

## BRIDGEND COMMUNITY NEWS

Issue

No 64



*House in Kerridge by David Steeden*

**Welcome to Edition 64 of Bridging Social Isolation. Somehow it is already November! We have another full edition for you this fortnight. Thanks go to Ian Walker for his fascinating look into the world of Horodotus and all those who have contributed pictures and articles for this edition.**

**We hope you will save the date and join us at our AGM/Christmas party this year, details can be found on page 2.**

**If you have any ideas or articles that you would like to share with us, why not drop us an email to [info@bridgendcentre.org.uk](mailto:info@bridgendcentre.org.uk)?**

## COP– by Gillian Lindsey on behalf of the 12 Days of COP team

All over the world, people and organisations are taking **practical action on climate change**. These actions are centred on reducing reliance on fossil fuels (petrol, coal and gas), and the choices people make about transport, home heating and home electricity, and shopping for food, clothes and household goods.

With the upcoming COP26 climate conference taking place over 12 days in the UK in November, the 12 Days of COP initiative aims to inspire people in and around Bollington to start taking steps to reduce their personal carbon footprint – or to start doing something that they are not already doing.

The 12 Days of COP website ([the12daysofcop.wordpress.com](http://the12daysofcop.wordpress.com)) publicises 12 of the most effective ways an individual can take practical action to reduce their greenhouse gas emissions. The website contains a wealth of information, with a real focus on local resources to help people take action.

Themes include choosing Eat seasonal (avoiding the use of hothouses and air freight), Insulate your home, and as shown so well at the Bridgend charity shop – Reuse and repair rather than buying new.

Another theme is Walk and cycle more to cut car use. On Saturday 6 November the Mayor Bollington is joining a free guided ride with Sue Reason, of the British Cycling 'Breeze' network for women cyclists. Sue will be showing us a 'quiet road' route from Bollington into Poynton town centre, to build up confidence for those who want to get into the cycling habit to help cut car use. Before setting off, everyone will have a free 'bike health' check from 'Dr Bike'. Booking is essential – places are limited. Adults 16+ only. Information and booking at <https://letsride.co.uk/rides/cop26-bollington-to-poynton>.

There are also other things going on in and around Bollington – several of the local eateries will be having COP-menus offering a wider vegetarian and vegan menu.

Eating less meat and more plant-based protein alternatives (such as tofu, beans and nuts) would have the largest single impact on an individual's greenhouse gas emissions. Changing what you eat would be a big change for most people, which is why vegetarian options from local eateries, and advice from businesses such as Rootstock (selling beans, lentils, nuts and seeds) can be such a big help.

### So, what next?

COP is not just for twelve days in November – we need those positive steps to continue building into something big. For more information about WHY each of the 12 changes can make a difference, and HOW you can make the change, visit [the12daysofcop.wordpress.com](http://the12daysofcop.wordpress.com).



## Bridgend Centre AGM, Christmas Celebration & Prize Draw

**Bollington Civic Hall**

**Tuesday 7th December 12:00—4:00pm**

Places limited so please RSVP to [info@bridgendcentre.org.uk](mailto:info@bridgendcentre.org.uk)



**Help us to bridge social isolation**

Volunteer(s) needed to deliver our newsletter



Can you spare some regular time to help us to deliver our newsletter 'Bridging Social Isolation' to people around Bollington?

Printed every fortnight, we hand deliver approximately 100 copies to people who might not find so easy to get out around the area. We are looking for a volunteer or volunteers to do this on a regular basis. It could be in your car, on your bike or on foot, whatever suits you best!

If you would like to help in this interesting and rewarding role, please drop us a PM or email at [info@bridgendcentre.org.uk](mailto:info@bridgendcentre.org.uk)

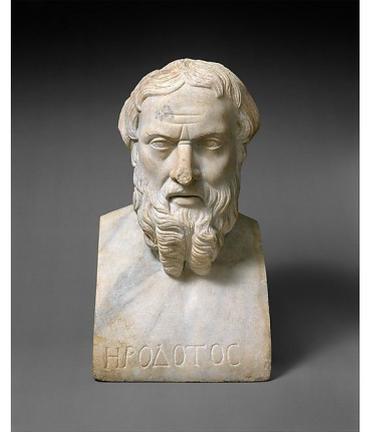
Thank you!

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Autumn is here. The evenings are drawing in. What an ideal time to curl up in front of the fire with a good book by an exciting and imaginative author. Someone like ..... Herodotus? “Herodotus?”, I hear you ask. Well, have you ever wished you were as rich as Croesus? You must have heard of the Hebrew slaves and the rivers of Babylon? Or watched the marathon at the Olympic Games? Perhaps you’ve seen the film *The 300 Spartans*. Then, of course, many of you have voted in a democratic election – when did that begin? These stories and many more were written down by Herodotus.

