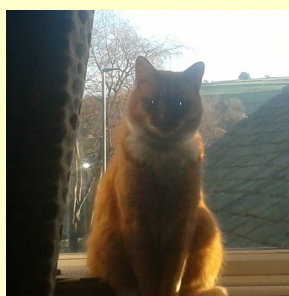
Hold for the count of 3, and then drive yourself back into standing. Repeat 3-5 times. Increase how long you hold the squat as you build in strength and confidence. If you feel comfortable with this movement start to raise your arms in front of you, up to shoulder height as you sit back into the squat.

Provided by Robyn at Macc Forest Pilates



Furry Friends

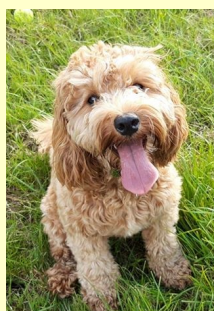
At this difficult time, many people turn to their loyal furry friends for companionship, loyalty and entertainment. Here are some photos of some of the companions that loyally support our Bridgend regulars.



Janine Holmes' cat Felix loyally watches over her



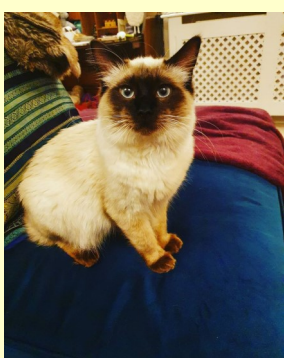
Alison Leah's companion came all the way from Dubai



Catherine's doggie Bess is an extrovert companion during lockdown



Beautiful Wolfie enjoys a photoshoot in the sunshine (Sam Davies)



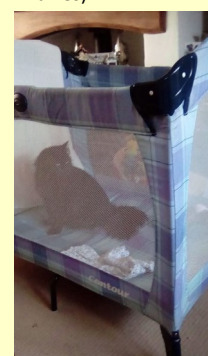
Kerry's cat Boo is a stunner



Kerry thought she'd crochet herself a couple of new friends



Ted and Betty love their daily walks with Jane



Wendy Moriarty's cat is keeping her on her toes

Recipe

This week our resident Spanish chef Rita tells us how to make a Spanish classic in the microwave

In this recipe, we are going to cook the potatoes and onions in the microwave. Traditionally they would be fried, but this is a quicker simplified version.

We start by peeling and cutting one onion (or half an onion) depending on how much you like onions. Put the onion in a microwave safe container, sprinkle olive oil and salt over it and place in the microwave with a lid for 2 min at 800W (default Power)

While the onions are in the microwave, peel and cut the potatoes. Once the onions are ready, add the potatoes to the onions, sprinkle oil, salt and optionally (Turmeric and pepper).

Put back in the Microwave for 5 min with a lid or cling film (rated as safe for Microwave). Alternatively, you could use a steam case.

After 5 minutes, take out and move the potatoes. Put back in for 5 more min. Take out and check if the potatoes are soft, if not soft enough put back for some extra time. While the potatoes are in the microwave, beat three large eggs. Once the potatoes are ready, add the soft potatoes to the egg and stir them (Season again with salt, turmeric and pepper if wished). At this point we can get the frying pan ready, adding a teaspoon oil and heating it. Once hot, we pour the eggs and potato mixture into the frying pan and cook on a moderate heat, using a spatula to shape the omelette into a cushion.

When you can feel the bottom is cooked (not sticking to the pan), invert on a plate. This is the tricky bit. You need to place a plate which is larger than the circumference of the frying pan on top of the frying pan, with a flick of your wrist, flip the tortilla onto the plate, slide back into the pan and fry a few more minutes.

Your tortilla is then ready! ¡Que aproveche! You can see a step by step video here: <https://www.youtube.com/watch?v=WH4WI54mGso>

Microwave Tortilla de patata Spanish Omelette

Total Time: 50 min
Level: moderate
Serves: 1 tortilla




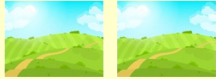




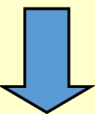













Ingredients

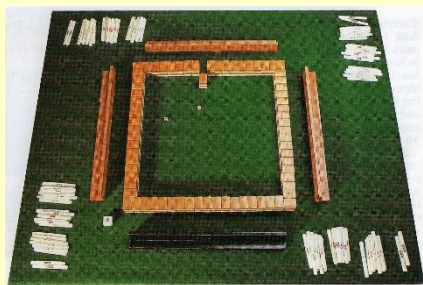
3 potatoes
1 or half an onion
3 large eggs
Olive oil
Salt
Turmeric & pepper

Answers to last week's mind game—Bollington Picture Quiz



- 1   Holly Bush
- 2   Belfields
- 3   The Church House
- 4   Coronation Gardens
- 5   Lower House
- 6   Broadheads
- 7  The Spinners
- 8  Barrows
- 9    Overhouse Farm
- 10    Heathcotes

Bridgend activities—Mah Jong



“Four pongs and a pair”. “Kong!”. “Chow!”. And one of my favourites: “Moon at the Bottom of the Well”. Hopefully, we’ll soon hear these strange terms ringing out again at the Bridgend Centre. Every Wednesday afternoon, from 2pm to 4pm, several of us gather to play Mah Jong.

Mah Jong was invented in China. Wikipedia tells us, helpfully, that this was during the Qing dynasty which, running from 1644 to 1911, narrows it down a bit! What we do know is that it was developed in the late 19th century around Ningbo, south of Shanghai on the east coast of China. It became popular world-wide early in the 20th century. Finally, it reached the Bridgend Centre in the summer of 2011, when a small group of us was lucky enough to find a teacher. And we’ve been playing ever since!

Many of you will have played rummy or canasta. Mah Jong is a similar game, but played with a set of 144 tiles instead of the usual playing cards. One of the charms of the game is the Chinese characters on the tiles – strange at first, but you soon get used to them. Even the name comes from the Chinese for “Twittering of the Sparrows” – the sound the tiles make when you shuffle them. These tiles are from my set – bought from a Bridgend donation! There are three suits: Circles, bamboo and characters. One to nine in each suit and four of each tile. There are also four each of four wind tiles – east, south, west and north - and four each of three dragon tiles – red, green and white. Helpfully, most sets have the English numbers or names on them. The set is completed by one each of the four seasons and four flowers.

There are many variants to the basic rules of Mah Jong. We’ve borrowed from the U3A at Langley (thank you, Peter!) with a few Bridgend house rules to help things along!



Playing rummy, you shuffle the cards and deal. In Mah Jong you shuffle the tiles and build a four-sided wall. Then, using the dice, you decide where to break into the wall to deal the tiles. Then players take turns to draw tiles from the wall, just



like drawing from the pile in rummy, to see if they can improve their hand. The easiest winning hand is “four pongs and a pair”. A pong is three of a kind. A kong is four of a kind and a chow is a run of three. Just like rummy! There are lots of other winning hands, with exotic names like “Moon at the Bottom of the Well”, but a beginner can very quickly beat more experienced players using easy-to-learn basic hands.

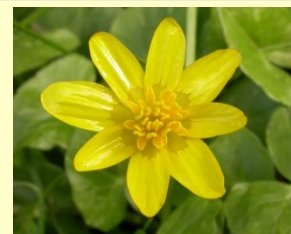
We’re a friendly bunch and very happy to teach from scratch or help refresh long distant memories! So, once we’re open again, why not come and have a go.

Ian Walker

Plant of the week—Celandine



Brightening up woodland floors and the banks of streams at this time of year is the lovely ‘Lesser Celandine’ (*Ficaria Verna*). They are one of the first flowers to appear after winter and (January and April). They are an important source of nectar to bees and other early pollinators. [https://](https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/plants/wild-flowers/lesser-celandine/)



www.woodlandtrust.org.uk/trees-woods-and-wildlife/plants/wild-flowers/lesser-celandine/

Mind game—Together at Home Anagram

Can you identify the famous musicians/singers in the anagrams below that took place in the global 'Together at Home' concert this week? Answers next week

Cruelty Cam Nap

Lay Ad Gag

Strolling Nose

Humble Ice Lab

Warty if Lost

Mist Mash

Jeep Frozen Nil

Lorry Chews

Inverted Woes

Jog Hen Lend

Tanker Hubi

Indulge Oil Gel



Answers to Reminiscence Quiz. A—The Big Sunday school B—The Waterhouse c—Five Ashes, on Windmill Lane



Bridgend Centre, 104 Palmerston Street, Bollington, Cheshire. SK10 5PW

Temporary phone number: 01625 813173 Email: info@bridgendcentre.org.uk www.bridgendcentre.org.uk

Registered charity number 1123287

We are a Charitable Incorporated Organisation (CIO)

Your Bridgend needs you!

The Centre has been in Bollington for nearly 30 years now, delivering vital services to the whole community. So many vulnerable people depend on the Centre and will need it more than ever when life gets back to normal. Bridgend's dedicated team of staff is supported by hundreds of fantastic volunteers.

We know it is a very difficult time financially for many people, but if you can afford to make a donation however large or small, we would really appreciate it. Becoming a regular donor is also a great way to support us with sustainable income.

If you would like to help, please go to our website and donate: <https://bridgendcentre.org.uk/home/donate/>

Thank you