The neatest thing about Herodotus was that he was born in about 485 BC, and was writing just a few years after some of the most momentous events in history. His sources had been eye-witnesses to the battles of Marathon and Thermopylae, and the great sea battle of Salamis. People who knew the 300 Spartans!

Herodotus’ great work – *The Histories* – is the first ever attempt to write about the world and the events that shaped it. He is often called “The Father of History”. The Greek word “*historia*” means research, and Herodotus carried out his research both personally, on his extensive travels, and by talking to the people he met. He described many of the peoples of ancient world; their lands and customs. He ranged from the nomadic Sythians on the steppe north of the Black Sea, to Egypt in the south and India in the east. But above all, he told the history of the classical world of Greece and Persia.



Herodotus’ birthplace, Halicarnassus (modern Bodrum, in western Turkey) was part of the great Persian empire, established by Cyrus the Great and ruled over in Herodotus’ time by Darius I and Xerxes.



Figure 2 - Herodotus' Aegean

Herodotus tells the story of the rise of the Persian Empire and the wars with Greece. Persia was a small province in the Median empire, but it took control of the whole empire under Cyrus the Great in around 550 BC. Hence the oft-used phrase: “the Medes and the Persians”.

One of the early kingdoms that Cyrus set his sights on, in 546 BC, was that of Croesus, king of Lydia. Croesus was rich from gold in the river Pactolus, that ran through his capital, Sardis, in the west of what is now Turkey. Myth had it that the gold came from Midas washing away his curse of the Golden Touch. Worried about the rise of Cyrus, Croesus consulted the oracle at Delphi. To be sure of getting the right answer, he showered the oracle with costly gifts, but the answer was ambiguous: “If you attack the Persians, you will destroy a great empire.” Of course, the empire he destroyed was his own.

Such was the power built up by Cyrus, that he was able to conquer one of the leading super-powers of the day: the Babylonian empire. Herodotus describes the siege of the capital, Babylon itself, in 539 BC. Cyrus had a huge lake dug and diverted the river Euphrates. Babylon’s water defences disappeared and the Persian army was able to storm the city. It was said to be so large that some people didn’t even realise they were being attacked! Among his other acts, after the conquest, he allowed the Hebrew slaves to return to their home in Palestine. Cyrus, whose religion was Zoroastrianism, must have been delighted when, in Isaiah 45:1–3, the Hebrew’s God actually calls him “God’s Anointed”.

### The “Persian Wars”

The westernmost parts of the Persian empire bordered the Aegean Sea and many of the towns there had been established by Greek settlers, then conquered by the Persians. On the other side of the Aegean, where modern Greece lies, were the multitude of Greek city-states, foremost among which were Athens and Sparta, both flexing their muscle and resenting Persian rule of their countrymen. A recipe for trouble – and the climax of Herodotus’ story!

### Marathon

While Cyrus and his successors were building the Persian Empire, Athens and Sparta were vying for supremacy among the Greek city states. Sparta was the ultimate military state. Spartan citizens were solely focussed on strengthening their military machine. All other work was done by slaves from subjugated neighbouring states. Spartan boys were taken from their parents at an early age and brought up to be warriors. Girls were brought up to produce more warriors. Athens, on the other hand, had established the world’s first democracy. All citizens had a voice in the Athenian assembly. **Cont P6**

## Photo Competition—Bollington Walking Festival

A new annual tradition for the Walking Festival is to hold a Photo Competition after the event to celebrate the lovely views and images of the festival. This year some lovely images were submitted and the winners were decided by public vote. Thank you to everyone who submitted their wonderful photographs and we are sorry there isn't enough room here to include all the entries.

### Winner



**Winner: Changeable weather by Terry Heathcote**

### Runners Up



**Bridge 19 by Terry Heathcote**



**Kerridge Ridge sunset by Janet Mayo**



**Shining Tor by Patrick Scanlon**



**Harrop Valley by Terry Heathcote**

### Some of the other entrants



**Town Mayor's Boundary Walk by John Stewart**



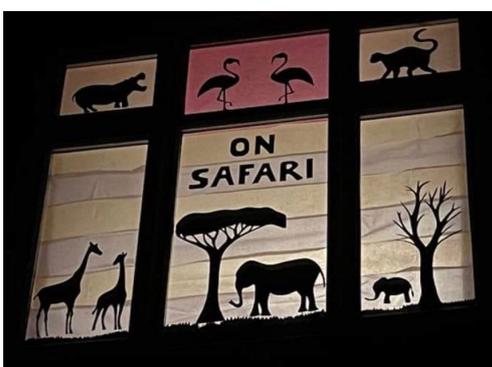
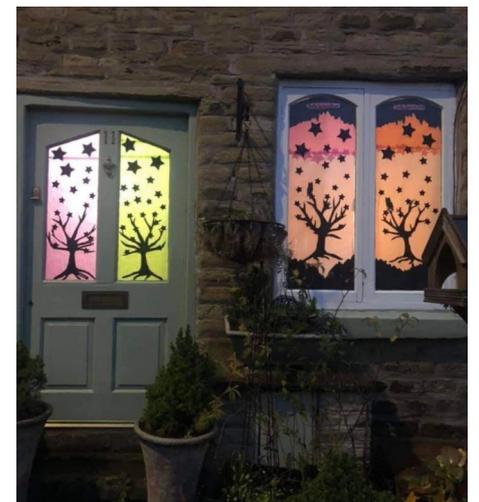
**Waukmill by John R Howarth**



**A view with blue! by Avril Corbett**

## Bolluminations 2021

The second annual Bolluminations took place last weekend, from Friday 29th October until Sunday 31st. We were treated to the creative stylings of local residents who were challenged to decorate a window in their homes with coloured paper and backlighting. The theme this time was Wild World and the quality of the entries was, once again, fabulous. Below are a selection of the Wild sights on offer for anyone that may have missed them!



## Herodotus– By Ian Walker (continued from page 3)

The first challenge to Greece was posed by Darius, in 490 BC. In retaliation for the Athenian support of a revolt in western Persia, he landed a large army on the beach at Marathon, east of Athens. They came with a reputation of invincibility, but in reality were more lightly armed than the Greek hoplites. These bronze-armoured citizens fought in a phalanx, close packed and armed with 10ft spears, much longer than the Persian spears. There were perhaps 25,000 Persians facing some 10,000 Athenian Greeks, but the courage of the free Greeks overcame the greater numbers of Persians, who were driven back to their ships.

The Spartans didn't make it in time, despite the famous run of Pheidippides from Athens to Sparta to seek their help. Many think that his run was the 26 miles from Marathon to Athens, to herald the victory, and that this was the origin of our modern marathon race. The feat was much more impressive. The distance he ran was about 140 miles, not the paltry 26 miles we run today. Herodotus had it right!



Figure 3 - Battles of the Persian

### Thermopylae

Darius was not best pleased after Marathon. He put in motion the creation of the biggest invasion force ever seen – an army that Herodotus estimated as over 1 million (though modern historians believe some 100,00 to 150,000) and a navy that outnumbered the Greeks by perhaps 4 to 1. Sadly for Darius, he was killed during an uprising in Egypt and it fell to his son, Xerxes, to lead the invasion of Greece. In 480 BC, his army crossed the Hellespont on a bridge of boats and captured town after town across the northern Aegean coast. Turning south, he sent heralds to the Greek city states demanding they give the Persians “earth and water” – in other words: surrender! Chief among those that refused to surrender were Athens and Sparta, forced to put aside their quarrels in the face of the Persian invasion. The problem facing them was how to stop the Persian juggernaut. One of the principal leaders of Athens, Themistocles, won the support of the Athenian democrats to build a fleet of triremes, interpreting another oracle from Delphi, that Athens should “depend for her defence on her wooden walls”. He also identified a narrow pass, at Thermopylae (the Hot Gates, after hot springs nearby), through which the Persians would have to pass. He persuaded his allies to send an army to Thermopylae and to use their fleet to stop the Persians evading the pass by sea.

Even now, things didn't run smoothly. The Spartans were in the middle of a religious festival, which forbade military action, and many Greeks were away at the Olympic Games, in the western Peloponnese. By way of compromise, the Spartan king, Leonidas, led a hand-picked force of 300 elite troops to Thermopylae. En route, they collected more troops, until there were perhaps 7,000 to face the 100,000 Persians. At its narrowest, the pass was only the width of a carriage, and this was where they made their stand.

For three days they held out. Then, betrayed by a local man who showed the Persians a mountain pass that brought them to the rear of the Spartans, they prepared for the inevitable defeat. One by one they fell, until there were none left. Leonidas himself fell, fulfilling another Delphic oracle: that a Spartan king would have to die if they were to win eventual victory over the Persians. Herodotus quotes the sign erected at the site of the battle:

“Go tell the Spartans, you who read:  
We took their orders, and here lie dead.”

With the pass cleared, the Persians rolled into southern Greece. But when they reached Athens, they found it deserted. Themistocles had persuaded the Athenians to evacuate the city and flee en masse, many to the island of Salamis, just off the coast. The fleet that had held off the Persian navy near Thermopylae had transported the entire population to safety.

### Salamis

The scene was now set for the clash of the fleets. Xerxes ordered his ships to Salamis and, to encourage them to greater efforts, told them that he would watch the battle from a throne set up on a headland on the mainland. The Greeks formed their fleet in the narrow straights to the east of Salamis. The Persians entered the straights from the south, getting ever more constrained the further in they went. The Greek ships were smaller and more manoeuvrable than those of the Persians and were able to inflict much greater damage.

Ship by ship, Xerxes' fleet was destroyed in front of his eyes. Herodotus describes his reaction:

“Xerxes, when he saw the extent of his loss, began to be afraid lest the Greeks might determine to sail straight to the Hellespont and break down the bridges there; in which case he would be blocked up in Europe, and run great risk of perishing. He therefore made up his mind to fly.”



Figure 5 - Spartans at Thermopylae

Concludes p7

## Recipe—Rainbow Vegetable Pancakes

### Ingredients

unflavoured oil (such as sunflower or rapeseed), for frying  
1 large onion, finely chopped  
1 large garlic clove, crushed or grated  
2 large free-range eggs  
40g/1½oz plain flour  
½ tsp baking powder  
1 parsnip, grated  
1 small sweet potato, grated  
1 small beetroot, grated  
sea salt and freshly ground black pepper

### Method

1. Heat a generous splash of oil in a medium, non-stick frying pan over a medium heat. Fry the onion with a pinch of sea salt for 10 minutes, until golden-brown. Add the garlic for a minute until fragrant. Set aside  
2. Whisk together the eggs, flour, baking powder and a generous pinch of salt and pepper in a large bowl. Stir the fried onions and grated vegetables into the batter, leaving the beetroot to the very last minute.



3. Wipe the frying pan clean, then cover the bottom with a thin layer of oil and place over a medium heat. Gently add in spoonfuls of the mixture, working in batches to avoid overcrowding the pan. Fry for a few minutes on each side until golden. Move to a warm plate lined with kitchen paper and repeat the process until all the mixture has been used up. Serve immediately.

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In Loving Remembrance of the  
Kerridge Men who laid down  
their lives in The Great War.



*Kerridge War Memorial 100 years apart—1919—2019*

## Herodotus Cont. From p6—by Ian Walker



Figure 6 - Triremes at Salamis

With the prospect of his retreat to Persia being cut off, Xerxes decided to pull out. He left a small hand-picked army behind, of perhaps 70-80,000 men, ostensibly to complete the invasion of mainland Greece. The Athenians refused a peace offer, and in 479 BC, the Persians again occupied Athens, reducing it to rubble. Finally, faced with the possible conquest of the whole of Greece, the full Spartan army marched. They caught up with the Persian forces at Platea, where they won a resounding victory. On the same day, a Greek fleet caught and defeated the remnants of the Persian navy at Mycale, on the western coast of modern Turkey. The Persian ships were in such poor repair, that they were beached and turned into a make-shift fort, which the Greeks stormed.

So ended the Persian's attempt to capture Greece. Xerxes was assassinated by the commander of his royal bodyguard in 465 BC, and was succeeded by his son

Artaxerxes. Over time, it became apparent that the Persian desire for conquest had waned, and they left the Greeks to their own, local, Peloponnesian war - which raged for a further 25 years. But that's another story!

### Bibliography

[Herodotus. The Histories. Penguin Books. 2003. \(Translated by Aubrey de Selincourt\)](#)  
Holland, Tom. Persian Fire. Abacus. 2006.

# Human Impact, Climate & Sustainability

F M C R E D U C E M F L W D K D Q E L C Y C E R  
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<b>limiting factor</b>	<b>sustainability</b>	<b>over exploitation</b>	<b>ecological footprint</b>
<b>urbanization</b>	<b>pollution</b>	<b>reduce</b>	<b>reuse</b>
<b>dump</b>	<b>landfill</b>	<b>ecosystem</b>	<b>community</b>
<b>recycle</b>	<b>heat island</b>	<b>alternative energy</b>	<b>over harvesting</b>
<b>abiotic</b>	<b>biotic</b>	<b>invasive species</b>	<b>habitat loss</b>
<b>hippo</b>	<b>species extinction</b>	<b>species</b>	<b>population</b>
<b>niche</b>	<b>climate</b>	<b>deforestation</b>	<b>biomes</b>
<b>threatened species</b>	<b>global extinction</b>	<b>endangered species</b>	<b>biodiversity</b>
<b>population growth</b>			

## Answers to Autumn leaf Quiz

1. Oak
2. Hazel
3. Beech
4. Hawthorn
5. Horse Chestnut
6. Rowan
7. Sycamore
8. Silver Birch

I am Print printed the paper copies 'at cost', which are delivered to the homes of isolated and vulnerable people in Bollington. Thank you so much to I Am Print, it means the world.



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